

APPRENTICE SUPPORT SERVICES

DEPRESSION AND ANXIETY

Beyond Blue	Since 2000, beyondblue has been working to reduce the impact of depression, anxiety and suicide by supporting people to protect their mental health and to recover when they are unwell; reduce people's experiences of stigma and discrimination; and improve people's opportunities to get effective support and services at the right time. Their vision is for all people in Australia to achieve their best possible mental health.	1300 224 636 www.beyondblue.org.au
Black Dog Institute	The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.	www.blackdoginstitute.org.au
United Care Wesley New Access Program	NewAccess is a beyondblue program for people experiencing low levels of anxiety or depression, often identified simply as stress. It is completely free and easy to access with people able to contact the program directly, without the need for a GP referral.	1800 010 630 www.ucwpa.org.au/program-details-system-page/102
Headspace	Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.	1800 063 267 www.headspace.org.au/headspace-centres/adelaide/