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Information and Support for Youth Mental Health and Well-being

WEBSITES
www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.somazone.com.au
www.inspire.org.au

HELPLINES
Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING
www.kidshelp.com.au
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Functions

Key messages
Use this function to identify the key messages from an activity or part of the session. To find out what the key messages are, look in the box where you see this icon.

Reflection
Use this function when you are working by yourself. This is when you check back on what you have done in class and think about what it means for you. Spend some quiet time when you see this icon.

Home task
Use this function to work out what you need to do at home. These home tasks give you a chance to practise some of the things you learn in class.

Message bank
Use this function to store all of the key messages from the session. Message bank will help you remember what you learnt in class. You can access message bank whenever you want to look at the key messages and review what you have done.

Your own text
Use this function when you want to SMS yourself some other ideas that you want to keep.
Useful information

Security
Remember, this book is for your personal use so make sure you keep it somewhere safe and don’t lose it.

Troubleshooting
If you have any problems with any of these functions, remember you can call on your teacher for help. You can also call on other people in the school like the guidance officer, counsellor, welfare staff, or another teacher you particularly like.

Specifications
This piece of equipment has been produced with considerable care and meets exact specifications for a resilience model. It needs a user who is prepared to look after it.

Upgrades
This program will be upgraded in Year 9. Look out for the advanced model next year.