LOOKING AFTER YOUR WELLBEING AT HOME

At this time, it is good to know that there are a lot of supports that we can access from home if we need some assistance. Listed below are some groups we can call, on-line contacts we can access, apps we can use and websites we can visit to get up to date information.

*Please remember that it is so important that we look after ourselves at this time, and seek support if we need it – for any reason, at any time.*

**People you can call…**

- In an emergency, always call triple zero (000)
- Mental Health Line: 1800 011 511
- Kids Helpline: 1800 55 1800
- Beyond Blue: 1300 22 4636
- For support regarding domestic violence: 1800RESPECT
- Lifeline: 13 11 14 (24/7)

*Note school counsellors will also be on-site as long as staff are at schools, so they can also be contacted by phone during school hours!*

**Chatrooms you can visit…**

- Beyond Blue: [https://online.beyondblue.org.au](https://online.beyondblue.org.au) (after 3pm)
- 1800RESPECT: [https://www.1800respect.org.au/](https://www.1800respect.org.au/)

**Online programs that can help with mood and anxiety…**

- [https://thiswayup.org.au/](https://thiswayup.org.au/) (mood, anxiety, mindfulness, sleep, and stress)
- [https://brave4you.psy.uq.edu.au/](https://brave4you.psy.uq.edu.au/) (anxiety)

**Apps you can download…**

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports student with temptation to self-harm)
- Clear Fear (provides strategies to manage anxiety)
- Habitica (A free habit and productivity app that treats your real life like a game)
- Happify (Activities and games to help reduce stress, overcome negative thoughts)
- Level up life (lets you track your daily achievements, big or small, gaining motivation and productivity while progressing in an RPG-style online platform)
- Equoo (an emotional fitness game that aims to teach you psychological skills in a fun way)
To Learn More About Mental Health…

- Headspace: [https://headspace.org.au/](https://headspace.org.au/)
- Black Dog Institute: [https://www.blackdoginstitute.org.au/](https://www.blackdoginstitute.org.au/)

Information About Covid 19…

- World Health Organisation Q & A: [https://www.who.int/news-room/q-a-detail/q-a-coronaviruses](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)
- Coronavirus Health line ph: 1800 020 080