

Young people's mental wellbeing

April 2020



Utilise online digital tools for young people to assist them with good mental wellbeing

There are lots of great ways children can use connected devices to assist them with good mental wellbeing. A free and comprehensive guide available to help parents and carers support and guide children to having safe experiences is online here: <https://www.esafety.gov.au/key-issues/covid-19/advice-parents-carers>

Smiling Mind	Mental health and meditation app for young people to boost calmness and contentment	www.smilingmind.com.au
eHeadspace	free and secure space where a young person or their family can web chat, email or speak on the phone with a qualified youth mental health professional	headspace.org.au/eheadspace
ReachOut	Online resources and reviewed mobile apps and tools to look after mental health	au.reachout.com
Youth Beyond Blue	Beyond Blue's dedicated site for youth. Information, resources and support for young people dealing with depression and/or anxiety	www.youthbeyondblue.com
Bite Back	Online positive psychology program aimed at improving overall wellbeing and resilience	www.biteback.org.au
The Brave Program	Free online anxiety program for children	www.youthbeyondblue.com/ do-something-about-it/ treatments-for-anxiety-and- depression/the-brave-program
Sleep Programs		

Seek Professional Assistance for young people's wellbeing if needed

The main resources for children and young people can be found at the Department of Education website.

Kids Helpline	Have launched new resources and programs in response to COVID, in particular a specific 4-week online peer-to-peer support program to help support young people aged 13-25 with issues they may be experiencing at this time	kidshelpline.com.au or call 1800 55 1800
Eheadspace	includes one-on-one chat, group chat and spaces	https://headspace.org.au/eheadspace/
The Butterfly Foundation	Free and confidential phone, text and email counselling and treatment referral for eating disorders, disordered eating, body image and related issues	thebutterflyfoundation.org.au/