

**headspace
wishes you a
safe and joyful
holiday season**



**Closed from 5pm on the Friday 22/12/23
Reopen 8.30am Tuesday 2/1/24**

During this time, headspace is still here for you. You can get support for your mental health by creating a headspace account at headspace.org.au, or you can speak to someone 1-on-1 via online chat, email or over the phone at 1800 650 890.

If you are in an emergency or need immediate assistance:

- Call emergency services on 000.

If you need to speak to someone urgently, you can call:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- Suicide Call Back Service 1300 659 467
- Mental Health Line 1800 011 511

Xmas Closure



Here are just a few alternative supports over the holiday season



Apps that might be helpful

Calm or Smiling Minds Medication & mindfulness

Mood Gym CBT support for managing anxiety and depression

FITNATION Helps you plan activities & eating well

Check In How to check in & help a friend who needs support

Beyond Now Crisis & safety planning



Phone Counselling & Online Support

eheadspace <https://headspace.org.au/eheadspace/>

Yarnsafe 13 92 76

Beyond Blue 1300 224 636
<https://www.beyondblue.org/get-support/get-immediate-support>

Head To Health <https://headtohealth.gov.au/>

Mensline Australia 1300 789 9978 www.mensline.org.au



Parent Line 1300 130 052

Relationships Australia 1300 364 277 www.relationships.org.au

1800 Respect 1800 737 732 www.1800respect.org.au

Q Life 1800 184 527 www.qlife.org.au

Lifeline Direct www.lifelinedirect.org.au