

# HEAD STRONG

UNDERSTANDING MOOD DISORDERS AND RESILIENCE



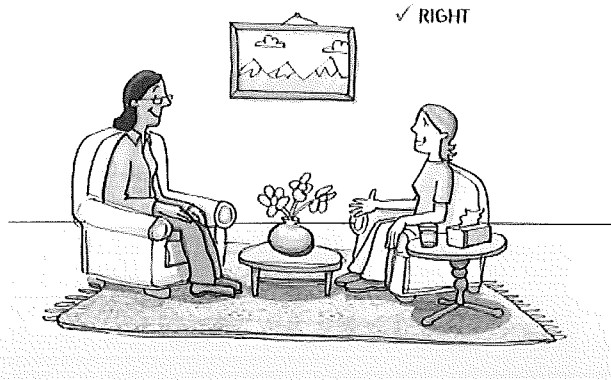
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## Student mood tracker journal

NAME: \_\_\_\_\_



## Services available 24/7



### 24/7 Emergency help

Kids Helpline - 1800 55 1800 (free landline call 24/7)

Lifeline - 13 11 14 (free mobile phone call 24/7)

### Information

ReachOut.com – [www.reachout.com](http://www.reachout.com)

BITE BACK – [www.BITEBACK.org.au](http://www.BITEBACK.org.au)

Black Dog Institute – [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

headspace – [www.headspace.org.au](http://www.headspace.org.au)

youthbeyondblue – [www.ybblue.com.au](http://www.ybblue.com.au)

RUOK?Day – [www.ruokday.com.au](http://www.ruokday.com.au)

## Local health services directory

Record names, addresses and phone numbers for key help services in your local area

GP: \_\_\_\_\_

headspace centre: \_\_\_\_\_

School Counselor/ School Psychologist / Guidance Officer

Youth centre / service: \_\_\_\_\_

School Nurse/s: \_\_\_\_\_

Others: \_\_\_\_\_

## LESSON REFLECTION: The help-seeking journey

What are 3 positive things you have learnt in this lesson that you are going to share with someone else?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How could you best help a friend get over their fear of seeking help?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

