

hey mate.

MENTAL HEALTH RESOURCES

A List of Resources for Creative Community

MENTAL HEALTH FIRST AID

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Mental Health Continuum



Where to seek help:

If anything we touch on is affecting your work, school, home life or relationships, and you feel you can't manage it alone or with support from a loved one, seek help from a doctor.

- **EAP Services – Hey Mate Ph. 1300 633 147**
- **Drop in Sessions – Therapeutic Practitioner eg. Psychologist, Counsellor etc.**
- **Peer Support Groups – Grow and Linkmate**
- **HR**
- **Arts Wellbeing Collective Helpline 1800 959 500**





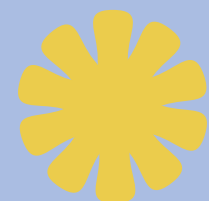
Resources and Support

Helplines

- Suicide Call Back Service (for anyone thinking about suicide) – call 1300 659 467
- Lifeline (for anyone having a personal crisis) – call 13 11 14 or chat online
- Mensline Australia – call 1300 78 99 78
- Beyond Blue online forums and helpline – or call 1300 22 4636
- National Debt Helpline – call 1800 007 007
- SANE 1800 187 263

Other resources include:

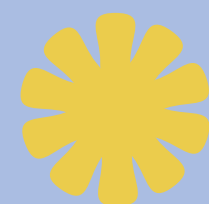
- This Way Up's stress management course
- ReachOut.com's Breathe app, Headspace & Calm
- Mindset's wellbeing course, which aims to reduce stress and anxiety
- Beyond Blue's mental health coaching service, NewAccess, which provides free and accessible services for anyone finding it hard to manage stress
- Black Dog Institute's myCompass self-help tool for mental health
- MoneySmart's free resources to deal with money issues
- GROW or Link Mate peer support groups.
- Mentally Healthy for industry tools and resources
- Never Not Creative



Resources and Support

Creative Industry Resources

- Entertainment Assist, Entertainment Assist is a national health promotion charity that raises awareness about mental health and wellbeing in the Australian entertainment industry. - <https://www.entertainmentassist.org.au/>
- Arts Wellbeing Collective promotes positive mental health in the performing arts industry. <https://artswellbeingcollective.com.au>
- Support Act, deliver crisis relief and mental health & wellbeing services to artists, crew, and music workers.- <https://supportact.org.au/>



Resources and Support

Creative Industry Resources

- Hey Mate, therapeutic support and education to the creative industries. - <https://www.theheymateproject.com/>
- Listen Up Music, mental health community and free suicide mental health first aid - <https://www.listenupmusic.com.au/>
- Screen Well promoting positive mental health in the screen sector. <https://www.screenwell.com.au/>
- Never not creative - <https://nevernotcreative.org/>
- Mentally healthy - <https://www.mentally-healthy.org/>



**HEY MATE ARE
HERE TO HELP!**

Lets Chat!

**hey
mate.**

