**Helpful links and support options….**

**Digital Mental Health Resources**

eheadspace – access group chats, online communities, 1:1 direct support and more <https://headspace.org.au/eheadspace/>

takeastep - <https://headspace.org.au/takeastep/>

headhtohealth - <https://www.headtohealth.gov.au/>

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

**Useful Apps**

Smiling Mind - <https://www.smilingmind.com.au/>

Reachout - <https://au.reachout.com/tools-and-apps/reachout-worrytime>

**Are you experiencing Family or Domestic Violence?**

Contact DVAssist - 1800 554 995 or <https://dvassist.org.au/>

**Trusted info on Covid-19**

KAMS Website - <http://kams.org.au/covid19-resources/>

**For immediate support**

Present to Broome Hospital ED on Robinson Street – 9194 2222

Lifeline 13 11 14 – or <https://lifeline.org.au>

Kids Helpline – 1800 55 1800 or [https://kidshelpline.com.au](https://kidshelpline.com.au/)