

## Mental Health Resources for Young Artists

*Your health and well-being is of the utmost importance and the arts industry can be a challenging place filled with rejection, instability and change. There are several organisations that provide much of the support and education for people struggling with their mental health throughout Australia. Below are a collection of resources to keep you informed and looked after. **If you have any mental health-related questions or offerings you would like to add to this list, please email [info@backbone.org.au](mailto:info@backbone.org.au).***

An overview of Australian mental health resources can be found [here](#).

### HEADSPACE

[Headspace](#) is Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds. Each year, headspace helps thousands of young people access vital support through headspace centres in communities across Australia, [online and phone counselling services](#), vocational services, and work in schools. Headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support. Headspace offers a variety of resources to inform you and help manage different area of your life that might be troubling you.

- Managing mental health in the workplace:

<https://headspace.org.au/explore-topics/for-young-people/mental-health-disclosure-at-work/>

### BEYOND BLUE

[Beyond Blue](#) is one of Australia's most well-known, trusted, and visited mental health organisations. They are a safe and reliable place for millions of people to access information, advice and support – whether they're well and want to stay that way, unsettled or struggling and need support, or in recovery and want to reconnect. You can [learn about mental health](#), [get mental health support](#) and more.

### HEAD TO HEALTH

[Head to Health](#) is an online resource from the Australian Government that connects people with mental health services based on their needs and preferences.

- Resources for Young People under 18:

<https://www.headtohealth.gov.au/support-for-young-people>





## 24/7 Mental Health Services

### ! Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

### Suicide Call Back Service

Anyone thinking about suicide

- [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)
- 1300 659 467

### Lifeline

Anyone having a personal crisis

- [lifeline.org.au](https://lifeline.org.au)
- 13 11 14

### Beyond Blue

Anyone feeling anxious or depressed

- [beyondblue.org.au](https://beyondblue.org.au)
- 1300 22 4636

### Kids Helpline

Counselling for young people aged 5 to 25

- [kidshelpline.com.au](https://kidshelpline.com.au)
- 1800 55 1800

### MensLine Australia

Men with emotional or relationship concerns

- [mensline.org.au](https://mensline.org.au)
- 1300 78 99 78

### Open Arms

Veterans and families counselling

- [openarms.gov.au](https://openarms.gov.au)
- 1800 011 046

### 13YARN

Aboriginal and Torres Strait Islander people

- [13yarn.org.au](https://13yarn.org.au)
- 13 92 76

