

# Wellbeing Resources For Families

## Talking to your child about Coronavirus

<https://www.unicef.org.au/blog/resources/march-2020/how-to-talk-to-your-children-about-coronavirus>

[https://schooltv.me/wellbeing\\_news/special-report-coronavirus](https://schooltv.me/wellbeing_news/special-report-coronavirus)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.redcross.org.au/stories/covid-19/talking-to-kids-about-covid-19>

## Specific information about COVID-19 and wellbeing for children and adolescents

<https://aifs.gov.au/media-releases/coronavirus-response-resources-families>

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/kids-resources.aspx>

<https://www.unicef.org.au/our-work/vaccine-hub/covid-19-resources/learning-development>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

## General information on child anxiety and wellbeing

<https://headspace.org.au/friends-and-family/life-issues/>

<https://www.heysigmund.com/> - Karen Young

School closures and anxiety - Dr. Shefali Tsabary

Applying Mindfulness to Quell Anxiety - Dr. Elisha & Dr. Stefanie Goldstein

Independent Play and Home School Strategies - Avital Schreiber-Levy

## Mindfulness resources for children and adolescents

Smiling Mind App (available on App Store and Google Play) or <https://www.smilingmind.com.au/>

<https://www.headspace.com/meditation/kids>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Breathe, Think, Do with Sesame (available on the App Store and Google Play)

<https://www.gonoodle.com/>

## Activities and Podcasts for children and adolescents

Big Life Kids podcast: *Helping kids to develop a growth mindset, staying resilient, believe in themselves and face life's challenges with confidence.*

Science Adventure Stories for Kids: *Each episode is packed with facts, music, sound effects and jokes. It encourages children to constantly notice things around them using all of their senses.*

# Online/Phone Support Services – Kids and Adults

## Kids Helpline

A free, private and confidential telephone and online counselling services for people aged 5 to 25. Helpful information on their website for children and young people, parents and carers, schools and teachers.

<https://kidshelpline.com.au/>

1800 551 800

Open 24/7pen 24/7

<https://kidshelpline.com.au/get-help/webchat-counselling>

Open 8am to 12am, 7 days a week

## PARENTLINE

1300 130 052

Parent line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

<https://www.parentline.org.au/>

## Family Connect and Support

A range of support options for families and can help them connect to other services in the area. (Note- this is the old Family Referral Service)

1800 066 757

<https://www.familyconnectsupport.dcj.nsw.gov.au/families>

## The Mental Health Line

The Mental Health Line is available to everyone in NSW and operates 24 hours a day, 7 days a week. If you or someone you know needs help, the Mental Health Line offers:

- Professional help and advice
- Referrals to local mental health services.
- They can put you in contact with the most relevant mental health service for children, teens, adults and older people.

1800 011 511

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

## Bite Back

Promotes wellbeing and resilience in young people 12-18 years old through psycho-education, positive psychology and related approaches.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/>

## The BRAVE program

Online program to help children aged 8 to 12 and teenagers aged 13 to 17 with anxiety, based on cognitive behavioural therapy (CBT).

<https://www.brave-online.com/>

## connectEDSpace

A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents.

<https://www.connectedspace.com.au/>

## eheadspace

A free service that supports young people aged between 12 and 25 and their families going through a tough time.

<https://headspace.org.au/eheadspace/>

1800 650 890

Open 9am - 1am

## myCompass

Are you feeling the pressures of study, finding a job or starting a career? myCompass can help. It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.

<https://www.mycompass.org.au/YoungAdults>

## ReachOut

Provides practical tools and support to help young people aged 14–25 years get through everything from everyday issues to tough times. Includes information on mental health, peer support forums, and apps. ReachOut Next Step service for 18-25 years recommends support options. ReachOut Parents provides information and support to “help parents help teens”.

<https://au.reachout.com/>

<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

## Youth Beyond Blue

Information, online and phone counselling for young people 12 to 25 years old, who can contact trained mental health professionals 7 days a week, 24 hours a day.

<https://www.youthbeyondblue.com/>

1300 22 4636

Open 24/7

<https://www.youthbeyondblue.com/help-someone-you-know/what-to-do-in-an-emergency/get-immediate-support>

Open 3pm - 12am

## Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

<https://www.beyondblue.org.au/>

<https://online.beyondblue.org.au/email/#/send>

<https://www.beyondblue.org.au/get-support/get-immediate-support>

Open 3pm to midnight, 7 days a week

1300 22 4636

Open 24/7

## Black Dog Institute

The Black Dog Institute website contains information and resources for mood disorders, including depression and bipolar disorder.

<https://www.blackdoginstitute.org.au/>

## Head to Health

A digital mental health gateway funded by the Australian Government, containing a range of trusted mental health services and resources. Head to health was co-designed between the Australian Government Department of Health, people and families with a lived experience of mental health issues, as well as mental health organisations, service providers, health professionals, and the Australian public.

<https://headtohealth.gov.au/>

## Lifeline

24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. Call Lifeline about suicidal thoughts or attempts, personal crisis, anxiety, depression, loneliness, abuse and trauma, stress or to get information for friends and family. A range of services are provided through Lifeline centres including:

- face to face counselling

- gambling counselling
- youth services
- migrant support services
- rural outreach
- counselling services for children, aged care visitation
- indigenous support services.

<https://www.lifeline.org.au/get-help/get-help-home>

131 114

Open 24/7

<https://www.lifeline.org.au/get-help/online-services/crisis-chat>

Open 7pm - midnight, 7 days a week

## Mental Health Online

The website has Information, an online psychological assessment and online self-guided treatment programs for anxiety, panic, OCD, PTSD, and depression for people 18 years old and older. The site also offers a free 12-week online program with free access to eTherapists.

<https://www.mentalhealthonline.org.au/>

## MindSpot

MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. They provide an online assessment and treatment course, or also help you find local services.

<https://mindspot.org.au/>

[contact@mindspot.org.au](mailto:contact@mindspot.org.au)

1800 61 44 34

Open Monday to Friday 8 am to 8pm, Saturday 8am to 6pm.

## myCompass

An interactive self-help service for young adults, adults and seniors that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.

<https://www.mycompass.org.au/>

## SANE Australia

Talk to a mental health professional for information, guidance and referrals to manage your mental health concerns. The SANE helpline and online chat is open weekdays from 10am to 10pm.

<https://www.sane.org/services/help-centre>

[helpline@sane.org](mailto:helpline@sane.org)

1800 187 263

Open weekdays 10am - 10pm

## WayAhead Mental Health Association NSW

Provides information and support to mental health consumers, their families and carers, and to the general public. Their phones are open Monday to Friday, 9am to 5pm. The [WayAhead Free Online Directory](#) can also help you find accommodation, community organisations, emergency services, government assistance, information and support services and treatments in your local area.

<https://directory.wayahead.org.au/>

Level 5, 80 William St, Woolloomooloo, NSW 2011

[info@wayahead.org.au](mailto:info@wayahead.org.au)

(02) 9339 6000

WayAhead Mental Health Information Service 1300 794 991

Monday to Friday, 9am to 5pm

WayAhead Anxiety Disorders Information Service 1300 794 992

Monday to Friday, 9am to 5pm