

Some Resources and Tips for Parents for the School Holidays

Please keep this resource handy.

This information has been put together to assist you in supporting your child or young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/data/assets/pdf_file/0008/319058/child_safety.pdf

Signs that may suggest that your child or young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe they are at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources & services you or your child or young person can access:



eheadspace provides free online and telephone support and counselling to young people 12-25 going through a tough time, and their families and friends. <https://headspace.org.au/eheadspace/>

Some helpful factsheets:

'Support your young person during the school holidays' - headspace School Support Factsheet:

www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'How to help a friend going through a tough time' <https://headspace.org.au/young-people/how-to-help-a-friend/>

'Self-Care for Family and Friends' <https://headspace.org.au/friends-and-family/self-care-for-family-and-friends/>

'Supporting your young person - the transition from primary to secondary school'

<https://headspace.org.au/friends-and-family/the-transition-from-primary-to-secondary-school/>

headspace Digital Services flier:

<https://headspace.org.au/assets/Uploads/Centres/Castle-hill/headspace-Digital-Services-Flyer-YP-COVID1.pdf>



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and live WebChat. **Telephone: 1800 55 1800** or www.kidshelpline.com.au

Kids Helpline's website has separate sections for:

- **Kids 5-12 years old** (including feeling sad over the holidays; thinking about hurting myself)
- **Teens and young people 13-25** (loads of questions answered including managing relationships; what happens after school; if you're concerned about anxiety, depression or suicide and someone you know)
- **Parents and carers** (including empowering young people to ask for help).

▪ **Lifeline**

24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au

▪ **Suicide Call Back Service**

24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

▪ **beyondblue: National depression initiative**

24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au



The Mental Health Line is a **single number, state-wide 24 hour mental health telephone access service**. Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief - www.goodgrief.org.au/assistance - information on children and grief, young people and grief, and supporting someone who is grieving.

Suicide Prevention and Support:



Orygen Chatsafe provides online Tools and Tips to help young people communicate safely online about suicide:
<https://www.orygen.org.au/chatsafe>



*resources for
discussing suicide*

Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide



The Rural Adversity Mental Health Program (RAMHP) helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area.
www.ramhp.com.au/

You can click on a range of resources on their **Get Help Now page**:
www.ramhp.com.au/get-help-now/links-mental-health-services/

Sonia Cox is the Lithgow RAMHP Coordinator:
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Support around Bushfires and Disasters

Emerging Minds: Preparing children for the threat of a bushfire:

http://earlytraumagrief.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATLGN_APS.pdf

From the Australian Red Cross

Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx

Orygen - Helpful Youth Health Factsheets on a range of mental health issues:

<https://oyh.org.au/client-hub/fact-sheets>

These include:

Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders; Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Sleep; Getting active.

Mindfulness: Try the free Smiling Mind app and see tips for practising mindfulness at home:



www.smilingmind.com.au/smiling-mind-app

www.smilingmind.com.au/at-home

Holiday Activities

Local Councils usually provide a **calendar of activities** happening at Libraries, Aquatic and Sporting Centres and other council venues. **Check your local council's Website or Facebook page closer to the summer holidays for more information.**

Penrith City Council: www.visitpenrith.com.au/events/search

PCYC Penrith: www.pycnsw.org.au/penrith/school-holiday-programs/

Blue Mountains City Council: www.bmcc.nsw.gov.au/school-holiday-activities
www.bmcc.nsw.gov.au/swimpass

Hawkesbury City Council: Events and activities at Libraries, Galleries and Museums over the summer:
www.hawkesbury.nsw.gov.au/data/assets/pdf_file/0009/168813/LMG-Whats-On-Dec-Feb-2020-FINAL-DIGITAL.pdf

Lithgow: Check the Lithgow Mercury and <https://library.lithgow.com/>
