

THE RESILIENCE PROJECT.

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Helping everyone to be mentally healthy.

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FAMILY HUB

When schools and families speak the same language around mental health, our young people thrive.

Our **Family Hub** is designed to keep you in the loop, inspire everyday wellbeing practices at home, and help strengthen the connection between what your child is learning in the classroom and how you support them in life.

[Click here or scan this QR code to learn more about our Family Hub.](#)



theresilienceproject.com.au

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"A sense of connectedness to families and schools is the most significant protective factor for young people."

(Resnick et al. Protecting Adolescents From Harm, 1997)

SUPPORTS FOR FAMILIES



headspace has information and resources for young people, family, and friends. eheadspace is available 3pm-10pm, every day of the year. Webchat headspace.org.au or call 1800 650 890.



Free confidential counselling service for youth aged 5 to 25. Available 24/7 by phone, email or webchat. Visit kidshelpline.com.au or Call 1800 551 800.



medicare Mental Health Centres

Free mental health service for all ages needing short-to-medium term care. No referral needed. Find a location medicamentalhealth.gov.au or call 1800 595 212



partners in parenting

An evidence-based online parenting program to help parents/carers build skills and confidence in supporting their young person's wellbeing. Sign up headspace.org.au/partners-in-parenting



Support with eating disorders and body image issues. Available 8am-midnight (AEST), 7 days a week. For webchat, visit: butterfly.org.au or call 1800 334 673.



13YARN: Support for Aboriginal and Torres Strait Islander People. Available 24/7. Visit 13yarn.org.au or call 13 92 76.



1800RESPECT: Sexual assault, domestic and family violence counselling. Available 24/7. Chat online 1800respect.org.au or call 1800 737 732.



REACHOUT

Online mental health service for young people and their families. Free SMS chats with peer workers available Monday to Thursday, 3pm-8pm (AET) and Friday 11:30am - 4:30pm (AET) via reachout.com/peerchat



medicare Mental Health Kids Hubs

Free mental health service for children aged 0-12 years, families, carers and kin. No referral needed. Visit medicamentalhealth.gov.au or call 1800 595 212



Parenting guide for all ages and stages. Free tools, guides, mobile apps and products to help families. Visit raisingchildren.net.au



From the eSafety Commissioner: Advice and resources to keep your family safe online. Visit esafety.gov.au



LGBTIQ+ phone counselling, peer support and referral for people in Australia, 3pm-9pm, every day. For webchat visit qlife.org.au or call 1800 184 527.



Beyond Blue has information and referrals for depression and anxiety. Available 24/7. Visit beyondblue.org.au or Call 1300 224 636.



Lifeline is a mental health crisis service available 24/7 by phone, email or webchat. Visit lifeline.org.au or call 13 11 14

