

Coping with life transitions in young adults

MHPN
WEBINARS

SUPPORTING
RESOURCES

Please note the resources displayed in this document were accurate at the time of publication

headspace

Report from headspace, August 2020
[COVID-Client-Impact-Report-FINAL-11-8-20.pdf](https://headspace.org.au/young-people/digital-work-and-study-program/COVID-Client-Impact-Report-FINAL-11-8-20.pdf)
(headspace.org.au)

Digital work and study service
<https://headspace.org.au/young-people/digital-work-and-study-program/>

Group chat
<https://headspace.org.au/ehespace/group-chat/>

Spaces
<https://headspace.org.au/ehespace/spaces/community/>

Psychosocial assessment for young people
<https://headspace.org.au/assets/Uploads/headspace-psycho-social-assessment.pdf>

ReachOut

ReachOut for young people
[Coronavirus support](https://au.reachout.com/forums)

<https://au.reachout.com/forums>

ReachOut for parents
<https://parents.au.reachout.com/>

Beyond Blue

Anxiety and depression checklist (K10): <https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

Apps

<https://coach.nine.com.au/lifecoach/mental-health-smartphone-apps/54bdd11f-6f41-4ba1-836e-f82478bb2f7d>