

The Fab Five -

Ways to wellbeing for students

Be Active

Connect

Give

Keep Learning

Take Notice





What does
wellbeing
mean to you?



Wellbeing

means feeling good
and doing well in
your life.

The wellbeing continuum



An illustration of a red running track. In the upper left, there is a white and blue logo. In the lower left, there is a grey running shoe and a yellow running shoe. The shoes are positioned as if they are about to start a race.

Be Active

Improves your mood and increases your confidence to cope with difficult situations.



Connect

Talking to others
and taking part in
social activities is
good for your
mental health.



Give

It feels good to
volunteer and get
involved in the
community.



Keep Learning

Keeping your brain active in and out of the classroom helps you stay curious.



Take Notice

Take time to stop
and be aware of
what is happening
around you.



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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