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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/>  |