

getting through the holidays
can be hard, check out below
for ways to make it easier:

free app's:

these can be really helpful and are all free
on apple and android phones!



getting through
a breakup

Breakup Shakeup



MoodPrism

Mood Prism

track your
moods



iBobby

improve your
social &
emotional
wellbeing
(15 yrs+)



learning more
about your
relationships
(18 yrs+)

Love Smart



ReachOut Breathe

control your
breathing



Smiling Mind

learn to
relax



write down
your
thoughts

CBT Thought Diary



ReachOut Worry Time

control your
worries



youth reference
group &
clinician approved!



things to do in Goulburn:

Goulburn Mulwaree Council Youth Services Holiday Programs

**these programs are free for
young people in high school**

<https://events.humanitix.com/january-high-school-holiday-program?fbclid=IwARzDteenAqsldKa-DyTIEplgVZLqHa-gFskFpFoSAUWPsvaOfBY-s>

Goulburn Mulwaree Library

**these programs are free for
young people in high school**

<https://www.gmlibrary.com.au/cgi-bin/spyodus.exe/MSGTRNGEN/WPAC/YOUTH>

Active & Creative Kids Vouchers

**these are free if you attend primary
or high school. You can find out where
will accept the vouchers for
activities in your area.**

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

free online
resources to
help you out:



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



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



<https://thiswayup.org.au/>



<https://brave4you.psy.uq.edu.au/>



<https://www.biteback.org.au/>



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



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

headspace resources:

create a headspace account

head to the headspace national website [here](#) and create an account to access all our free resources, information and interactive deck's and space's tools for support.



eheadspace

use eheadspace for online out-of-hours support via online chat, email or phone call.

This service is for people who need advice, feel isolated or worries, or are unsure of what help they need. Click [here](#) for more information and registration.



mental health workbooks

our good friends at headspace Canberra have created some fantastic resources for young people access and use at home. click [here](#) to find their workbooks - thanks headspace Canberra!





**headspace Goulburn
wishes you a safe
and joyful
holiday season!**

**if you are in an emergency
or need immediate assistance:
call emergency services on 000**

**if you need to speak to
someone urgently call:**

Lifeline 13 11 14

Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

**remember to reach out
if you need support or
have a try of any of the
resources in this booklet**

see you in the new year!

