



Self Help Resources

Mental Health & Financial Stress

Online Resources

Reach Out	au.reachout.com/articles/how-to-manage-financial-stress
Think Mental Health WA	thinkmentalhealthwa.com.au

Online Resources and Workshops

Financial Counselling Network	financialcounsellingnetwork.org.au
-------------------------------	--

Phone and Online Resources

headspace for young adults aged 18-25	1800 650 890	headspace.org.au
Kids Helpline	1800 55 1800	kidshelpline.com.au

Phone, Online Chat and Online Resource

Lifeline	13 11 24	lifelinewa.org.au
Beyond Blue	1300 224 636	beyondblue.org.au