



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #16

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is Help Seeking

At Woodville this week our students are learning about asking for help. Everybody needs help - so why is it so hard to ask for it? Asking for help, no matter how big or small the issue might be, is often hard to do. Some people see it as a negative thing but that's simply not the case! Asking for help can be challenging whether you're an adult or a child. Knowing that you're in need of help can be hard to identify or admit because we're often taught to be self-reliant and independent. However, setting a good example about asking for help when we need it is so important for kids to see us do. Teaching young people to ask for help is a really important skill they'll need to be successful in life.

When do we need help?

Obviously adults and children have different kinds of problems. However, when we face a problem at any age larger than our ability to cope with it, we have an excess of stress. These problems could be to do with work (school or paid), family, friendships, health and more. That excess of stress can affect our bodies physically as well as emotionally. So when do we decide we need help? Asking for help before the issue causes too much stress is the key. It might be as simple asking to talk a problem through with someone, getting some encouragement on the solution you have chosen or asking for some validation for your point of view. We learn to cope with our problems by watching our role models cope with their problems. Kids are exactly the same. If we ask for help when we encounter a big problem, so will they.

Barriers to asking for help

Here are some of the main reasons why people don't ask for help.

- They see it as a sign of weakness
- They don't like to rely on others and prefer to do things themselves
- They're not sure who they can trust and if they will keep what they say confidential
- They've tried asking for help in the past but it didn't go very well and it put them off
- It's hard to know when it's ok to cope by themselves or when they really need help
- It's too expensive or they don't have the right service in their neighbourhood

Who do we ask?

Getting past these barriers may be tricky, but once you realise that no problem is too big to be shared, you will be thankful you asked someone for help. For kids that will be parents, teachers and siblings. For adults, that may look a bit different, but there is always someone. If there is no one you trust to discuss your problem with, there are other people willing to help.

Please find attached a fact sheet of different numbers that you or your child can access in any difficult situation. It doesn't have to be life and death, often we just need someone to talk to and hear us.

Have a great week!

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Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. **Phone: 1800 55 18 00**

www.kidshelp.com.au/

Australian Government: Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/

Beyond Blue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

www.beyondblue.org.au/get-support/get-immediate-support

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au/resources-support/

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on **1300 657 380** and email helpline@blueknot.org.au ([link sends e-mail](#)) 7 days a week 9am to 5pm AEST.

www.blueknot.org.au

Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

thebutterflyfoundation.org.au/

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and our friendly volunteers are ready to talk about anything and everything.

friendline.org.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

www.headspace.org.au/

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14 or Text: 0477 13 11 14 6pm - midnight AEST**
www.lifeline.org.au/

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**
www.mensline.org.au/

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**
www.minetworks.org.au/

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**
www.1800respect.org.au/

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**
www.panda.org.au/

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. **Phone: 1800 184 527**
qlife.org.au/

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.
au.reachout.com/

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**
<http://www.relationships.org.au/>

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**
<http://www.sane.org/index.php>