
Holidays can be hard work

School holidays can be challenging. Your usual routine of school or work changes and you may not get to see your friends, teachers or workmates as often as you might like.

This is especially true during lockdown, and it can make you feel bored, unsupported, upset and even a little anxious. Even if you feel this way, it's important to stay healthy and look after yourself. Here's a few tips to help you do this.

Signs that a friend might need support

It's important to stay connected with friends at the moment and to support each other. These are some things you might notice your friends experiencing and that you might want to [ask them about](#).

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating

Headspace Glenroy

[Headspace Centres](#) act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or [work and study support](#).

Our centres are designed not just for young people, but with them, to ensure they are relevant, accessible and highly effective. As a result, no two headspace centres are the same, with each offering unique services that reflect the needs of its local community.

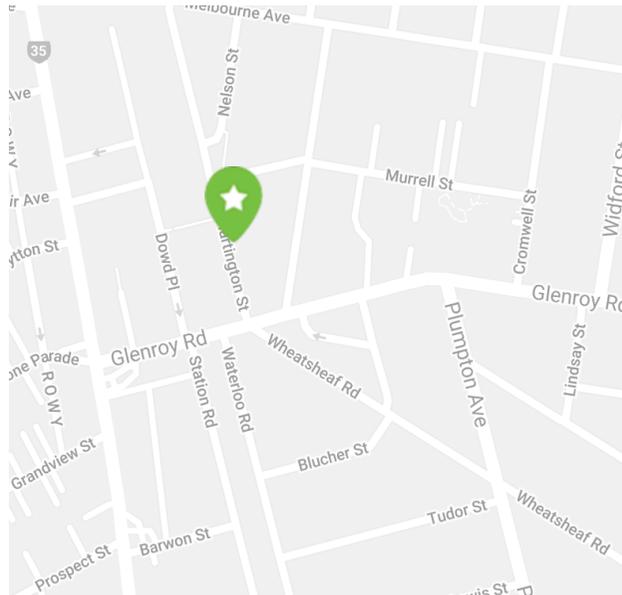
Contact headspace

2A, Hartington Street, Glenroy, Victoria 3046

Phone: **1300 880 218**

Fax: (03) 9304 1033

Info-headspaceGlenroy@orygen.org.au



Tips for supporting positive mental health

- Exercise boosts mood and mental health – Make it fun and try to get 30m of exercise daily!
- Nourish your brain by eating healthily – It will also improve your mood.
- Prioritise sleep to support mental and emotional wellbeing
- Explore [self-care techniques](#) and [coping strategies](#) at <https://au.reachout.com/>
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice [positive self-talk](#) – and remember you are not alone

Accessing additional support

Mental health

You can always [see your GP](#) to get a mental health care plan and to organise support or counselling.

Contact your [local headspace centre](#) if you need information or someone to talk to. You can also use [ehheadspace](#) or call **1800 650 890**.

Learn about and try some [positive coping strategies](#) that can help us to deal with stress during tough times. Try the [Smiling Mind](#) app if you need some more ideas.

Self-harm and suicide

Call **000** in an emergency

Talk to a trusted adult about what is going on. If you don't feel you can speak to anyone at home, you can call [kids help line](#) at any time, for any reason, on **1800 551 800**.

Find out more about [self-harm](#) and how to [support a friend](#) who may be experiencing thoughts of suicide or self-harm.

Family violence

If you, a friend, or a family member feel unsafe at home for any reason you can contact [Safe Steps](#) on **1800 015 188**.

You can call [1800RESPECT \(1800 737 732\)](#) for confidential information, counselling, and support.

Visit [WOAH \(What's Ok At Home?\)](#) to learn about family violence, why it happens, how to recognise it, and how to help others who are experiencing it.