



## YOUTH MENTAL HEALTH AND WELLBEING

Today we bring you a special edition on youth related mental health and wellbeing services and not only remind you what is available in our community, but also focus on digital resources. Youth mental health services and digital resources provide great information on wellbeing and a lot of topics that can impact the wellbeing of our children and youth. Wellbeing is a focus on these digital sites and addresses more than just mental health problems. They hold a wealth of information with a focus on all things youth.

Young people do get depression and anxiety. According to beyondblue, one in seven young Australians experience a mental health condition and mental health related issues. This can lead to suicide, accounting for the biggest cause of death amongst our youth. Further evidence suggests three in four adult mental health conditions emerge by age 24, and half by age 14. The importance of knowing all this, and recognising it, is that early intervention and seeking the right help at the right time can significantly change the longer-term impact of mental health issues on the young person's life.

### SERVICES AVAILABLE IN DENILIQVIN

**Murrumbidgee Local Health District** offers a range of mental health interventions through CAMHS (Child and Adolescent Mental Health Services) and My Step to Mental Wellbeing. These services can be accessed through Accessline 1800 800 944 or MPHN Central Access and Navigation Service on 1800 931 603.

**Private Practitioners offering counselling** can be accessed by starting with a visit to your GP to get a MHTP (Mental Health Treatment Plan) done and getting a referral to a counsellor. These counselling services might be face to face or online. Visit Deni MHAG website @ [www.denimentalhealth.org.au](http://www.denimentalhealth.org.au) for a list of private practitioners.

**Reach Out And Relax (ROAR)** work with young people ages 12-18 and their families who are showing early signs or at risk of developing a mental health issue. Contact Intereach on 1300 488 226.

**Vinnies Services** provides support to young people and their families to prevent homelessness. This might also include working with their school, and other providers to maintain their education and training and prevent them from disengaging and falling into the homelessness cycle. For more information call Vinnies on 5881 7411.

### ONLINE AND DIGITAL RESOURCES

There are many benefits to using online resources. Not only is it free and can be accessed from the safety and comfort of a young person's home or personal space, but it is very well suited to the digital skills of young people. Many services offer access to counselling or someone to talk to, but importantly also educates and provides reliable information. Understanding what is happening for us and what we can do about it, can reduce fear, isolation and stigma preventing help-seeking. Not all digital resources suit everyone and we encourage you to jump online and look at this resource below @ [www.emhprac.org.au](http://www.emhprac.org.au) These resources provide links to crisis support, interactive treatment programs, counselling support and useful APPS.

#### Crisis Support

##### Digital Mental Health Gateway

Head to Health

##### Head to Health

A website that links Australians to online and phone mental health services, information and resources.  
[headtohealth.gov.au](http://headtohealth.gov.au)



kidshelpline  
Anytime Any Reason

##### Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs).  
[kidshelpline.com.au](http://kidshelpline.com.au)  
1800 55 1800  
(Phone: 24hrs)



##### 1800RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.  
1800 737 732 (24/7)  
[1800respect.org.au](http://1800respect.org.au)



##### Youth beyondblue

Information, online and phone counselling for young people (12-25yrs)  
1300 224 636  
[youthbeyondblue.com](http://youthbeyondblue.com)

**"Together we can make our community kinder and more supportive for people. Thanks to Deniliquin Mental Health Awareness Group and Channel4Change for supporting this page"**

#### Useful Programs and Websites



Bite Back

##### BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs).  
[biteback.org.au](http://biteback.org.au)



##### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (3-7 and 8-12), teen (12-17), and parent components.  
<http://brave4you.psy.uq.edu.au>



##### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.  
[thedesk.org.au](http://thedesk.org.au)



##### MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.  
[moodgym.anu.edu.au](http://moodgym.anu.edu.au)



##### Livewire

Online community to help young people (12-20yrs) cope with serious/chronic illness or conditions.  
<https://livewire.org.au>

#### Counselling Support



Butterfly Foundation for Eating Disorders

##### Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders.  
1800 334 673  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)



##### CanTeen

Phone, online and email counselling and forums to help young people (12-24yrs) cope with cancer.  
[canteen.org.au](http://canteen.org.au)  
1800 835 932  
[support@canteen.org.au](mailto:support@canteen.org.au)



##### headspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.  
[headspace.org.au](http://headspace.org.au)  
1800 650 890



##### Qlife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI)  
1800 184 527  
[qlife.org.au](http://qlife.org.au)

#### APPS



##### This Way Up TeenSTRONG

Online course (low cost) for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription from clinician.  
[thiswayup.org.au](http://thiswayup.org.au)

#### APPS



##### MindSpot

'Mood Mechanic Course' - An online program for stress, worry, anxiety and depression in people aged 18-25.  
[mindspot.org.au](http://mindspot.org.au)



##### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
[itunes.apple.com/au/app/re-chargesleep-well-be-well/id87806126?mt=8](https://itunes.apple.com/au/app/re-chargesleep-well-be-well/id87806126?mt=8)



##### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.  
[smilingmind.com.au/](http://smilingmind.com.au/)



##### ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.  
[reachout.com](http://reachout.com)



##### BeyondNow

An app and online tool that involves creating a safety plan the users can work through when experiencing suicidal thoughts.  
[beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://beyondblue.org.au/get-support/beyondnow-suicide-safety-planning)

The Deniliquin Mental Health Awareness Group (Deni MHAG) is a local not-for profit, charitable group that has been in existence since 2003, raising awareness of mental health and signposting the way to services in our local community. We have an active website, currently being updated, where these resources can be found with all the digital links. Information on all local mental health services and pathways are also available on the website.

We work closely with Channel4Change, an initiative to raise funds and awareness about rural and youth mental health. These pages have been made possible with funding from C4C initiative.



Deniliquin Mental Health Awareness Group

[www.denimentalhealth.org.au](http://www.denimentalhealth.org.au)

[www.channel4change.com.au](http://www.channel4change.com.au)

