

Reach Out to a Professional Counsellor, Coach or Psychologist

If it feels too big and overwhelming, please reach out for help from a professional counsellor, coach or psychologist. There is so much value in finding someone with the professional background and experience that fits well with you and your personal challenges.

You need to *connect* and *feel comfortable* with this person, trust is essential for good communication, sharing, learning and progress.

If it all feels too big and overwhelming, Please reach out for help!

If you, or someone you know needs help dealing with tough times, you can find help at Headspace <https://headspace.org.au/>

Headspace is a FREE & Confidential service for 12-25 year olds.

Headspace provides:

- **Online & Phone Services**
 - Chat online, email, or speak on the phone with a qualified professional. It's **free, confidential and can be anonymous**. Explore eheadspace, Digital Work & Study and Digital Industry Mentor Service.
- **Information & Resources**
 - You can learn about mental health challenges and ways to maintain a healthy headspace.
- **Visit a Headspace Centre**
 - Health professionals in headspace Centres around Australia can help with mental and physical health, alcohol and other drugs, and work and study.
Visits are free and confidential.

If you or anyone you know is **suffering with anxiety**, you can also **find help at Beyond Blue on 1300 22 46 36** or visit the [Beyond Blue Website](#)