



## Student Wellbeing Hub

What do you need support with?

(Click on the icons to link to further information)



### My Study Life

My Study Life is a cross-platform study organising app for both students and teachers to help reduce stress.



### Calm

Calm is an app designed to help with anxiety, stress through meditation.



### BRAVE

BRAVE is a self-help online CBT program for young people experiencing anxiety and their parents. Find out what professionals and young people think.



### Smiling Mind

Smiling Mind is a mindfulness meditation website and iPhone app for young people. Get professional and youth advice for using it.



### eheadspace

eheadspace is an online counselling service for young people 12-25, with clinical support. Get professional and youth advice on using it.



## Recharge

# HELPFUL APPS

## Mental Fitness Challenge

In six weeks you can:

- Get better marks.
- Improve your friendships
- Reduce stress levels.
- Set goals and stick to them
- And more benefits

### RECHARGE

A six week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

Available from the App store and Google play

### Are you in danger?

If you, or someone you are with is in immediate danger please call:

000

or

go to your nearest hospital emergency department



Kids Helpline

For ages 5 - 25

Free 24/7 phone and online counselling service for young people aged 5 to 25.

1800 55 1800

Available 24/7

Chat with us online

Available 24/7

Visit [kidshelpline.com.au](http://kidshelpline.com.au)

