



To all **headspace** clients,

As you may have heard, **headspace** Miranda will be closing over the Christmas and New Year period. Below are the details:

**Closed from Thursday 24<sup>th</sup> December 2015  
Open from Monday 4<sup>th</sup> January 2016**

The holiday period can be a tough time for some people. We've put together some strategies, websites and contact numbers should you feel you need support over this time.

**Coping Strategies:**  
Walk away from the trigger  
Take time out for yourself  
Do something enjoyable (listen to music, watch a movie/TV)  
Express yourself (diary, journal, paint, write poetry/lyrics, do a photo collage)  
Calm yourself down (breathing techniques, muscle stretches, warm bath/shower)  
Get active (exercise, go for a walk/jog, play with your pet, play sports, dance)

**Online Services:**  
headspace: [www.headspace.org.au](http://www.headspace.org.au)  
ehespace: [www.eheadspace.org.au](http://www.eheadspace.org.au)  
Kids Help Line: [www.kidshelp.com.au/teens/](http://www.kidshelp.com.au/teens/)  
ReachOut: [www.reachout.com.au](http://www.reachout.com.au)  
Smiling Mind: [www.smilingmind.com.au](http://www.smilingmind.com.au)  
Mood Gym: [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)  
ECouch : [www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)

**In Case of a Crisis:**  
Lifeline: 13 11 14  
Mental Health Line: 1800 011 511  
Ambulance / Hospital: 000

**Phone Counselling:**  
ehespace: 1800 650 890  
Kids Help Line: 1800 55 1800  
Parentline: 1300 301 300

**headspace** Miranda wishes you a safe holiday period and we look forward to seeing you in the new year.

Regards,  
The **headspace** Miranda Team

