



## Wellbeing Support Links

### Useful Apps

**Smiling Mind** – Australia’s leading FREE meditation app

**Calm** – is the #1 app for sleep, meditation and relaxation

### Useful Services

Kids Helpline	For young people aged 5 to 25 years old	1800 551 800 (24hrs)
Lifeline	24 hr Crisis support and suicide prevention	13 11 14
Youth Beyond Blue	Support for youth	1300 224 636 (24 hrs) <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a>
Headspace	Support for young people	<a href="https://headspace.org.au">headspace.org.au</a>
R U OK?	How to ask R U OK?	<a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a>
School TV	Informing and empowering parents	Link is on the LJBC <a href="#">website</a>
Maggie Dent	Online support for parents	<a href="https://www.maggiedent.com/">https://www.maggiedent.com/</a>
Beyond Blue	Support for adults	1300 224 636 (24 hrs) <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
Relationships Australia WA	Relationship support for families	Joondalup (08) 6164 0440 <a href="https://www.relationshipswa.org.au/">https://www.relationshipswa.org.au/</a>
Mental Health Emergency Response Line	Mental Health Emergency in the community	1300 555 788 (24 hrs) <a href="https://www.mhc.wa.gov.au/">https://www.mhc.wa.gov.au/</a>
Crisis Care	Helping people in crisis needing urgent care	1800 199 008
Health Direct	Online symptom checker	<a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a>