

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...

- Lifeline: <https://www.lifeline.org.au/get-help/online-services/crisis-chat> (after 7pm)
- Kids Helpline: <https://kidshelpline.com.au/get-help/webchat-counselling>
- Beyond Blue: <https://online.beyondblue.org.au> (after 3pm)
- Eheadspace: <https://headspace.org.au/eheadspace/connect-with-a-clinician/>
- 1800RESPECT: <https://www.1800respect.org.au/>

Online programs that can help with mood and anxiety...

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)

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...

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <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>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Coronavirus Health line ph: 1800 020 080



COPING WITH STRESS

VIRUS OUTBREAK MANAGEMENT

2019-nCoV
OUTBREAK MANAGEMENT



TALK WITH YOUR
FAMILY AND FRIENDS



MAINTAIN YOUR
ROUTINE WHERE
POSSIBLE



FOCUS ON POSITIVE
ACTIVITIES



ACKNOWLEDGE
YOUR FEELINGS



KEEP A HEALTHY
LIFESTYLE: PROPER
DIET, EXERCISE, SLEEP



DON'T USE ALCOHOL,
SMOKE OR DRUGS



DISCONNECT
FROM MEDIA
AND LIMIT PANIC



SEEK ACCURATE
INFORMATION



TALK
TO A COUNSELLOR



USE YOUR PAST
COPING SKILLS
AND TECHNIQUES



FOLLOW SAFETY AND
HYGIENE PROCEDURES



PREPARE A SUPPLY OF
WATER, FOOD AND
HOUSEHOLD ITEMS