

COMMUNITY RESOURCES & SUPPORT WEBSITES

01.



BEYOND BLUE

Beyond Blue has been providing supports and services to people in Australia for 20 years. We are Australia's most well-known and visited mental health organisation, focused on supporting people affected by anxiety, depression and suicide. We don't ever take this position for granted nor do we rest on our laurels. The generational defining events of 2020 have required us to be innovative and agile in responding to the needs of the communities we serve.

website: <https://www.beyondblue.org.au/>
phone: 1300 22 4636

02.



HEADSPACE

Headspace is the National Youth Mental Health Foundation that provides early intervention mental health services to 12-25-year-olds. Headspace offers vital support through online and phone counselling services, vocational services, and presence in schools. Headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.

website: <https://headspace.org.au/>
phone: 1800 551 800

03.



REACH OUT

ReachOut is the most accessed online mental health service for young people and their parents in Australia. ReachOut offers self-help information, peer-support program and referral tools. ReachOut is a free service that's available anytime and pretty much anywhere.

website: <https://www.ReachOut.com>
email: info@reachout.com
phone: 02 8029 7777

COMMUNITY RESOURCES & SUPPORT WEBSITES

SCHOOL REFUSAL

SCHOOL PHOBIA/ SCHOOL REFUSAL AUSTRALIA

HOME ABOUT US MEETINGS RESOURCES FACEBOOK GROUP CONTACT US

04.

Peer support for Australian families with children & teens experiencing school refusal (or as we call it, school can't).

School Phobia / School Refusal Australia recognises the challenges and aims to provide a forum to support parents and carers of school refusing young people. We also recognise that children and teens on the autism spectrum make up a disproportionate number of school refusers. Our mission is to make a positive difference to the lives of parents and carers of school refusing young people

phone: 02 6287 3833
email: schoolrefusaloz@gmail.com
website: schoolrefusalaustralia.com

05



raisingchildren.net.au

RAISING CHILDREN

Designed for busy families and full of tips and tricks for you to try, our content is easy to find and easy to digest. We have the answers to hundreds of parenting questions, where and when you need them. At raisingchildren.net.au, we provide free, reliable, up-to-date and independent information to help your family grow and thrive together.

phone 02 6287 3833
website: <https://raisingchildren.net.au>

ALL PLAY

06.



AllPlay is a world-first initiative to create new pathways for inclusion for children with developmental challenges and disabilities so they can play, learn, dance and connect into the community.

AllPlay brings research, sport, dance and education together so kids of all abilities can participate, including the one in five children who have a developmental challenge or disability.

email: allplay@monash.edu
website: allplay.org.au