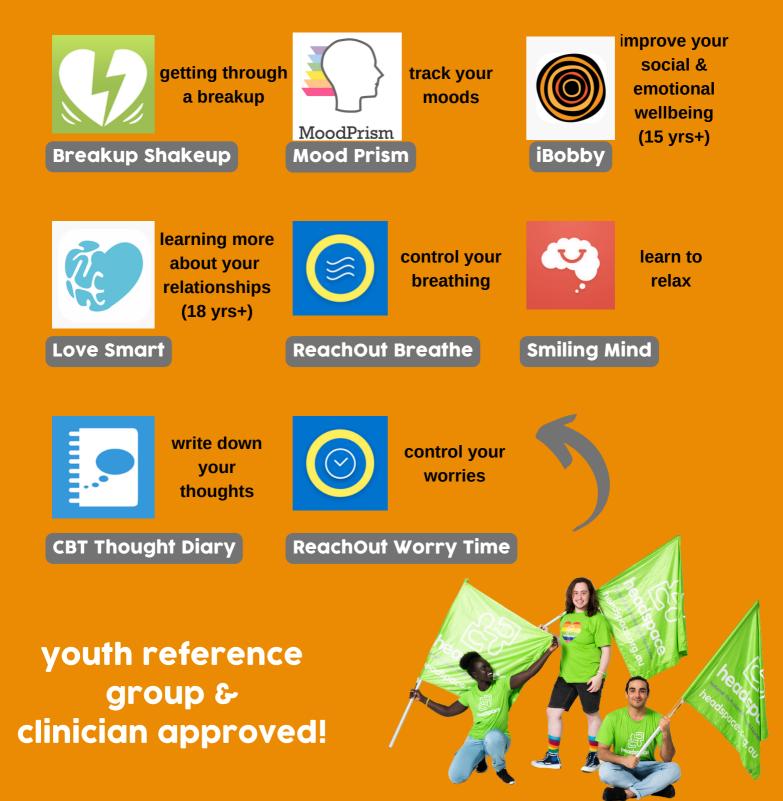
getting through the holidays can be hard, check out below for ways to make it easier:



free app's: these can be really helpful and are all free on apple and android phones!





things to do in Goulburn:

Goulburn Mulwaree Council Youth Services Holiday Programs

these programs are free for young people in high school

<u>https://events.humanitix.com/january-high-school-holiday-program?</u> fbclid=IwAR@DteenA@sqldKa@_DyTiE@pl@g@VZ@LqHa@gFskFpFoSAUWPsvaOfBY-s

Goulburn Mulwaree Library

<u>these programs are free for</u> <u>young people in high school</u>

<u>https://www.gmlibrary.com.au/cgi-</u> bin/spydus.exe/MSGTRNGEN/WPAC/YOUTH

Active & Creative Kids Vouchers

these are free if you attend primary or high school. You can find out where will accept the vouchers for activities in your area.

https://www.service.nsw.gov.au/transaction/apply-active-kidsvoucher





headspace resources:

create a headspace account

head to the headspace national website <u>here</u> and create an account to access all our free resources, information and interactive deck's and space's tools for support.



eheadspace

use eheadspace for online out-of-hours support via online chat, email or phone call. This service is for people who need advice, feel isolated or worries, or are unsure of what help they need. Click <u>here</u> for more information and registration.

mental health workbooks

our good friends at headspace Canberra have created some fantastic resources for young people access and use at home. click <u>here</u> to find their workbooks thanks headspace Canberra! headspace Goulburn wishes you a safe and joyful holiday season!

if you are in an emergency or need immediate assistance: call emergency services on 000 if you need to speak to someone urgently call: Lifeline 13 11 14 Kids Helpline 1800 551 800 Suicide Call Back Service 1300 659 467

remember to reach out if you need support or have a try of any of the resources in this booklet

see you in the new year!