Mental Health and Me **year 5/6**

Learning resource pack

Curriculum links:

Year 5-6
ACPPS053, ACPPS054, ACPPS055, ACPPS056, ACPPS058

How to:

The following resources may be used by students independently or in a classroom setting with guidance from teachers.

Before students work their way through the activities, begin the conversation by opening up a classroom discussion on mental health and wellbeing. Questions you might like to ask are found in the **Teacher and Caregiver Resource**.

The answers to the quizzes are on page 4 of the resource pack. Encourage students to first reflect on the questions themselves before referring to the answers. Alternatively, you may like to go through the answers and information as a whole class.

Outcome 1
Young people understand what stigma is and identify the negative consequences of stigma

1

Outcome 2
Young people articulate an understanding of mental illness and be able to identity mental health concerns in themselves and others.

2

Outcome 3
Young people understand the power of real life stories of people living with or looking after someone with a mental illness

3

Outcome 4
Young people identify strategies to support good mental health and positive self-care

4

Outcome 5
Young people contribute to the collective impact in reducing stigma in relation to mental illness

5

Outcome 6
Young people identify where to go for help (including appropriate mental health services)

6

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Mental illness and Stigma
Test your knowlege

Have you ever been to the doctor for a broken bone, stitches tonsillitis or the flu?

Would you feel uncomfortable about telling people that you'd been to the doctor for any of these things?

But what about when it comes to your mental health? Would you visit the doctor then?

In this step, we'll test your knowledge about mental illness to help you discover that by working together, we can remove the stigma that comes with it.

1. In Australia, what percentage of people do you think experience a mental health condition at some point in their life?

- O 14%
- O 24.5%
- O 45.4%
- O 3.4%

2. Now that you know how many people will experience a mental illness in the population, how many 16-85 year olds Australian do you think have experienced a mental disorder in the last 12 months?

- O 1 in 100
- O 1 in 60
- O 1 in 12

3. What about the age at which most people first experience a mental illness? Do you know what percentage of people first experience a mental illness between 14 and 25?

- O 25 %
- O 50 %
- O 75%
- O Less than 25 %

4. Mental health conditions are a way of categorising specific symptoms. Which do you think is the most common mental health condition in Australian kids your age?

- O Depression
- O Anxiety
- O Something else

5. Young people experiencing mental illness are over five times less likely to seek help, even when they think they need to.
What do you think stops a person from seeking help? Is it:

- O Shame
- O Fear
- O Embarrassment
- O Others people's reactions

1

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Identifying a mental illness

Now that you've grown your understanding of mental illness and stigma, it's time to learn how to identify mental illness.

1. You worry about taking a test, but once it's over, you feel better.

YES — this is a sign
NO — I don't think this is a sign

2. A friend tells you that you're acting differently or that you aren't yourself.

YES — this is a sign
NO — I don't think this is a sign

3. You can't stop thinking about something even when you try to distract yourself.

YES — this is a sign
NO — I don't think this is a sign

4. A friend overreacts to something others think is not a big deal.

YES — this is a sign
NO — I don't think this is a sign

5. You have changes to your normal sleep patterns (sleeping more or less than usual) that aren't explainable.

YES — this is a sign
NO — I don't think this is a sign

6. A friend is feeling sad all the time and nothing seems to interest them anymore.

YES — this is a sign
NO — I don't think this is a sign

7. Someone you know passed away months ago and you still feel so sad that you can't concentrate or don't want to participate in anything you usually like to do.

YES — this is a sign
NO — I don't think this is a sign

8. A friend is obsessed with things being perfect all the time.

YES — this is a sign
NO — I don't think this is a sign

9. You have constant feelings of sadness, or your moods change in more extreme ways than usual.

YES — this is a sign
NO — I don't think this is a sign

10. A friend tells you things would be better if they weren't around.

YES — this is a sign
NO — I don't think this is a sign

11. Your exercise or eating habits change dramatically as a result of the way you think about how you look.

YES — this is a sign
NO — I don't think this is a sign

12. Your friend tells you they hear, see or smell things that other people don't seem to experience.

YES — this is a sign
NO — I don't think this is a sign

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Mental illness and Stigma

Test your knowlege - Quiz answers

1. The answer is 45.5%

That's a lot of people, almost half the population. In Australia this means over 11 million people will experience a mental disorder at some point in their life.

2. The answer is 1 in 5

That's more than 3.2 million Australians.

Picture your friends and family in your mind. It's more than likely that one of them, right now, is experiencing a mental illness.

3. The answer is 75%

75% of people who have a mental illness in their lifetime will first have it between the ages of 14- 25. This means that you, or any one of your friends could be affected by a mental health condition now, or before you turn 25.

4. In 2019 13.9% of Australian children (4-17) were assessed by a healthcare professional as having a mental illness.

Of these, the most commonly diagnosed conditions are: Anxiety 6.9 % and Depression 2.8%

Is this the answer you thought it might be?

5. The answer is 'all of the above' and we call this Stigma.

Stigma is a strong feeling of disapproval that society has about something. This feeling is based on fear and misunderstanding and it is the stigma surrounding mental health in our community that prevents young people seeking the help that they need. The more we talk about mental illness and share our stories, the less stigmatised it will become.

Identifying a mental illness

Quiz answers

1. This isn't a sign. It's common to worry about something in the future.

2. This may not be a sign of mental illness, but it is worth talking to a trusted adult about how you feel.

3. This could be a sign. If you have recurring thoughts that are a pattern and don't go away, you should talk to a trusted adult.

4. This could be a sign of anxiety or trauma. If it continues, talk to a trusted adult.

5. This could be a sign of depression. If it continues, talk to a trusted adult.

6. This could be a sign of depression. You should try to talk with them about how they're feeling and encourage them to speak with a trusted adult.

7. This is a sign. Grief is a natural response to the death of someone you love, but when it becomes overwhelming you need to seek help.

8. It's ok to want things to be neat and tidy. But if someone is fearful of their own or their family's health and wellbeing if they don't keep things tidy you should encourage them to talk to someone about it.

9. Extreme moods and mood swings could be a sign of a mood disorder, like Bi-Polar. If it continues, talk to a trusted adult.

10. This is a concerning sign. If someone has said this to you, ask them "Do you mean you want to end your life?" If they say yes, stay with them and get help immediately from a trusted adult or call Lifeline on 13 11 14.

11. This could be a sign of an eating disorder. If it continues to the point that it's taking up a lot of your thoughts, talk to a trusted adult.

12. Hallucinations could be a sign of a Schizophrenia. Encourage them to tell a trusted adult.

Anxiety

Anxiety is when something causes us to feel nervous and afraid. It can help us avoid danger, triggering our 'fight or flight' response. People who have an Anxiety disorder have worries that are persistent and intense and get in the way of their day to day activities. It can start to impact someone's grades, behaviours and relationships with others.

Anxiety can be caused by a variety of things. Sometimes people experience anxiety for no reason at all. Others may be triggered by things such as pressure from school, tests, being around other people or being on stage. Suffering from anxiety can make someone want to avoid certain situations and places.

Symptoms can include:

- Headache or stomach ache
- Racing heart
- Relentless worrying thoughts
- Trouble breathing
- A tight chest
- Tight muscles
- Having a lot of thoughts buzzing around your head
- Sweating
- Feeling weak
- Feeling dizzy
- Numbness or tingling in the hands of feet

Treating Anxiety

Health professional
A counsellor, psychiatrist or psychologist can help someone suffering from anxiety learn how to cope better with their symptoms so they are not as intense.

Medication
Medication doesn't cure anxiety but it can help people manage their symptoms. Medication may suit some people.

Exercising, good sleep and healthy eating
Research shows that exercising, getting enough sleep and eating healthy can reduce the symptoms of stress and anxiety.

Family and friends
Having a support network around you who you can talk to and rely on in difficult times is important.

Self-care
Looking after yourself on a regular basis helps keep you mentally healthy. What self-care looks like varies depending on the person. For example; it may take the form of meditation and yoga for one person and reading books, painting or video games for another.

If you feel like your anxiety is more than it should be or it is starting to affect certain areas of your life, speak with a parent or trusted adult.

Depression

Depression is a disorder that impacts people's mood and makes them feel sad and lonely a lot. Depression makes it really hard for people to have fun and enjoy things they used to.

Symptoms can include:

- Not wanting to be around other people
- Feeling sad, guilty, worthless or hopeless
- Sleeping too much or not enough
- Not wanting to do fun things
- Not caring about the things you used to care about
- Not liking yourself
- Eating too much or not enough
- Missing school
- Having trouble focusing
- Feeling sad, teary, anxious or irritable
- Feeling exhausted, guilty or angry

While we don't know exactly what causes depression, a number of things are sometimes linked to its development.

For example:

- Life events
- Severe life stressors
- Personal factors such as genetics, family history and personality
- Medical illness
- Changes in the brain

Treating Depression

Health professional
Talking with a counsellor, psychiatrist or psychologist about negative thoughts and feelings can be helpful for someone with depression.

Medication
Depression can impact the way our brain works and medication can sometimes help make us feel happier.

Other things that may help

Exercising, good sleep and healthy eating
Exercising, getting enough sleep and eating healthy food can help sustain your mental health and wellbeing.

Family and friends
Having a support network around you who you can talk to and rely on in difficult times is important.

Self-care
Looking after yourself on a regular basis helps keep you mentally healthy. What self-care looks like various depending on the person. **For example;** it may take the form of meditation and yoga for one person and reading books, painting or video games for another.

If you feel that you might be depressed let a parent or trusted adult know. They will be able to get you the help you need.

Stress in your body

Stress is a normal response to a challenging situation or event. It is a survival mechanism to keep us safe and help us get out of danger. Stress is normal and can help to motivate us. For example; if we feel stressed because we have a sports competition, musical performance or exam we are more likely to study hard for it. When stress levels become too much and we don't have the strategies to manage them, it can negatively impact how we think and feel and the actions we take.

Learning how to recognise the symptoms of stress and anxiety can be a good starting point for building positive mental health and wellbeing. Sometimes we go about our days feeling stressed but not noticing. If we can notice the symptoms and how they appear in the body we are able to do something to help ourselves.

Below are some common symptoms of stress:

- Head – light headed, fuzzy thinking, forgetfulness
- Heart – racing, pounding
- Stomach – butterflies, churning, somersaults
- Bladder/Bowel – needing to go urgently
- Hands – shaking, sweating
- Face – frowning, crying, dry mouth, teeth clenching
- Constant worrying
- Racing thoughts
- Disorganization
- Inability to focus
- Poor judgment
- Being pessimistic or seeing only the negative side

Have a think about the last time you felt stressed or anxious. What caused you to feel stress?

How did stress look in your body?

Label the physical symptoms you feel in your body:

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Real life stories

The more we talk about mental illness, the less scary it will be, and the less stigmatised it will become.

Mental illness is more common than you think. You are not alone, the people below are living with mental illness or looking after someone with mental illness.

Meg's story

"I was in early high school when I first noticed my inner voice, the one who normally says things like 'did you remember your lunch?' or 'when was that assignment due?' turned really negative, and loud. It kept telling me that I had no real friends, it was my fault my family had broken apart, that I was stupid, hopeless and worthless. The problem with it being my own internal voice is that it was louder and more persistent than anything else I was hearing, so I tended to believe it. On top of that I was constantly tired, teary & irritable. I didn't want to go anywhere, do anything, talk to anyone. I was completely exhausted from fighting this war in my head and I felt like I was losing.

In my family we didn't really talk about our feelings. I didn't know what to do. I got to a stage where I ended up hurting myself to the point of needing to see a doctor. I realise now I should have asked for help before I got to that point but at the time, I couldn't see past the pain I was in.

The doctor asked me about my injury, and from there we got talking about how I was feeling. After a lot of questions, and a LOT of tears, he told me that I had Depression that it was an illness, a very common illness, and there was plenty of help available. From there I started on a course of medication and eventually counselling. It wasn't all smooth sailing, I was later diagnosed with Anxiety as well, but I did slowly get better.

I still have my ups and downs. Some days I struggle. But I'm in better place to deal with it. I know it's ok to take the day off work, cancel plans and just hibernate if I need to. I don't beat myself if I can't do all the things today, I know I'll get to it when I'm feeling better. Instead I'll catch up with a friend for coffee if I'm feeling up to it, otherwise I'll have a quiet day at home to rest and re-couperate. Sometimes I'll just sleep. But I know the off days won't last. And for the most part, I'm doing really well. I'm working full time, being social with my friends, and planning a wedding. The key for me is balance."

Rose's story

"In 2014 during my second year of university, my dieting and exercise behaviours took a terrible turn and I was diagnosed with Anorexia Nervosa. Over the span of a few months I began compulsively and obsessively engaging in problematic behaviours designed to help me lose more weight. I spent all of my days being scared of weight gain, scared of food and just cognitively and physically unwell.

I was able to seek the help I needed to manage this illness. My path to recovery was slow, tough and filled with some of the most confronting things I have ever experienced. It involved a number of amazing steps forward, but also several steps back. I had to get used to relapsing and trying again and I had to get used to being uncomfortable. I was lucky enough to have incredibly supportive parents and a partner, whose love and determination to keep me alive gave me the strength to keep going and ultimately make it through.

Asking for help was hard, but at a certain point I had to make a decision as to whether asking for help was worse than what I was doing to myself. Spoiler alert! It wasn't, it was never going to be. And contrary to what you think, those who really love you won't judge you or dismiss you or tell you to get over it, they will just help you. After reaching out and asking for help things got so much better, I got the help I needed and have since recovered from my disorder.

After I was deemed recovered I started down my own independent journey of recovery and learnt how to manage my own mental health. I do so through being aware of my individual triggers for anorexic behaviours/thoughts, as well as working with a psychologist to find productive coping mechanisms to help me deal with the anxiety that led me to develop an eating disorder in the first place. I also make sure to engage in self-care (getting enough sleep, eating well, doing things I love) and reach out when I need help.

Now in my second year of my PhD, researching eating disorders and planning my wedding, I am happier and mentally healthier than I have ever been and I take more time to enjoy the things in life I love. All possible because I decided to speak up and ask for help."

Chris story

I've had to learn over the years that when dealing with depression, there are going to be times where life seems hard and positive feelings disappear for no obvious reason. That was frustrating for me in the beginning. Having had the advantage of battling with depression, I've come to accept and love myself for who I am. I am at a point in my life now where I am thankful for my experiences, no matter how hard they have been because they have helped me develop as a person. Rather than looking at those hard times as challenges, I now see them as opportunities to grow and better myself.

I realise that there are times in life where I need to make time for myself and make sure that I am doing what is best for me. If I am not doing that, then I can't be my best and I lose the opportunity to live every day to it's fullest.

I read something spoken by comedian Jim Carrey recently. He said "I believe depression is real. But I also believe that if you don't exercise, eat nutritious food, get sunlight, get enough sleep, consume positive material, surround yourself with support, then you aren't giving yourself a fighting chance."

I used to think the Doctor's advice of eating well, sunlight and sleep was silly. I thought there was no way something so simple could make me feel better. But as you listen to me speak these words I can tell you how very true that is.

Make time to look after yourself. Feeling down is OK, a normal part of life. Give yourself a fighting chance. I promise you those feelings will pass and things will be alright.

Reflection

1. How do you feel after reading these stories?

2. What did you find interesting about them?

3. Did you learn anything new about mental health that you didn't know before? If so, please explain?

4. Why do you think hearing real stories about others living with mental illness is powerful in reducing the stigma around mental health?

5. In your own words, describe what you believe stigma is?

6. Can you list the strategies the people above use to help support their mental health and wellbeing and circle any that you think may be useful for yourself?

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Wellbeing Matrix

Choose one wellbeing activity to do each day.
Record how you are feeling before and after.

Place one hand on your chest and take 3 deep breaths. Say something caring to yourself like 'I am putting a lot of pressure on myself, I have tried my best and that is all I can do.'

How do you feel before :

How do you feel after:

It's time to take a break. Go out for a walk, slow down, listen to music, do some colouring or drawing.

How do you feel before :

How do you feel after:

Complete an act of kindness for someone you know. Being kind to others makes us feel really good, (give a compliment, lend a hand, ask how someone is, listen well).

How do you feel before :

How do you feel after:

Ask a friend or family member to do it with you. Watch a movie, read a book, play a game or do some exercise. Do something you find really FUN & RELAXING. Fake it till you make it.

How do you feel before :

How do you feel after:

Talking to your friends can help you work through the challenge you're facing. Call a friend, or someone else you trust and tell them how you feel.

How do you feel before :

How do you feel after:

Write a gratitude journal. Everyday, record something you love in your life or write down your negative thoughts and see if there is any evidence to support them. Try to dispute the thought (make it positive). Put things into perspective and write down positive thoughts about your current situation. Focus on your strengths, or things you are looking forward to.

How do you feel before :

How do you feel after:

Take a walk, ride your bike, play with your pet if you have one. Getting your heart pumping really helps to clear your mind.

How do you feel before :

How do you feel after:

Mental health doesn't take care of itself. To have good mental health we need to exercise and strengthen it all the time. One way to do this is to create a weekly self-care plan to ensure you do something that makes you feel good every day.

How do you feel before :

How do you feel after:

Try a social media detox! Turn off your phone and get back to nature. Did you know research shows that getting out and about in nature can increase positive emotions? Try spending some time in the great outdoors and really being present. What can you see, hear and feel?

How do you feel before :

How do you feel after:

Make up your own wellbeing activity and write it here.

How do you feel before :

How do you feel after:

Self-care

Research is showing that by building positive wellbeing strategies we can reduce feelings of depression and anxiety.

- Self-care is any activity that we deliberately do to look after ourselves and our own wellbeing
- It is the act of attending to our needs and refuelling ourselves
- Regular self-care positively effects our physical, social, emotional and mental health.
- Self-care is very individual. Everyone's self-care activities differ greatly.
- It is easy to forget about the importance of the basics.

The acronym below can help remind us how important the basics are in supporting our mental health and wellbeing

Sleep - Exercise - Leisure - Food

Example:

S - make sure I get 8 hours and go to bed before 10 pm

E – going for a regular run

L – spending time with friend and family

F – eating lot of veggies and little sugar makes me feel good

What do the basics looks life for you?

S

E

L

F

Self-care plan

Fitting in self-care can sometimes be hard in our busy lives. The best way to ensure it happens is to plan for it. Put a reminder in your phone, organise a friend to do it with you to keep you accountable or print the plan below and stick it up in our room.

	Physical	Mental	Emotional	Social
Monday	Going for a walk Having a nap	Reading a book Meditating	Saying nice things to myself	Calling a friend for a chat
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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Building positive self- talk

Our thoughts can have a big impact on how we feel. Sometimes when we have repetitive negative, worrying or unhelpful thoughts it can cause us to feel anxious and stressed. The exciting thing is that we can change our thoughts. Building positive self-talk helps.

Situation	Physical symptoms	Unhelpful Thoughts	Evidence for	Evidence against	Helpful thoughts
Example: I didn't get a good results on a Maths test	I had butterflies in my belly. I felt nervous and worried	I am so bad at Maths. I am never going to get better	I didn't do well in this test	I am getting better everyday My teacher has said she can see me improving	Maths is not something I find easy. If I work hard and ask for help, I will get better

TIP Treat yourself like you would a friend. What would you say to a friend who was going through the same thing? Write it down. Read it back to yourself.

FACT Did you know giving yourself the same care and kindness you give others can reduce your risk of experiencing from depression or anxiety? This is called self-compassion

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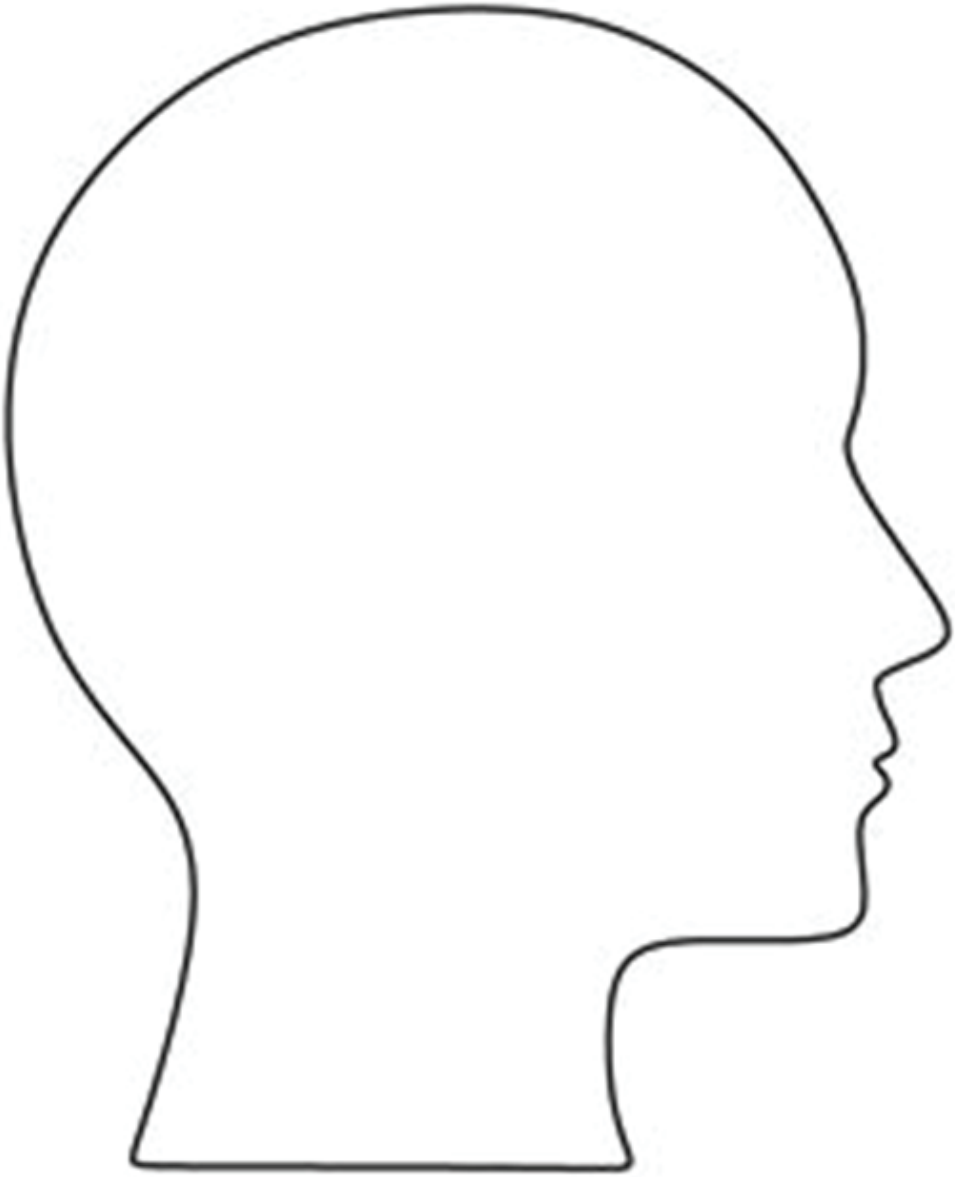
How are you feeling?

Another way of being kind to yourselves is noticing how you are feeling, right now. Find a comfortable sitting position and take three long deep breaths. Notice how you are feeling now. Illustrate your current state of mind and how you are feeling in the below template. Feel free to use any medium you wish (coloured paper, pencil, pen, paint). You may like to include colours, shapes and words that represent emotions.



Being Grateful

Learning to be grateful for things in our life helps us focus on the positives and improves our own wellbeing. It also trains our brain to notice the good things more often. Grateful people also have a greater capacity for joy and positive emotions.

Research has shown that gratitude can increase resilience, strengthen social relationships, and reduce stress and depression. The more grateful people are, the greater their overall well-being and life satisfaction. They'll also have stronger immune systems, lower blood pressure and even better sleep.

Source : https://www.heysigmund.com/the-science-of-gratitude/

Write down:

A person you are grateful for

Something you take for granted in your life

An experience you are grateful for

Can you write down three things you're grateful for before bed for 7 nights in a row?

Day 1 - What I am grateful for today

Day 2 - What I am grateful for today

Day 3 - What I am grateful for today

Day 4 - What I am grateful for today

Day 5 - What I am grateful for today

Day 6 - What I am grateful for today

Day 7 - What I am grateful for today

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Random Acts of Kindness

A random act of kindness is an inconsistent action that results in showing kindness to the outside world.

Examples include: sweeping your neighbours leaves, smiling at a stranger, giving a compliment, doing someone's shopping for them, helping someone with heavy shopping, cooking a meal for a neighbour.

Being kind to others is scientifically proven to have a positive impact on our wellbeing.

When we practice random acts of kindness:

- We feel less stressed
- The recipients of our kind act feel happy
- We encourage others to spread more kindness
- It releases feel good chemicals (oxytocin and serotonin)
- It can reduce pain
- It can improve our physical health (reduced blood pressure)
- Improve our mental health

Source : https://www.psychologytoday.com/au/basics/neuroscience

What are some other kind acts you could do in your daily life?

Can you list some random acts of kindness that you have done in the past? How did they make you feel?

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Help seeking

It's normal to feel afraid about sharing how you feel with someone else. It's important to remember:

- Seeking help takes inner strength and courage. But you can do it!
- Stigma takes effort and perseverance to overcome.
- Mental health issues are common. You are not alone.
- Finding the right person to talk to can be tricky. Don't give up! If you haven't found the right person, then try someone else.

Some tips for using mental health services

- Do some research so you can choose the service that suits you best. Check what they specialise in and whether this matches what you need right now.
- Think about what will give you the most benefit. Is it a phone call, sms/chat, email support or a chat face-to-face?
- When you contact the service, you only have to share what you feel comfortable sharing. You can write it down if that makes it easier.
- You may be left disappointed because the professional you have chosen to see (Eg. a psychologist or counsellor) and yourself aren't a good match. Just because they are a professional doesn't mean they are the right one to support you. Perhaps you don't get along or you feel like they don't relate well to you as an individual.
- You may find that your favourite support person for most things doesn't have the experience or knowledge with mental health needed to give the right advice.
- It is important to remember that finding the right person in a time of need sometimes take a while. This can be frustrating. When you find a good match for you though it can make a really big difference.

LIFELINE	13 11 14	www.lifeline.org.au	Provides access to crisis support, suicide prevention and mental health services.
BEYOND BLUE	1300 22 4636	www.beyondblue.org.au	24/7 online support service. Supporting Australians to increase awareness around depression, anxiety and substance use issues around Australia.
SANE	1800 18 7263	www.sane.org	SANE's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.
BLACK DOG INSTITUTE	www.blackdoginstitute.org.au		Internationally recognised as a pioneer in the identification, prevention and treatment of mental illness.
REACH OUT	www.reachout.com.au		24/7 support, loads of stories, resources and support for mental health issues.
THE BUTTERFLY FOUNDATION	www.thebutterflyfoundation.org.au		Is a support network for anyone with negative body image or eating disorders.
HEADSPACE	www.headspace.org.au		Is a national youth organisation helping young people with mental health challenges such as depression and anxiety.
Q LIFE	13 11 14	www.qlife.org.au	Is a national counselling referral service for Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people.

SMILING MIND	www.smilingmind.com.au		Modern meditation for supporting healthy minds.
KIDS HELP LINE	1800 55 1800	www.kidshelpline.com.au	A free and private counselling service specialising in young people aged 5-25 years
MENSLINK	02 6296 8900	info@menslink.org.au	Free counselling service for men aged 12-25 years
JUNCTION YOUTH HEALTH SERVCES	02 6232 2423	junctioninfo@anglicare.com.au	Free health and support service for young people aged 12-25 years
MOODGYM	www.moodgym.com.au		Online education and self help
AUSTRALIAN PSYCHOLOGICAL SOCIETY		www.psychology.org.au/FindAPsychologist	Australia Psychological Society helps you find psychologists in your area
GUNGAN GULWAN	02 6296 8900	www.gugan-gulwan.comau	Free Indigenous health service for young people agaed 0-25 years

SUICIDE CALL BACK SERVICE	1300 659 467	www.suicidecallbackservice.org.au	Provides immediate telephone and online counselling and support in a crisis
EMERGENCY	**If your situation is life-threatening, call triple 000 immediately (available 24/7)** or go directly to Accident and Emergency at **The Canberra Hospital -** Yamba Drive, Woden, ACT **Calvary Hospital -** Haydon Drive, Bruce, ACT		Crisis Assessment and Treatment Team (CATT) Access Mental Health 1800 629 354 (available 24/7) 02 6205 1065