```
DOCTYPE html>
<html>
<head>
    <title>Mind Matters – A Mental Health Hub</title>
    <style>
        body { font-family: Arial, sans-serif; text-align: center; padding: 20px; background-color: #f4f4f9; }
        .container { max-width: 600px; margin: auto; background: white; padding: 20px; border-radius: 10px; box-shadow: 0 0 10px rgba(0, 0, 0, 0.1); }
        h1 { color: #4CAF50; }
        .section { margin: 20px 0; }
        a { color: #2196F3; text-decoration: none; font-weight: bold; }
        .helpline { font-size: 18px; color: #D32F2F; font-weight: bold; }
    </style>
</head>
<body>
    <div class="container">
        <h1>Mind Matters – A Mental Health Hub</h1>
        <p>Your mental health matters. You are not alone. 💙</p>

        <div class="section">
            <h2> 🔹 How Can We Help?</h2>
            <p>✔ <b>Self-Help Tools</b> – Try breathing exercises, stress-relief tips, and mood check-ins.</p>
            <p>✔ <b>Real Stories</b> – Read inspiring journeys from young people like you.</p>
            <p>✔ <b>Quick Tips</b> – Learn how to manage anxiety, stress, and depression.</p>
            <p>✔ <b>Find Support</b> – Get links to helplines and mental health services.</p>
        </div>

        <div class="section">
            <h2>📱 Need Help Now?</h2>
            <p class="helpline">Call Kids Helpline: 1800 55 1800</p>
            <p>Visit <a href="https://kidshelpline.com.au/" target="_blank">KidsHelpline.com.au</a></p>
        </div>
    </div>
</body>
</html>
```