

Wellbeing Self-Help Links

SLEEP AND HEALTHY EATING:

<https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-tips>

<http://www.sleephealthfoundation.org.au/public-information/fact-sheets-a-z.html?limitstart=0>

EVERYDAY STRESS AND STUDY STRESS:

<https://kidshelpline.com.au/teens/tips/handling-stress-at-exam-time/>

<http://au.reachout.com/wellbeing/school-uni-and-study>

UNDERSTANDING ANGER:

<https://headspace.org.au/young-people/understanding-anger-for-young-people/>

MENTAL HEALTH:

<https://headspace.org.au/young-people/what-is-mental-health/>

<https://www.beyondblue.org.au/the-facts/what-is-mental-health>

ANXIETY:

<https://headspace.org.au/young-people/understanding-anxiety-for-young-people/>

<https://kidshelpline.com.au/teens/tips/anxiety-the-facts/>

<https://www.youthbeyondblue.com/do-something-about-it/treatments-for-anxiety-and-depression/the-brave-program>

DEPRESSION:

<https://headspace.org.au/young-people/understanding-depression-for-young-people/>

<https://kidshelpline.com.au/teens/tips/depression-the-facts/>

<https://www.youthbeyondblue.com/understand-what's-going-on>

SEXUAL AND GENDER IDENTITY:

<https://kidshelpline.com.au/teens/tips/sexual-and-gender-identity/>

<https://headspace.org.au/young-people/gender-identity-and-mental-health/>

BULLYING:

<https://headspace.org.au/young-people/understanding-bullying-for-young-people/>

<http://au.reachout.com/tough-times/bullying-abuse-and-violence>

E SAFETY:

<https://www.esafety.gov.au/>

<https://www.esafety.gov.au/education-resources/iparent>

RELATIONSHIP BREAKUPS:

<https://headspace.org.au/young-people/dealing-with-relationship-breakups/>

<https://kidshelpline.com.au/teens/tips/coping-with-a-breakup/>

UNDERSTANDING GRIEF:

<https://headspace.org.au/young-people/understanding-grief-for-young-people/>

UNDERSTANDING TRAUMA AND TRAUMATIC EVENTS:

<https://headspace.org.au/young-people/understanding-trauma-for-young-people/>

<https://headspace.org.au/young-people/information-on-traumatic-events-for-young-people/>

https://www.parentingideas.com.au/2017/06/talking-children-terrorism/?utm_source=Parenting+Ideas+Master+List&utm_campaign=d44b04db03-EMAIL_CAMPAIGN_2017_06_06&utm_medium=email&utm_term=0_f488c60967-d44b04db03-180185717

<https://www.betterhealth.vic.gov.au/health/healthyliving/trauma-and-teenagers-common-reactions>

ALCOHOL AND OTHER DRUGS:

<https://headspace.org.au/young-people/understanding-alcohol-for-young-people/>

<http://theothertalk.org.au/>

PHONE AND E SUPPORT LINKS:

<https://eheadspace.org.au/>

<https://kidshelpline.com.au/teens/get-help/webchat-counselling/>

<https://parentline.com.au/>