

Designed to educate youth with mental health & wellness topics.

Mind Blank

A black silhouette of a human head in profile, facing left. Inside the head is a white spiral pattern that starts from the center and expands outwards, resembling a thought or a brain scan.

Help & resources available at
mindblank.org.au

Find us on Facebook,
Instagram or Youtube



Important numbers and websites for seeking help



Lifeline (24/7)
13 11 14

Wesley LifeForce
Service Finder →

Kids Helpline
1800 18 7263

Reach Out
reachout.com

Headspace (open 9am-5pm)
headspace.org.au

Beyond Blue
beyondblue.org.au