



## "There's a place for me here: How belonging & school connectedness become protective factors for adolescents"

### Useful links and contacts for families

GenerationNext are focused on the mental health and well-being of young people  
<http://www.generationnext.com.au/>

Beyond Blue - increasing understanding and reducing the impact of anxiety and depression  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Blackdog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

SANE Australia is the Australian National Mental Health Charity <https://www.sane.org/>

Young and Well CRC - International Research Centre exploring technology in improving the mental health and well-being of young people [www.youngandwell.org.au](http://www.youngandwell.org.au)

Headspace - Australia's National Youth Mental Health Service-<http://headspace.org.au/>

Lifeline -24/7 crisis support and suicide prevention [www.lifeline.org.au](http://www.lifeline.org.au)

Conquer Worry - inspires, educates and advocates for those who struggle with stress and /or mental health  
[www.conquerworry.org.au](http://www.conquerworry.org.au)

Butterfly Foundation is Australia's largest charitable foundation supporting people with eating disorders and negative body image [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

Paul Dillon - DARTA provides drug and alcohol training and conducts research [www.darta.net.au](http://www.darta.net.au)

Mind Health Connect - the pathway to a healthy mind [www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

Orygen - the Australian National Centre for Excellence in Youth Mental Health [www.orygen.org.au](http://www.orygen.org.au)

ReachOut.com - help you need, when you need it [www.auReachout.com](http://www.auReachout.com)

R U OK? Day is the 8<sup>th</sup> September 2016 however any day is a good day to start a conversation [www.ruok.org.au](http://www.ruok.org.au)

Smiling Mind - modern meditation for young people [www.smilingmind.com.au](http://www.smilingmind.com.au)

Mindful - mindful living tips and encouragement to take time for what matters [www.mindful.org](http://www.mindful.org)

