

Wellbeing: December Newsletter

Finding and Accessing Services and Resources

This information is for parents/carers, families and young people.

Our brains can't learn, problem solve, participate or communicate effectively when we have poor mental health. Increasing mental health literacy and supporting young people to access supports, puts them ahead of the game.

Early intervention works best!

How/where to find support

Here is a comprehensive list of [free support services and resources](#) (for young people, families and parents/carers).

Medicare Mental Health

(previously Head 2 Health)

Call 1800 595 212

8:30am to 5pm weekdays for information about your local centre and other mental health and wellbeing supports in your local area.

[Explainer animation video](#)

[Support Connect](#)

[EACH Services](#)

[After Hours Mental Health Nursing Service](#)

Seeing a Private Clinician/Counsellor: how to get a referral

1. Organise a GP or paediatrician appointment.
2. During the appointment, request a Mental Health Plan. Doctor will discuss options.
3. Call and book in an appointment with the mental health practice.

Ask about the: waiting list, costs and whether they take Mental Health Plans.

Please note: Some mental health professionals don't require a referral, however, you won't be able to claim Medicare rebates without a referral from a doctor. You can choose to see any professional that accepts Mental Health Plans regardless of the professional named on your plan. Many practices have photos and an 'about me' section available on their websites – these are often helpful to show young people.

Practices nearby:

- [Emerald Psychology Practice](#) (Emerald and Rowville locations)
- [12 Points Psychology](#) (Ferntree Gully)
- [Support Connect - Find Supports](#)

Other:

- How to stay [healthy over the holidays](#).
- How to help a friend going through a [tough time](#).

Headspace work and study support for young people:

- Online support: 15-25yrs
- Career mentoring: 18-25yrs

Find more information, including [how to book appointments and what to expect](#).

For parents/carers: [General tips to support your young person](#) and [ways to support a healthy headspace](#).

Social Media Delay – 10th of December:

Please see the previous [Wellbeing Newsletter \(November\)](#) for information and resources around the age restrictions, and how/who the changes will impact.

Grief Support and Resources

Everyone experiences and reacts to grief differently. There are no 'normal' reactions, and it can be difficult to predict how we and others might react. Grief can also cause reactions we weren't expecting. It can be hard to know which behaviours of ours might be related to which of our experiences. Learn more about grief by looking at the resources below.

Headspace: [Dealing with grief and loss](#)

Talk Grief

Grief support for teens and young adults. [Talk Grief](#) is a dedicated online space for grieving teenagers and young adults (13 to 25). Please see their advice and support webpage and their grief toolkit [webpage](#).

Griefline

- [How to support a grieving friend](#)
- [Supporting someone experiencing grief and loss](#)
- [When a loved one dies: a guide to coping with grief and loss](#)

[Beyond Blue Youth and Mental Health](#)

