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| List of Resources & Support Services |
| Counselling Support |
| Headspace  <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>  Smiling Mind  <https://www.smilingmind.com.au/>  Kids Helpline  <https://kidshelpline.com.au/>  Beyond Blue  <https://www.beyondblue.org.au/>  Lifeline  <https://www.lifeline.org.au/>  Mental Health Foundation Australia  <https://www.mhfa.org.au/> |
| Youth Support Services & Resources (including D&A) |
| REACHOUT.COM  <https://au.reachout.com/>  Youth Projects  <https://youthprojects.org.au/>  YSAS  <https://www.ysas.org.au/> |
| Mental Health |
| Black Dog Institute  <https://www.blackdoginstitute.org.au/>  Austin Health  <http://www.austin.org.au/mentalhealth/CYMHS/>  Royal Children’s Hospital  <https://www.rch.org.au/mental-health/>  Mental Health Foundation Australia  <https://www.mhfa.org.au/> |
| Education Support |
| Animal Education On-Line  <https://www.caninecomprehension.com.au/blog/try-animal-assisted-education-online_117s122>  The Smith Family  <https://www.thesmithfamily.com.au/>  DET  <https://www.education.vic.gov.au/Pages/default.aspx> |
| Resources for Parents, Families, Carers & Families |
| Raising Children  <https://raisingchildren.net.au/>  Generation Next  <https://www.generationnext.com.au/>  Head to Health  <https://headtohealth.gov.au/about-us>  Parent Zone – Parenting Resource  <https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/>  DET Learning from Home  <https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx> |
| COVID-19 Resources |
| Raising Children  <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>  Generation Next  <https://www.generationnext.com.au/2020/03/how-to-talk-to-your-children-about-coronavirus-top-10-questions-answered/>  Head to Health Support  <https://headtohealth.gov.au/covid-19-support>  REACHOUT.COM  <https://au.reachout.com/collections/coping-during-coronavirus?utm_medium=email&utm_campaign=200324_EDM_Supporters%20Suppliers%20Stakeholders%20%20COVID-19%20response_NK&utm_content=200324_EDM_Supporters%20Suppliers%20Stakeholders%20%20COVID-19%20response_NK+CID_4e976f3c169ab833e4b68d378b038979&utm_source=emailCM&utm_term=a%20collection%20of%20self-help%20resources>  City of Whittlesea  <https://www.whittlesea.vic.gov.au/coronavirus>  World Health Organisation  <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>  Red Cross  <https://www.redcross.org.au/stories/covid-19>  Centrelink  <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19> |
| General Wellbeing Support |
| AskIzzy (Online database for local services, resources & programs)  <https://askizzy.org.au/> |
| Family Support Service |
| Orange Door (Formerly known as Child First)  <https://orangedoor.vic.gov.au/>  Berry Street – Family Services  <https://www.berrystreet.org.au/>  Whittlesea Community Connections  <https://www.whittleseacommunityconnections.org.au/> |
| Resource for Staff |
| Be-You (Beyond Blue) Resource *for staff*  <https://www.rch.org.au/mental-health/>  <https://beyou.edu.au/resources/news/covid-19?utm_source=sfmc&utm_medium=email&utm_campaign=BY_202003_HS_ATL_news&utm_term=https%3a%2f%2fbeyou.edu.au%2fresources%2fnews%2fcovid-19>  Institute of Positive Education  Wellbeing Resources for Remote Learning  <https://teachpeec.com/curriculum/secondary/free-remote-learning-resources/remote-learning-resources/> |
| Careers, Transitions & Pathways |
| Victorian Curriculum and Assessment Authority (VCAA) COVID-19 Advice  <https://www.vcaa.vic.edu.au/news-and-events/latest-news/Novel%20coronavirus%20update/Pages/default.aspx>  Victorian Tertiary Admissions Centre (VTAC) COVID-19 Updates  <http://www.vtac.edu.au/update-covid-19.html?highlight=WyJjb3ZpZC0xOSJd>  Online Study Australia Study Planner/Timetable  <https://onlinestudyaustralia.com/study-planner-timetable/>  DET Career Planning Advice for Parents  <https://www.education.vic.gov.au/parents/career-planning/Pages/default.aspx>  My Future  <https://myfuture.edu.au/>  Job Outlook  <https://joboutlook.gov.au/> |