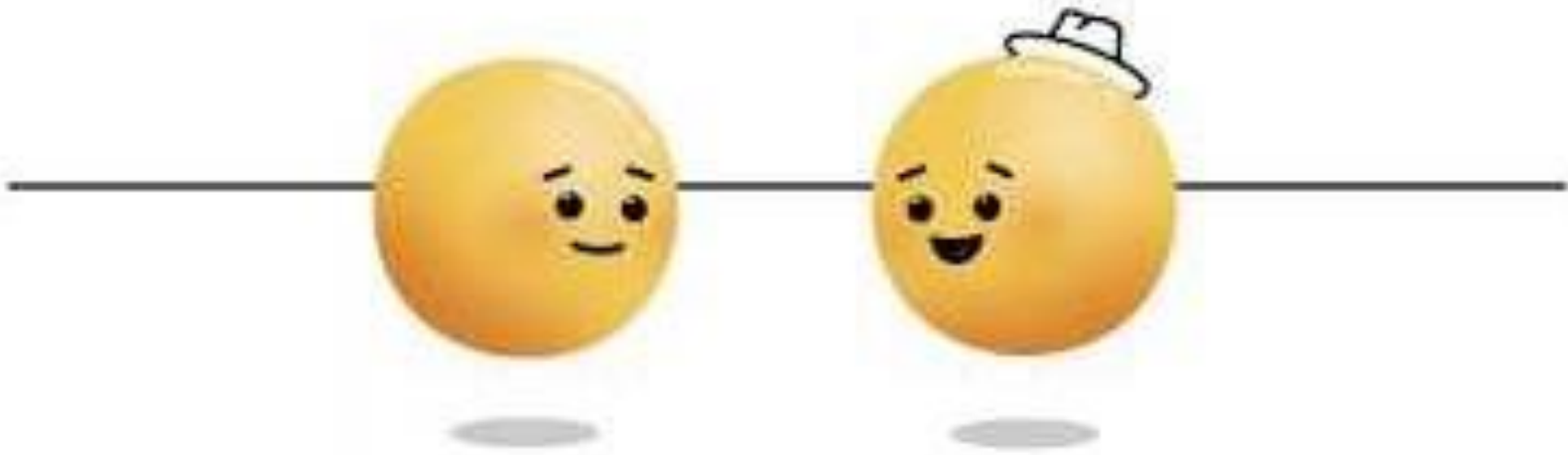




# REMOTE LEARNING HAS BEEN TOUGH!

Here is a little reminder of  
some supports that are  
available to you if need



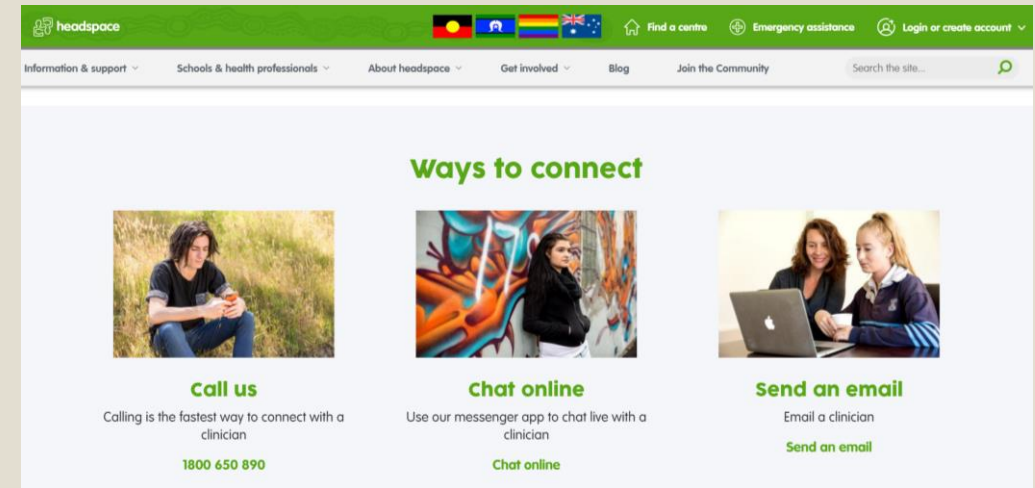
# 1-1 chats

- 
- **eHeadspace:** Talk about what's on your mind, get information about what help is available, treatment options and how you can build new coping skills.

<https://headspace.org.au/eheadspace/connect-with-a-clinician/>

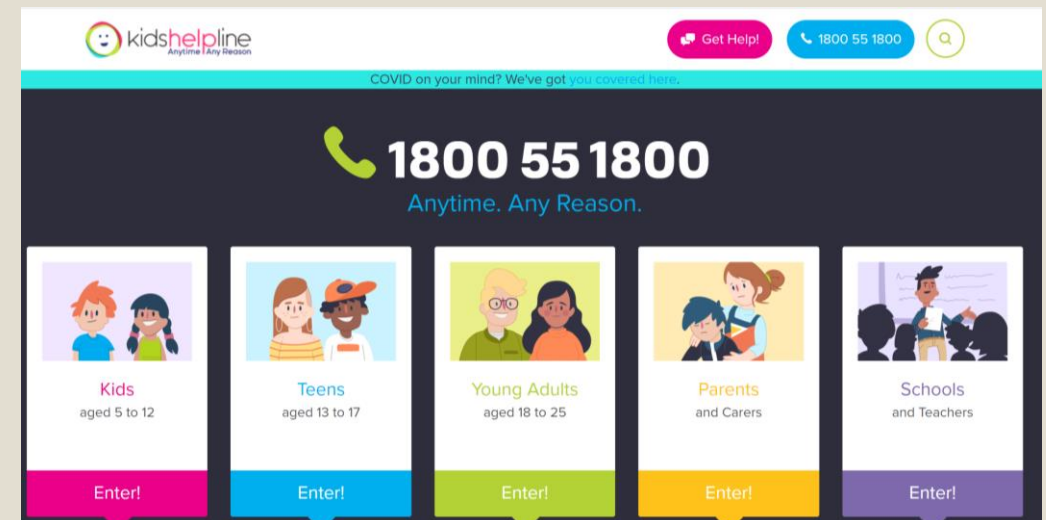
- **Kids Helpline:** Call up at anytime if you're need to chat to someone.

<https://kidshelpline.com.au/>



The screenshot shows the eHeadspace website's 'Ways to connect' section. It features three main options:

- Call us:** 1800 650 890. Description: "Calling is the fastest way to connect with a clinician."
- Chat online:** Description: "Use our messenger app to chat live with a clinician."
- Send an email:** Description: "Email a clinician."



The screenshot shows the Kids Helpline website. At the top, it says "COVID on your mind? We've got you covered here." and displays the phone number "1800 55 1800" with the tagline "Anytime. Any Reason." Below this, there are five service categories, each with an illustration and an "Enter!" button:

- Kids:** aged 5 to 12
- Teens:** aged 13 to 17
- Young Adults:** aged 18 to 25
- Parents and Carers**
- Schools and Teachers**

# City of Casey (YCAS)

- Counsellors are able to provide support to 10-25year olds

Speak to a counsellor:

- directly on the phone by calling: [9792 7279](tel:97927279)
- if you're not comfortable calling, text a counsellor on [0417 347 909](tel:0417347909) to start the conversation. Make sure you include your name and contact number and they will get in touch.





# Online forums

- Reachout: <https://au.reachout.com/forums>
- Headspace: <https://headspace.org.au/eheadspace/group-chat/>
- Beyond Blue: <https://www.beyondblue.org.au/get-support/online-forums/young-people>