



Support Resources for Parents, Students and Teachers

- 1. Reach Out:** Online mental health service that provides practical support, tools and tips to help young people get through day to day issues to tough times. Information and resources available for parents to help them support their teenagers. <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- 2. Headspace:** Counselling and mental health support to young people between the ages of 10 to 25 years old. A range of online resources for young people and their parents. Phone: 1300 737 616. <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- 3. E-Headspace:** Free online and telephone support and counselling to young people from the ages of 12-25 and their families. <https://headspace.org.au/eheadspace/>
- 4. Smiling Mind:** See the below links for everything you need to know about the Smiling Mind program (K-6) and how both parents and students can access resources targeted to specific needs, guided meditations, and where to go for further support.
<https://www.smilingmind.com.au/thrive-inside>
<https://blog.smilingmind.com.au/how-mindfulness-can-help-during-coronavirus>
<https://blog.smilingmind.com.au/staying-mentally-healthy-when-youre-working-from-home>
- 5. Kid's Helpline:** Free online and phone counselling 24 hours a day, 7 days a week for young people aged 5 to 25. Online resources for children, adolescents and parents about a range of topics such as managing stress, coping with emotions and bullying. <https://kidshelpline.com.au/>
- 6. Parent Line:** Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 7 days a week. Call 1300 1300 52. <http://www.parentline.org.au/>
- 7. Mental Health Line:** Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 011 511. <https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>
- 8. Child and Adolescent Mental Health Services:** Provide support and treatment to children, adolescents and their families with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. Referrals can be made by a child, young person, parents and caregivers, a General Practitioner, health professional or the child/young person's school. For advice, assessment and referral call The Mental Health Line (freecall) on 1800 011 511. <https://www.health.nsw.gov.au/mentalhealth/Pages/camhs.aspx>
- 9. Family Referral Service (FRS):** FRS links families with the most appropriate support service in their local areas. Services including; domestic violence support services (including counselling), housing or accommodation services,



financial assistance, counselling and mediation, parenting struggles and support services (including parenting programs), mental health support services and culturally appropriate support services.

<http://www.familyreferralservice.com.au/>

10. MoodGym: Interactive online program designed to help teenagers with: -
Identify whether they are having difficulties with anxious and depressive mood. -
Learn skills that help teenagers cope with these emotions.

<https://ehubhealth.com/index.php/moodgym/>

11. Brave Program: Interactive online program for children aged between 3-17 and their parents. Children and adolescents who engage in the program will be provided with information and skills to help overcome their fears and anxiety. Parents who participate in the program will receive training in how to assist their child to implement anxiety management strategies. <https://brave4you.psy.uq.edu.au/>