



# BE KIND TO YOUR MIND

The festive season can be a busy and stressful time for many but for others, this can bring about feelings of isolation and loss. When getting caught up in the hype of festivities, it is easy to forget about taking care of ourselves.

Here are some Gold Coast Youth Support Services to help you get through the festive season and into the New Year:

- Kids Helpline 1800 551 800
- Lifeline 131 114
- eheadspace [www.eheadspace.com.au](http://www.eheadspace.com.au)
- Reach Out [www.reachout.com](http://www.reachout.com)
- YHES House 5528 5333
- Gold Coast Youth Service 5572 0400
- Paradise Kids 5574 6853
- QLife (LGBTQIA+) 1800 184 527
- QSpace & QPlus Programs (LGBTQIA+) 1800 448 448

