

Connect for Mental Health

Use the STRES learning tool to reach out to a child or young person who may be at risk of mental health decline or help them with their emotions.

Signs

You might be the first to notice something is off

Time

Do you have the time and headspace? Do they?

Reach Out

Take the step and reach out

Empathise

Connection makes things better

Support

Know where to get help



Where to get support

F or young people

Youth Beyondblue.....	1300 22 4636
www.youthbeyondblue.com	
Kids Helpline	1800 55 1800
www.kidshelpline.com.au	
headspace	1800 650 890
www.headspace.org.au	
Reachout.....	www.reachout.com
Smilingmind.....	www.smilingmind.com.au
Calm.....	www.calm.com

U seful phone numbers and websites

Bestofparenting	www.bestofparenting.com
Ngala.....	(08) 9368 9368
www.ngala.com.au	Country Access: 1800 111 546
Lifeline.....	13 11 14
www.lifeline.org.au	
Crisis Care	1800 199 008
www.helplines.org.au	
Mental Health Emergency Response Line.....	1300 555 788
www.mentalhealth.wa.gov.au	Rurallink: 1800 552 002
CAMHS Acute Response Team	1800 048 636

Call 000 in an emergency if you feel someone is at risk of harm.

