

mental health

Everyone can experience the signs and symptoms of mental health difficulties from time to time. If you've noticed these sorts of changes in you or your friends or family, it's important to learn a bit more about what's happening and find the right support. By finding the right support and strategies, things can get better.

need answers?
click on the shapes below

anxiety

Anxiety Disorders

Obsessive Compulsive Disorder (OCD)

eating

Anorexia & Bulimia

mood

Depression

Bipolar Disorder

trauma

Post-Traumatic Stress Disorder (PTSD)

suicide & self harm

Understanding suicide

What is Self-harm
why do people do it?

Do you find it difficult to **enjoy things** you normally would?

Are you unusually **stressed** or **worried**?

Do you have trouble **concentrating** or **remembering** things?

Are there changes in your **appetite**?

ADHD & ASD

Attention Deficit Hyperactivity Disorder (ADHD)

Autism Spectrum Disorder (ASD)

If you are experiencing mental health difficulties, it's important that you reach out to a trusted friend, family member, teacher or Elder to share what you are going through. Or you can get in touch with your local headspace centre or use our online or phone-based service at eheadspace.

For immediate help:
triple zero (000) if it is an emergency

Free National 24/7 crisis services:
Lifeline: 13 11 14 or lifeline.org.au
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services include:
headspace: visit headspace.org.au to find your nearest centre
eheadspace: 1800 650 890
Kids Helpline: 1800 55 1800 kidshelpline.com.au
ReachOut: reachout.com
SANE Australia: 1800 187 263 sane.org