



# KIAMA HIGH SCHOOL

Please use this guide for ideas of apps, online services and health providers with tips and information for young people and their mental health. These services work to both prevent and manage a range of mental health conditions and come highly recommended from professionals within the industry.

## **The Wellbeing Manual**

# ONLINE SERVICES

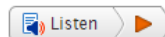


*KHS does not directly endorse any of these services and is simply providing a guide for students, parents, carers and community members to have access to.*

# 1. Recharge – <http://au.reachout.com/recharge-sleep-app>

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## Recharge sleep app



Featured Article | 22 people have found this helpful



Recharge is an app which offers a personalised 6 week program that's focused on improving mood, energy and wellbeing by putting in place good sleep/wake patterns.

### Good sleep helps to:

- Improve your mood
- Improve your energy levels
- Improve your overall wellbeing

### What is Recharge?



A personalised six week program focused on improving young men's mood, energy and wellbeing by helping them to establish a good sleep/wake routine.

To improve sleep/wake routine-involves helping young men to achieve the following behaviours:

1. Set wake up time
2. Get up
3. Get exposure to light
4. Do some sort of activity (preferably within the first two hours of waking up)

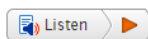
Waking up at regular hours each day, the amount of sunlight you receive, and exercise can all help improve sleep patterns and consequently, wellbeing. Recharge sets you daily goals around wake up times, sunlight exposure, and exercise, and demonstrates to you how your energy and mood improve over time by prompting users to self-report on their mood/energy at different points in the day.

It helps get users up in the morning by forcing them to get out of bed and do 10 star jumps before the alarm turns off. It's currently on the app store in beta form, and was created in partnership with the Young and Well CRC and BMRI. It's about to undergo a research trial.

Age: 12+

## 2. Worry Time – <http://au.reachout.com/reachout-worrytime-app?gclid=CPnnrJCp58wCFYolVAdwhkAsg>

### ReachOut WorryTime App



Featured Article | 191 people have found this helpful



ReachOut WorryTime is a free mobile app that gives you a place to store your worries, and alerts you when it's time to think about them. When a worry no longer matters to you, you can ditch it and move on.

#### This app helps to:

- Manage your stress levels
- Make you feel more in control of your anxiety or stress
- Develop a regular and effective method of dealing with day-to-day worries
- Make you feel less overwhelmed



#### What is WorryTime?

You can't control the thoughts that pop into your head, but you can control what you do with them. The WorryTime app allows you to control everyday stress and anxiety by acting as a place to store your daily worries.

Once you've entered your worries into the WorryTime app, you can customise the settings to suit your schedule. Choose a time in the day that works best for you, and WorryTime will send you an alert when it's time to think about what's been stressing you out. You can update your schedule when it changes, and you can choose the amount of time you want to spend thinking about your worries.

**Age:** 12+

**Compatibility:** Requires iOS7.0 or later. Compatible with iPhone, iPad, iPad touch. The app is optimised for iPhone 5, iPhone 6, and iPhone 6 Plus. Also available on Android.

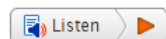




### 3. Breathe - <http://au.reachout.com/reachout-breathe-app?gclid=C03Kiraq58wCFYQGvAodKG8GJg>

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## ReachOut Breathe app



Featured Article | 203 people have found this helpful



ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch.

### This app helps with:

- Controlling your breathing and heart rate
- Increasing your sense of calm and ease
- The physical symptoms of stress

### What is Breathe?

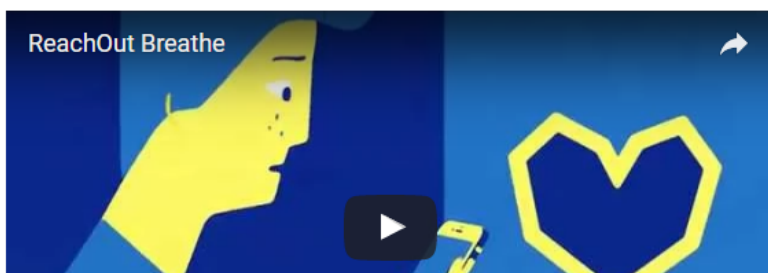


Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest.

After installing Breathe, you can customise settings to suit you. Set up your preferred breathing time and measure your baseline heart rate using your iPhone. It's simple to use and can be accessed at any time from your mobile or Apple Watch. Whether it's on the way to work, before an exam or part of your daily ritual – it's the support you need to help cope with the onset of panic or anxiety.

**Age:** All ages

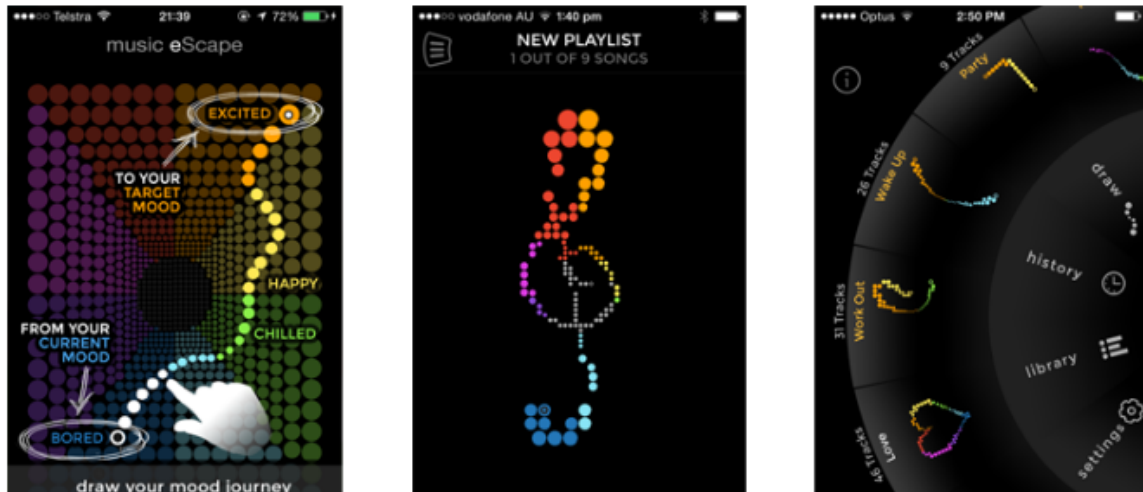
**Compatibility:** Requires iOS7.0 or later. Compatible with iPhone, iPad, iPad touch. The app is optimised for iPhone 5, iPhone 6, and iPhone 6 Plus and the Apple Watch. Bio Feedback supported on iPhone 4 and above only (not available on iPad).



## 4. Music – e-scape- <http://www.youngandwellcrc.org.au/musicescape/>

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### Music eScape



Do happy songs annoy you when you're feeling angry? Ever wondered why you feel depressed when you listen to dark music?

Music can have a powerful effect on our mood. We use it daily whether we are happy, angry, bored or depressed. It gives us energy when we work out and it helps us wind down.

Music eScape, powered by the Echo Nest, lets you:

- create a mood map of your music library
- develop dynamic playlists to match your music to your mood
- create or select a music journey to express, enhance or change your mood

With just the swipe of a finger you can draw a music journey from how you currently feel to how you want to feel. Or just make it fun – draw your own shape and see what it sounds like.

Above all – Enjoy the music mood ride! Have fun and use the power of music to help you take charge of your feelings. It's as simple as that.

[View Music eScape in iTunes.](#)

## 5. Mood Gym - <https://moodgym.anu.edu.au/welcome/new/splash>

### What is **MoodGYM**?

MoodGYM is a free, fun, interactive program consisting of five modules, which help you to explore:

- ▶ Why you feel the way you do
- ▶ Changing the way you think
- ▶ Knowing what makes you upset
- ▶ Assertiveness and interpersonal skills training

### **MoodGYM** aims to:

- ▶ Help you identify and overcome problem emotions
- ▶ Show you how to develop good coping skills for the future so that you can enjoy good mental health

### What will I get from **MoodGYM**?

We would like to think that by the time you finish MoodGYM you will have:

- ▶ An understanding of how emotions arise, and how they might be modified
- ▶ Learned how to modify your thinking so that you are less prone to get upset
- ▶ Picked up a few hints on managing stress
- ▶ Learned a few things about what influences self-esteem
- ▶ Developed a better understanding of relationships and how they might be handled
- ▶ Developed some practical ways to help you cope with difficult events

Interested in trying **MoodGYM**? (It's free)

**Sign Up >**

## 6. Bite Back - <http://www.biteback.org.au/>



BITE BACK is a positive psychology website aimed at young people 12-18. Learn more **about the website**, and get information on **when it is appropriate to use it**, find out **what young people thought** of it, and read **professional advice** and **young people's tips** for using it in practice.

### This tool will assist with:

- Young people (aged 12-18) who are feeling low and seeking information on boosting mental wellbeing
- Providing online support, tools and activities for building resilience
- Helping young people understand wellbeing concepts



### About BITE BACK

BITE BACK is an online interactive positive psychology website for young people developed by the Black Dog Institute, a clinical, research and education institute specialising in mood disorders. Featuring easy to access language and layout, BITE BACK provides information on mental wellbeing through a variety of mediums, mood tracking tools and guided relaxation/mindfulness activities.

### Where to access this tool

BITE BACK website

### When to use BITE BACK

The tool should be introduced to young people (aged 12-18) in treatment with regular internet access seeking basic information and online support. Helpful as a recovery tool for clients using other psycho-social supports, BITE BACK could be incorporated into an assessment of mental wellbeing and related follow up questions. "Things to do" provide an interesting way of exploring strengths and resilience, if used side by side with a young person, and as informal screening tools to track mood and depressive symptoms.

## What young people thought of BITE BACK

### Likes

- Colourful, engaging and simple interface which is fun to look explore
- Safe and positive
- Contains stories from other young people suffering mental health difficulties
- Provides links to more in depth information

### Dislikes

- Sometimes difficult to find the information you need
- Not suitable for at risk teenagers
- No online discussion options



## 7. Smiling Minds - <http://smilingmind.com.au/>

### What is Smiling Mind?

Smiling Mind is modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives.

It is a not-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.

So what are you waiting for, let's do this.

**Trial a session**



**Download  
the free  
App today**



### This tool will assist with:

- Helping young people manage stress and build resilience
- Introducing meditation and mindfulness techniques to reduce mental health risks now and in the future
- Managing symptoms of depression and anxiety



### About Smiling Mind

Smiling Mind is a mindfulness meditation website and app, developed by an Australian non-profit with support from ReachOut.com. It is "modern meditation for young people" featuring guided meditations with the objective of managing stress, increasing resilience and assisting in reducing mental health risks in later life.

Different sets of meditations are targeted at different age demographics, including:

- 7 - 11 yrs
- 12 - 15 yrs
- 16 - 22 yrs
- Adult

### When to use Smiling Mind

This tool should be introduced to young people presenting difficulties with stress, anxiety and depression as part of a cognitive behavioural framework. It can assist clients to recognise unhelpful thoughts and create processes to cognitively distance from them.

### What young people thought of Smiling Mind

#### Likes

- Interface is engaging, colourful but not too bright, and navigation easy to follow
- Teaches the basics with concise information
- Sessions are appropriate length, follow a logical progression and build in intensity
- Personalised – users can move at their own pace, rate how they are feeling before/after session and receive notifications/reminders to keep on track

#### Dislikes

- No option to continue with more advanced sessions
- Voices used are not youthful but older and generally male
- Guides on how to further knowledge through available courses not provided

## 8. Stop, Breathe, Think - <http://www.stopbreathethink.org/>



### STOP, BREATHE & THINK APP

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.



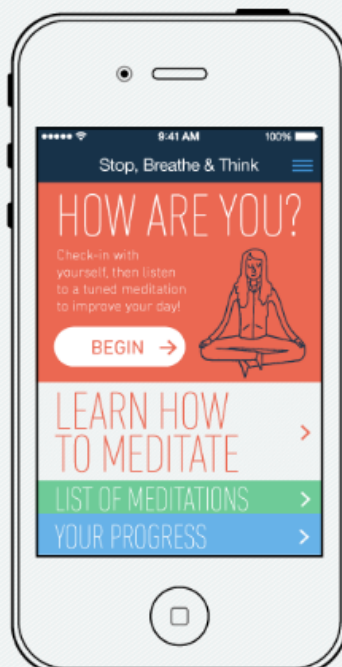
iOS



ANDROID



WEB



### GET MEDITATING IN 5 MINUTES. EASY.

With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK:



#### STOP

Stop what you are doing. Check in with what you are thinking, and how you are feeling.



#### BREATHE

Practice mindful breathing to create space between your thoughts, emotions and reactions.



#### THINK

Learn to broaden your perspective and strengthen your force field of peace and calm by practicing one of the meditations.

LEARN MORE

# PHONE SERVICES



Sexual Health Info Link

Contact: 1800 451 624



Weekdays 9am to 5.30pm **Call 1800 451 624**

Womens Health Centre

Contact: 02 42 55 6800



☎ PH: 02 42 55 6800

2/10 Belfast Avenue | Warilla | NSW | 2528 Open

9.00am - 5.00pm Monday to Friday

[info@womenshealthcentre.com.au](mailto:info@womenshealthcentre.com.au)

Follow @IWHCwomenhealth

Centre for Eating & Dieting Disorders

Contact: (02) 8627 5690



Opening Hours: Monday – Friday 09:00 am – 5:00pm

Email: [info@cedd.org.au](mailto:info@cedd.org.au)

Ph: (02) 8627 5690

Bullying. No Way!



Kids Helpline

Contact: 1800 55 1800



Kids Helpline

We care.  
We listen.

We care and we listen,  
any time and for any reason

**1800 55 1800**

Young Carers

Contact: 1800 242 636



YOUNG  
CARERS  
CARERS NSW

A CARERS NSW  
PROGRAM FOR  
CARERS AGED  
25 YEARS AND  
UNDER

 Carers  
Australia  
NSW

Contact Us | 1800 242 636 | Sign Up

Lifeline

Contact: 13 11 14



Lifeline Saving Lives  
Crisis Support. Suicide Prevention.

*I need help now!*

 CALL US: 13 11 14

 CRISIS SUPPORT CHAT

 HELP RESOURCES

*If life is in danger CALL 000*

Beyond Blue

Contact: 1300 22 4636



beyondblue  
Depression. Anxiety.

*beyondblue Support Service*  
Support. Advice. Action

 **1300 22 4636**



# LOCAL SERVICES



*KHS does not directly endorse any of these services and is simply providing a guide for students, parents, carers and community members to have access to.*

# 1. Headspace - <http://headspace.org.au/headspacecentres/wollongong/>

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headspace

**Wollongong**

Level 1, 85 Smith Street, Wollongong, New South Wales 2500

**P: (02) 4220 7660**

**F: (02) 4225 0057**

[headspace@gph.org.au](mailto:headspace@gph.org.au)

[www.facebook.com/headspace.wollongong](https://www.facebook.com/headspace.wollongong)

**headspace** Wollongong is a free youth health service for young people aged 12-25 years. At headspace, young people have access to a variety of experienced and friendly staff. These include psychologists, counsellors, youth workers and doctors. We can also provide referrals to other services.

Some of the reasons young people come to **headspace** Wollongong include fights with family or friends, past or current concerns about bullying, relationship break-ups, mental health issues (such as depression or anxiety), problems at school or work, physical health concerns, sexual health and contraception, issues with alcohol or drugs... and many more.

Sometimes you might feel like something isn't quite right, but you can't pin point exactly what the problem is. That's ok too. No matter what problem you are experiencing, there is no problem too big or small. Give us a call on 4220 7660. We've got your back.

## 2. Warehouse One 7 - <http://www.warehouseone7.com/default.html>

### About Us

We believe in the uniqueness of every individual. We adopt a child-centred perspective to assist those in the child's life to embrace and grow existent and emerging strengths in addition to targeting areas of concern. Incorporating evidence-based intervention with creativity and fun, Warehouse One7 seeks to promote wellbeing and resilience in the kids, teens and families we support.

*"Seeing and growing the spirit of every individual"*

### Our Values

*Acceptance\*Collaboration\*Equal Dignity\*Commitment\*Respect*

### Our services include

- Focused psychological intervention for anxiety, depression and other struggles affecting children
- Behaviour optimisation consultation and programming for behaviour and emotion-regulation difficulties
- Psychological support and liaison in conjunction with schools
- Strengths-based coaching programs for teens
- Social skills training for teens and target populations
- Individual and group-based parenting programs
- Education and training for carers and support staff
- Tailored educational development plans within a peer-based "homework club"

### The Facts

- Group and individual sessions provided under Mental Health Treatment Plan
- Bulk Billing for those on concession or in financial hardship; co-payments on a sliding scale flexible week to week for others
- Longer-term and comprehensive work supported by post-graduate program and other funding
- Medicare and health-fund rebates claimed on the spot
- Phone-based support while waiting for first session, and to supplement ongoing treatment



7 | 17 West Street, Wollongong | (02) 42 448 118

### Contact Us

We would welcome the chance to discuss how we can support you, your young person or your family towards resilience and wellbeing. Please do not hesitate to contact us via the following means:

#### Location:

17 West Street

Wollongong, NSW 2500

(cnr Kenny and West streets, parking onsite)

Phone: (02) 42 448 118

Fax: (02) 42 448 116

Email: [warehouseone7@gmail.com](mailto:warehouseone7@gmail.com) (general enquiries)  
[triage@warehouseone7.com](mailto:triage@warehouseone7.com) (new referrals)

### 3. CHAIN - <http://www.syfs.org.au/services/health-services/chain-community-health-adolescents-need>

#### CHAIN (Community Health for Adolescents In Need)

CHAIN provides a range of health services to young people aged from 12 to 24 years (inclusive) including young people who are vulnerable, disadvantaged and homeless or those at risk of disadvantage and homelessness and their families.

CHAIN provides a holistic approach to health care through the following range of services

Primary health care services including:

- showers
- personal care and hygiene needs including a laundry
- access to a range of health and community services
- other practical assistance

Health promotion and education aimed at key issues:

- dietitian & nutrition (healthy eating)
- safe sex practices
- parenting skills education and support
- self esteem
- drug and alcohol information and referral
- risk taking behaviours

Programs and activities include :

- daily breakfast programs
- living and social skills education
- health behaviours and skills development
- Access to various health care services including:
- maternity services (Baby CHAIN)
- sexual health clinic
- contraception - condoms, morning after pill
- pregnancy testing
- drug and alcohol community youth team - drop in clinic

Other services provided by CHAIN:

- Information and referral to other services for accommodation, housing, legal assistance and income
- Legal Aid outreach service for the young homeless
- Assistance to obtain Medicare cards Health cards etc.
- Centrelink outreach clinic



#### Hours and referral information:

Hours: Monday to Friday, 9.00am to 4.30pm

#### Contact:

Contact: (02) 4226 5816

#### Address:

#### CHAIN (Community Health for Adolescents In Need)

1A Denison St  
Gwynneville, New South Wales 2500



## 4. GP Mental Health Care Plan -

<http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-fact-pat>

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If you have concerns regarding a person's mental health a good starting point is your local GP. Click onto the above link to find out the process for eligibility for a Mental Health Care Plan.

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The *Better Access to Psychiatrists, Psychologists and General Practitioners through the Medicare Benefits Schedule (Better Access) initiative* aims to improve outcomes for people with a clinically-diagnosed mental disorder through evidence-based treatment. Under this initiative, Medicare rebates are available to patients for selected mental health services provided by general practitioners (GPs), psychiatrists, psychologists (clinical and registered) and eligible social workers and occupational therapists.

### ***What Medicare services can be provided under the Better Access initiative?***

Medicare rebates are available for up to ten individual and ten group allied mental health services per calendar year to patients with an assessed mental disorder who are referred by:

- A GP managing the patient under a GP Mental Health Treatment Plan; or
- Under a referred psychiatrist assessment and management plan; or
- A psychiatrist or paediatrician.

Allied mental health services under this initiative include psychological assessment and therapy services provided by clinical psychologists, and focussed psychological strategies services provided by appropriately qualified GPs and eligible psychologists, social workers and occupational therapists.

Psychiatrists and paediatricians are able to directly refer patients with mental disorders for Medicare rebateable allied mental health services.

Health professionals are free to determine their own fees for the professional services they provide. Charges in excess of the Medicare rebate are the responsibility of the patient.



## 5. Mental Health Directory for Wollongong - <https://directory.wayahead.org.au/search-results/?loc=2500>

The above link provides a comprehensive directory for a multitude of mental health services available in the Wollongong Area.

The screenshot displays the WayAhead Directory website interface. At the top, a dark blue navigation bar contains links: WAYAHEAD, WAYAHEAD DIRECTORY, UNDERSTANDING ANXIETY, MENTAL HEALTH MONTH, and WORKPLACE HEALTH. Below this is a header section with the WayAhead Directory logo on the left and a banner on the right that reads 'the WayAhead directory of mental health services'. A secondary navigation bar includes links for HOME, ABOUT US, ADD OR UPDATE LISTING, INFORMATION AND RESOURCES, and a CRISIS NUMBERS button. The main content area is divided into three columns. The left column, titled 'Narrow Search', contains two input fields: 'Keywords or service type:' with a placeholder 'Keyword or Service Type', and 'Suburb or City:' with the value '2500'. The middle column, titled 'Search results for:', shows '2500' in orange text, followed by the message 'There are web and phone based services available. Click the checkbox to include these results.' Below this is a 'NEXT' button and the text '4959 Total Results'. The right column, titled 'Sponsors', features a promotional image for 'JOIN SAM' with the text 'WayAhead Anxiety Support Group Facilitator' underneath.