Where can parents and young people get more information and help?

**Australian Centre for Grief and Bereavement** provides a range of education, counselling, research and clinical services for those working in and affected by experiences of grief and bereavement. 1300 664 786 www.grief.org.au

**Beyondblue** provides information about the signs and symptoms of depression, available treatments, how to get help and links to other relevant services and support groups. **1300 22 4636**, 24 hours/7 days www.beyondblue.org.au

**Griefline** provides confidential telephone counselling services to anyone in the community who may need support in order to express their feelings and experiences. **9935 7400**, 12noon to 3am/7 days www.griefline.org.au

**eheadspace** offers online and telephone mental health support to young people aged 12 to 25 and their families or friends. Young people can register at www.eheadspace.org.au or call **1800 650 890**. Webchat and telephone support is available from 9am to 1 am and e-mail is available 24 hours a day.

**Kids Help Line 1800 55 1800** is a 24 hour telephone and online counselling service for young people from 5-25 years of age. www.kidschelpline.com.au

**Lifeline** is a 24 hour telephone counselling service providing access to crisis support, suicide prevention and mental health support services. **13 11 14** www.lifeline.org.au

**Parentline** is a state-wide telephone counselling, information and referral for parents and carers with children from birth to eighteen years. **13 22 89**, 8am to midnight 7 days www.education.vic.gov.au/earlychildhood/parentline/

**Suicide Callback** provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. **1300 659 467**, 24 hours/7 days www.suicidecallbackservice.org.au/

**SuicideLine VIC** provides specialist telephone counselling and information to anyone affected by suicide. **1300 651 251** 24 hours/7 days. www.suicideline.org.au

**ELMHS (Early in life Mental Health Service), previously known as Child and Adolescent Mental Health Services (CAMHS). 1300 369 012.** Offering assessment and treatment, depending on clinical need (crisis, single session, specific assessments, ongoing case management, sub-acute and acute mental health care).

**Our Local Supports:**

**Child First Family Solutions** (Anglicare, Good Shepherd & OzChild) Integrated local support for families **1300 721 383**

**Peninsula Headspace** 9769 6419 www.headspace.org.au A youth health service for young people aged 12-25 years, providing counselling, information, & support services for mental health & other health needs.

**Mornington Peninsula Shire Youth Service**. Generalised youth support. Open and available in school holidays. YLounge, Rosebud: 5986 3585 or Shed 11, Hastings: 5950 1666

**Your Local Family Doctor** for the development of a Mental Health Plan.

**Someone from School – Your Coordinator, Teacher, or a Student Wellbeing Team Member**