

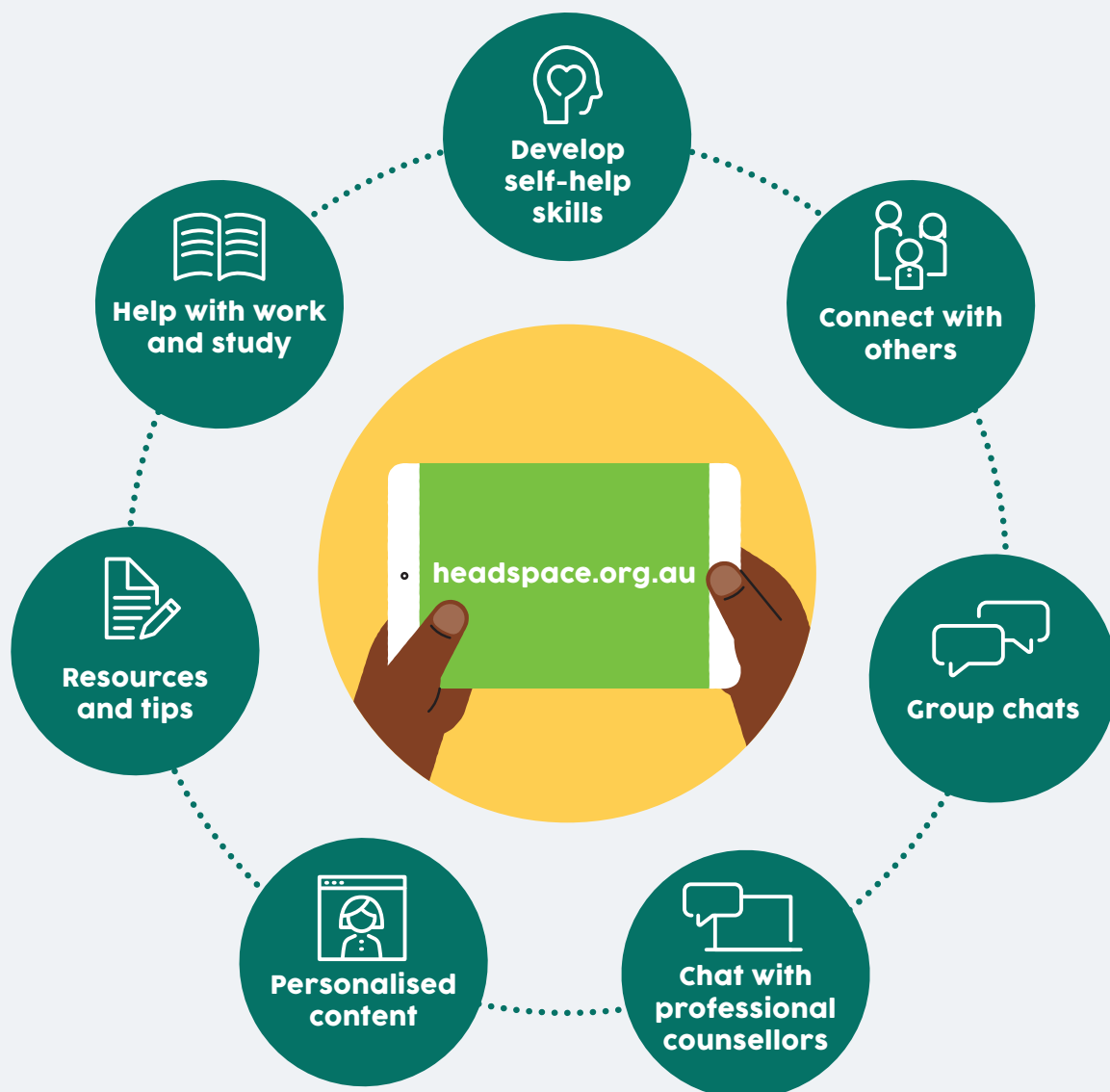
how headspace can help you online

With COVID-19 changing the way we live, there are lots of things for young people to think about - school, study, work, relationships, physical and mental health.

Whatever you're facing, headspace is here to help.

Your journey, your choice

In addition to one-to-one counselling by phone or video, headspace has a range of ways that can support young people online, just by visiting the headspace website at headspace.org.au and creating an account.



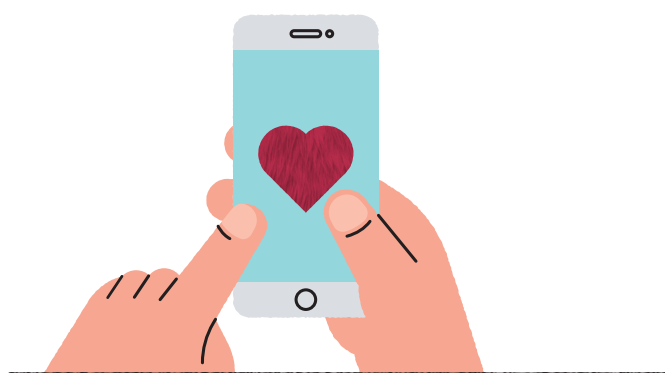
The types of support you can get with an account



Develop your self-help skills

There are interactive exercises that allow you to manage your own mental health. These bite-sized activities help you reflect on your own needs, build your everyday skills and set goals to improve your mental health.

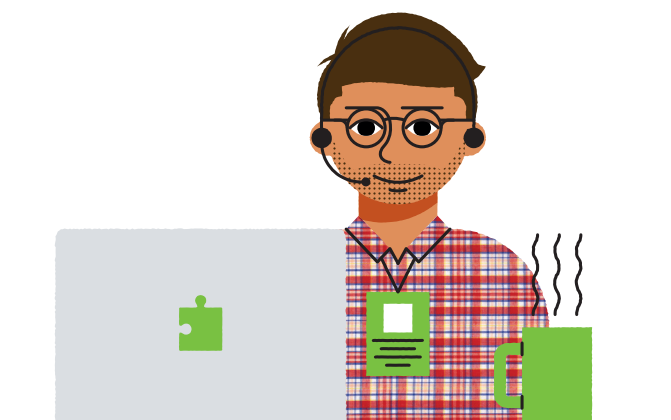
Discover tips such as improving your sleep, understanding emotions, getting active or problem-solve, just by doing one of these exercises.



Connect with others

Join our safe and supportive online community which provides a great way to connect with others, and share resources that are helpful to you.

Our regular group chats bring young people together and explore topics that are important to the community. Our peer-led chats, held every week, are where you can share tips and experiences with others. There are also chats run by our professional counsellors who explore topics and provide resources, strategies and advice to help build your skills.



Chat privately with professionals

You can chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEST). It's a safe space if you want some advice, unsure of what help you need or maybe just want to talk things through.

You can also chat with counsellors at your local headspace centre who are providing services via the phone, video or webchat.



Get support with your Work and Study

You can get support with your work and study goals by speaking with our vocational specialists via webchat, video chat, email or phone and it's free. We can help you with everything from writing resumes and job applications through to planning course options, practicing interviews and managing your mental health with your work and study. Visit digitalworkandstudy.org.au to register or call 1800 810 794.

Resources and tips

Want to do your own research? There are heaps of resources available which can be a great starting place to gather information that's relevant to you.

For more information visit headspace.org.au and create an account