

Resources for Students and Parents


















Headspace www.headspace.org.au

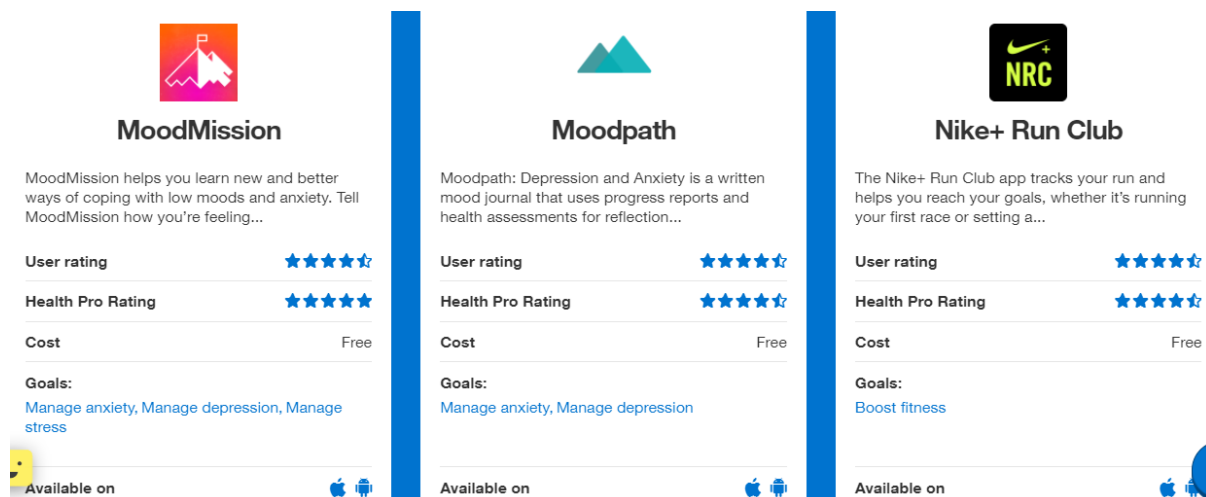
- **E-headspace** - eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends
- **Information** about Life Issues, Alcohol & Other Drugs, Health & wellbeing, Mental Health, Work & study, Yarn Safe (resources for Aboriginal young people)
- **Headspace work & study programs** - headspace work and study Programs support 15-25-year-olds to plan a career, find employment or work towards further education – in a highly accessible, confidential and youth-friendly environment.

Reach Out <https://au.reachout.com/>

- **Information** about Bullying, Challenges and Coping, Identity, Mental Health Issues, Mental Wellbeing, Relationships, Study, Work & Money, Coping during Corona Virus
- **Tools & Apps** – here you'll find professional-reviewed mobile apps and tools to help you look after your health and wellbeing.
- **Reach Out Community** – is a supportive, safe and anonymous space where people care about what's happening for you, because they've been there too

Some apps that Reach Out recommends are (many more on website):

 <h4>Calm Harm</h4> <p>Calm Harm provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★</p> <p>Cost: Free</p> <p>Goals: Achieve balance, Embrace challenges, Manage anxiety</p> <p>Available on:  </p>	 <h4>Headspace</h4> <p>Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track your...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★</p> <p>Cost: Free</p> <p>Goals: Control panic attacks, Manage stress, Manage anxiety, Relax</p> <p>Available on:  </p>	 <h4>The Check-in</h4> <p>The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★☆</p> <p>Cost: Free</p> <p>Goals: Be kinder, Help others</p> <p>Available on:  </p>
 <h4>Breakup Shakeup</h4> <p>Breakup Shakeup provides ideas for fun, easy things to do to help you cope after a breakup. The app teaches you that planning...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★</p> <p>Cost: Free</p> <p>Goals: Improve relationships</p> <p>Available on: </p>	 <h4>Chats For Life</h4> <p>The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★☆</p> <p>Cost: Free</p> <p>Goals: Be kinder, Help others, Improve relationships</p> <p>Available on:  </p>	 <h4>Daylio</h4> <p>Daylio is a diary app that allows for goal setting, mood tracking and routine notifications. The app uses this data to create...</p> <p>User rating: ★★★★★</p> <p>Health Pro Rating: ★★★★★☆</p> <p>Cost: Free</p> <p>Goals: Stay positive, Increase happiness, Manage stress</p> <p>Available on:  </p>



Beyond Blue <https://www.beyondblue.org.au/>

- **Coronavirus Mental Wellbeing Support Service** – 24/7 phone support services, web chat support service, online community forum and suicide and crisis support
- **Not Alone** – a Beyond Blue Podcast
- **Lots of info and Resources for youth and adults**

Black Dog Institute <https://www.blackdoginstitute.org.au/>

- **COVID 19 – resources for stress & anxiety** If you are looking for ways to look after **your mental health** while we practice physical distancing, please explore these pages that have been loaded with evidence-based resources and information designed for the general public, managers and workers, schools and young people, and health professionals.

Emerging Minds <https://emergingminds.com.au/>

- **Supporting children's mental health during a pandemic**
<https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>
- **COVID-19 Toolkit** – factsheets, podcasts and videos about supporting children's mental health

Some Articles you might like to share;

10 ways to Take Care of Yourself

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/10-ways-to-take-care-of-yourself.html>

A Guide to Dealing with Constant Change

<https://au.reachout.com/articles/a-guide-to-dealing-with-constant-change>

How to Handle Fear about the future a guide for year 12 students

<https://au.reachout.com/articles/how-to-handle-fear-about-the-future-a-guide-for-year-12-students>

How to Deal with Uncertainty during coronavirus

<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>

How parents can cope with home school again

<https://www.blackdoginstitute.org.au/news/how-parents-can-cope-with-home-schooling-again/>

Keeping kids safe on screens during lockdown

<https://www.blackdoginstitute.org.au/news/keeping-kids-safe-on-screens-during-lockdown/>