



Student Health and Wellbeing Services

The Headspace and Reach-out pages below have great information on looking after yourself at this time.

Kids Helpline

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

Kids Helpline

Talk directly to a counsellor
1800 55 1800

Head Space

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Instagram

Follow: kidshelplineau

Smiling Mind App

for Mindfulness

Life in Mind

<https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

Beyond Blue

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

eHeadspace

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

Reach Out

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

LifeLine

13 1114

Coronavirus Information

National Coronavirus Helpline

1800 020 080

Health Direct

<https://www.healthdirect.gov.au/coronavirus>

health.vic

<https://www2.health.vic.gov.au/>

Australian Government

<https://www.dese.gov.au/news/coronavirus-covid-19>



Coronavirus (COVID-19) Mental Health and Wellbeing Support

The COVID-19 outbreak may generate a range of impacts on community and individual mental health and wellbeing.

This may include preoccupation with specific details related to COVID-19 in addition to increased anxiety, stress or worry within individual families and communities.

The impact of COVID-19 on mental health and wellbeing may also extend to those who experience quarantine or self-isolation.

To support the community during this period, Preston High School is distributing supportive information mainly compiled by the *Life in Mind* team at Everymind. This team has worked with the suicide prevention and mental health sectors, and in collaboration with the National Mental Health Commission to provide a comprehensive list of resources to support those affected.

Supportive Resources

GENERAL

Australian Government Department of Health

Summary: Up-to-date information about monitoring and responding to the outbreak, the latest official medical advice and case numbers.

Link: <https://www.health.gov.au/news/health-alerts/novel-%20coronavirus-2019-ncov-health-alert>

Australian Psychological Society (APS)

Summary: Tips for coping with coronavirus anxiety and managing your mental health during social isolation.

Link: <https://www.psychology.org.au/COVID-19-Australians>

Beyond Blue

Summary: General advice for adults looking after their own mental health including how to support children and young people during the coronavirus outbreak.

Link: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Butterfly Foundation

Summary: COVID-19: Tips and advice for people with an eating disorder

Link: <https://thebutterflyfoundation.org.au/covid-19>

Lifeline: Crisis Support and Suicide Prevention

Summary: Crisis phone and online support. General mental health and wellbeing support information during the Coronavirus COVID-19 outbreak.

- 131114 will continue operating 24 hours a day, 7 days a week
- Lifeline Text 0477 13 11 14 will continue to operate 6pm – midnight (AEDT), 7 nights a week
- Lifeline webchat will continue to operate 7pm – midnight (AEDT), 7 nights a week

Link: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

World Health Organisation (WHO)

Summary: Myth busting COVID-19 misinformation

Link: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Phoenix Australia

Summary: Coronavirus (COVID-19) Tips for Self-care and Families.

Link: <https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf>

Reachout

Summary: Talking to your teen about coronavirus.

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

VIDEOS

Talking to kids about scary stuff in the news

https://www.youtube.com/watch?v=r_URnXXK4Ag

Talking to children about natural disasters, traumatic events, or worries about the future

<https://vimeo.com/394049129>

YOUTH SPECIFIC

Headspace

Summary: Youth-friendly information on how to cope with stress related to Novel Coronavirus (COVID-19)

Link: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Printable factsheet: <https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf>

Reachout

Summary: General and Covid-19 specific youth-friendly information and tips for self-care and wellbeing.

Link: <https://au.reachout.com/collections/coping-during-coronavirus>

Kids Help Line: 1800 551 800

FAMILY AND DOMESTIC VIOLENCE SUPPORT SERVICES

If you or your family are in danger, call 000 immediately.

1800Respect: National Sexual Assault, Domestic Violence, Family Violence Counselling Service

Helpline: 1800 737 732

Website: <https://www.1800respect.org.au/>

Safe Steps: Family Violence Response Centre (Vic)

Crisis line: 1800 015 188 (24/7)

Website: <https://www.safesteps.org.au/>

Men's Referral Service

Helpline: 1300 766 491

Lifeline

Crisis Line: 131 114 (24/7)

Website: <https://www.lifeline.org.au/>

Relationships Australia:

Help line: 1300 364 277

Website: <http://www.relationships.org.au/>

NATIONAL CRISIS SUPPORT NUMBERS FOR INDIVIDUALS AND COMMUNITIES

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Help Line: 1800 551 800

Mensline Australia: 1300 78 99 78

Beyond Blue: 1300 22 4636

GriefLine: 1300 845 745

PARENTS/GUARDIANS WORKING FROM HOME

Ahead for Business

Summary: Support for small businesses affected by adverse events

Link: <https://aheadforbusiness.org.au/about/support-in-adverse-events>

Roses in the Ocean

Summary: Tips for working from home

Link: <https://rosesintheocean.com.au/wp-content/uploads/2020/03/Working-from-Home-Tips.pdf>