

## *Where to Find Extra Support*

### ReachOut.com

*This forum is designed for 16-25 year olds to discuss a range of topics related to mental health, from social issues, exam stress, all the way through to mental illness. It is completely anonymous.*

### Youth Beyond Blue

1300-22-4636

*Tailored to the challenges facing young people, this website is full of resources for surviving the HSC, and also presents a webchat option from 3pm-12am after school.*

### The Check-In App

*Have a friend in need, but don't know what to say? Created by Youth Beyond Blue, this app guides you through how to support a friend that is struggling in the most empathetic way.*

## *Where to Find Extra Support*

### School Counsellor

*Your school counsellor can give you free and individualised support. There is no shame in talking to someone.*

### See your GP

*If you are experiencing stress and anxiety as a result of Year 11 or the HSC, reach out to your doctor. If necessary, they may be able to create a Mental Health Plan for you and can refer you to the right help.*

### Kids Helpline

1800-55-1800

*Not only can anyone under 25 call Kids Helpline, they now offer an online webchat that allows instant messaging between you and a counsellor. They also have articles and resources on a range of topics, from relationships to stress management.*

HSC  
COWORKS



R U OK?  
Day

9<sup>th</sup>-12<sup>th</sup>  
September  
2019

## ***WORK***

### AVOID PROCRASTINATION

*If you're feeling the urge to waste time, it might be time to take a break or try a new task*

### MAKE USE OF FEEDBACK

*Marker feedback is not personal criticism! Use their tips to make your response even better.*

### ASK FOR HELP

*Your teachers and coaches are here to guide you.*

### AVOID DISTRACTIONS

*Turn off your phone while studying, and avoid checking social media.*

### HAVE A STUDY SPACE

*Try not to study in bed or out in the kitchen with family – dedicate a quiet space specifically to studying, or go to a library.*

## ***REST***

### GET ENOUGH SLEEP

*All-nighters are not your friend! Aim for 8-9 hours a night.*

### FIND TIME FOR RELAXATION

*Take a walk, listen to some music, or try meditation.*

### LOOK AFTER YOUR BODY

*Eat well and make time to exercise – a healthy body supports a healthy mind.*

### TAKE REGULAR STUDY BREAKS

*If study is exhausting you, try taking a 15 minute break every hour.*

## ***PLAY***

### MAINTAIN A LIFE OUTSIDE OF THE HSC

*Don't let go of your extra-curricular activities or part-time job, and make time to do something you enjoy every day.*

### MAKE TIME TO SEE FRIENDS

*Do something fun with your friends outside of school. Plan fun get-togethers, and schedule in parties and events as something to look forward to during busy school periods.*

### TALK IT OUT

*Lean on your friends and family – that's what they're here for.*

### AVOID UNNECESSARY SOCIAL STRESSORS

*If you can, avoid drama and steer clear of toxic people. Social stress adds up, too.*

**RUOK?**<sup>TM</sup>

A conversation could change a life.