

8 $\text{TP}^{\text{P}} \text{é} \text{TS} \text{I} \text{5} \text{Š} = -\text{ã} \text{3} \text{ğ} \text{3} \text{Â} \text{È} \text{œ} \text{f} \text{) :}$

- $8 \text{3} \text{Á} \text{œ} \text{ã} \text{ÿ} \text{Ö} \text{ \& } \text{ü} \text{3} \text{3} \text{È} = \text{U} \text{È} \text{I} - \text{°} \div \cdot \text{TM} \text{I} \text{ M} \text{Q} \div \cdot \text{TÖ} - \text{a} \text{é} - \text{C} \text{I} \int \int \text{TM} \text{I} \text{E} = \text{<} \text{ } \text{U} - \text{ø} \text{000} \text{I} \text{M} \text{M}$
- $= \text{U} \text{œ} \text{ã} \text{ÿ} \text{Ö} \text{œ} \text{é} \text{K} \text{.} \text{ } \text{—} \text{é} \text{I} \text{S} \text{—} \text{œ} = \text{ð} \text{€} \text{TM} \text{œ} = \int \text{é} \text{3} - \text{I} \text{ } \text{I} \text{M} \text{Ö} \text{; } (\text{é} \int ^$
- $\text{TM} \text{ã} \text{ÿ} \text{Ö} \text{ } \text{Á} \{ \text{È} \text{E} \text{TM} \text{ } \text{3} \text{M} = \text{U} \text{3} \text{, } \text{È} \text{I} \text{F} \text{ } \text{†} \text{ } \text{P} \} \text{TM} \text{M} \text{K} \text{H} \text{ } \text{œ} = \text{‰} \text{—} \text{°} \text{TM} \text{N} = \text{Δ}$

$\text{œ} = \text{È} \text{È} \text{I} \text{P} \text{P} (\text{È} \text{M} \text{M} = \text{S} \{ \text{M} \text{TM} \text{TP}^{\text{P}} \text{é} \text{I} \text{I} \text{ğ} \text{: } \neg \text{.} \text{€} \text{TM} \text{œ} \text{f} - \int ^ \text{Δ}$

8 $\text{TP}^{\text{P}} \text{é} \text{TM} \text{ã} \text{ÿ}^{\text{a}} = \text{ } \text{..} \text{8} \text{ } \neg \text{I} \text{S} \text{ø} \text{œ} \text{f} \text{) È} \text{3} \text{ü} \text{3} \text{xL} \text{ã} \text{I} \text{I} \text{È} \text{:}$

- **headspace:** [TMÖ I üTM I ÿTM-é5ŠI íéœf- } ..8 · ΣÖ?](#)
- $\text{®} \text{®} \text{I} \text{I} = \text{N} \text{é} \text{, } \text{®} \text{TM} \text{5} \text{TM} \text{TM} \text{SM} \text{ (Mental Health and Wellbeing Toolkit): } \text{TMÖ} \div \cdot \text{†} \text{MÖ} \text{ } \text{Á} \{ \text{I} = \text{N} \text{I} \text{ÿ} \text{é} \text{, } \text{®} \text{3} \text{3} \text{È} \int \text{TM} \text{, } \text{*} \text{Ö}$

$= \text{TM} \text{ã} \text{é} \text{I} \text{I} = \text{N} \text{I} \text{ÿ} \text{é} \text{, } \text{®}$

- [TMTP· € \) † ç I I ÿTM†+é = 5ğÈ \(headspace\)](#)
- $\text{®} \text{®} \text{I} \text{I} = \text{N} \text{é} \text{, } \text{®} \text{TM} \text{5} \text{TM} \text{TM} \text{SM} \text{ (é} = \text{œM} \text{: } \text{BÜ} \text{M}$
 - [Raising Learners â..ãâ* ‹† çÜ:](#) $\text{TM} (\text{†} \text{TM-TMTM} \text{€} \text{S} \} \text{ã} \text{ } \text{Á} \{ \text{œ} = \text{€} + \text{I} \text{ç} \text{I} \text{Σ} \text{TM} \text{M} \text{é} \text{†} \text{5} \text{TM} \text{€} = \text{5} + \text{€}$
 $\text{È} \text{I} \text{P} \text{P} (\text{I} \text{M} \text{Ü} \text{ã} \text{é} \neg \text{Σ} + \text{ã} \text{é} > \neg \text{ÿ} = \text{œM} \text{TM} \text{xL} \text{ã} \text{TM} = \text{S} \}$
 - [I I = N I ÿ é , ® U = M I - ® 3 c ÿ ÷ H é \(Orygen\)](#)
 - [I I T÷ I ÿœ } ..8 · œ = é ÿü^a == \\$M\(headspace\)](#)
 - [® & ÷ é ç œé I I \(TMÖ Ö headspace é fi · TM..€ TM= S {M \(headspace\)](#)

$\text{I}^{\text{a}} \text{TM} \cdot \text{TM} \text{Σ} \text{TM} \text{M} \text{é} \text{†} \text{5} \text{TM} \text{€} \text{TM} = \text{5} + \text{€}$

- [Safe Socials \(é} = œM : BÜM](#)
 - [® 3xLã ÷ H é - ÷ \(ç TM· ; · } Mø â8 \\$N](#)
 - [® 3xLã ÷ H é - ÷ \(ç TÖ- I I } Mø â8 \\$N](#)
- [ScrollSafe \(Orygen\)](#)
 - [; I Ö ÷ \(† TM-TMTM € S} ã](#)
- [I I ; 5xKÿ 8 K..z â é %œ ® ,† 8 ¾} \(eSafety Commissioner\)](#)

$\text{, } \text{3} \text{ø} \text{TM} \text{I} = \text{N} \text{I} \text{ÿ} \text{é} \text{, } \text{®}$

- $\text{TM} \text{ü} \text{, } \text{3} \text{ø} \text{ } \text{U} - \text{ø} \text{000} = \text{†} \text{ÿ-}$
- $\text{TM} \text{I} \text{I} = \text{N} \text{é} \text{, } \text{®} \text{8} \text{, } \text{ } \text{TM} = - \text{œ} \text{TM} - \text{I} \text{œ} \text{I} \text{I} \text{œ} \text{z} \text{Ö} \text{‰} \text{GP} \text{3} \text{ø} =$
- **headspace 8 ; œM:**
- $\text{ç} \} \text{12} - \text{S} \} \text{25} \text{†} \text{8} \text{é} \text{È} \text{, } \text{†} \text{:}^{\text{a}} = \text{8} \text{TP}^{\text{P}} \text{é} \text{ç} \} \text{headspace} \text{®} = \text{œJ} \text{I} \text{I} \text{S} \text{. } \text{é} \neg \text{H} \text{ey} \text{ } \text{œ} \text{f} \text{) } \int ^ \text{°} = \text{Δ} \text{I} \text{I} \int \text{ÿTM} \text{†} + \text{é}$
 $\text{â} \text{8} \text{ $N} \text{®} \text{ã} \text{I} \text{I} \text{œ} \text{z}^{\text{a}} = \text{TM} \text{M} \text{œ} \text{œ} \text{z} \text{Headspace ; } \int \text{Ö} \text{U} - \text{ø} \neg \text{I} \text{€} \text{) } \cdot \text{œ} \text{f} \text{) } \int ^ \text{°} = \text{Δ}$
- **ehespace:** 1800 650 890 [www.headspace.org.au/ehespace](#)
- **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](#)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](#)
- **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](#)
- **Head to Health:** 1800 595 212 [www.medicarementalhealth.gov.au/head-to-health-clinics-victoria](#)
- **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](#)

$\text{M} \text{P} - \text{8} \text{F}^{\text{~}} \text{, } \text{ã} \text{TM} \text{M} \text{P} - \text{q} \text{é} (\text{é} \text{TM} \text{M} \neg \text{Ö- TM} \text{TM} \text{ã} \text{é}$

- [8, } \neg \text{TM} \text{TM} \text{I} \text{I} = \text{N} \text{I} \text{ÿ} \text{é} \text{, } \text{®} \text{U} = \text{M} \text{ç} \text{ } \text{\(ReachOut\)}](#)
- [} \text{Á} \{ \text{3} \text{Á} \text{M} \text{Ü} = \text{d}^{\text{~}} \int \neg \text{é} \text{α-} \text{L} \text{‰} \text{ç} \text{ } \text{3} \text{K} \text{é} \text{ \(headspace\)}](#)
- [È- · P} \text{M} \text{P} \text{q} \text{é} \(\text{é} \neg \text{ø} \text{ü} = \text{TM} \text{, } \(\text{†} \text{ } \text{..} \text{8} \text{ } \text{œ} = \int \text{é} \text{5} \text{ŠÈ} \text{ \(SANE Australia\)}](#)

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- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
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