

The Department has expert guidance and resources on the [Mental Health Toolkit](#) to promote student mental health and wellbeing, provide early support and refer students to the right services.

Mental health and wellbeing advice

Advice for teachers about how to support their students' mental health and wellbeing as they return to onsite learning:

- [Advice for teachers – supporting students' mental health and wellbeing](#)

Activities for teachers to help build and maintain students' wellbeing through emotional literacy, personal strengths, positive coping, problem solving, stress management and help seeking.

- [Wellbeing activities and conversation starters for teachers of primary school students](#)
- [Wellbeing activities and conversation starters for teachers of secondary school students](#)

Curriculum resources

Curriculum resources for primary and secondary school teachers on:

- [Personal and Social Capability](#): teaching materials for primary/secondary school teachers to develop students' social, emotional and positive relationship skills
- [Physical Activity](#): teaching materials for primary/secondary school teachers on physical activity

Assessment

- [Students at Risk Planning Tool](#) can assist schools to identify students who may be vulnerable and require support to maintain engagement and connection with education.
- [Youth Mental Health – Early Intervention Guide](#) is a practical guide to early intervention in youth mental health. It's designed for teachers, school staff and other staff who work with students in a school setting.

Accessing support for students

Schools will continue to have access to a dedicated Regional Health and Wellbeing Key Contact for the 2020 school year. Schools are able to are able to access support for students through [Student Support Services](#).

Secondary school students can access to face-to-face and telephone [counselling services from headspace](#). Students access the service via a referral made by a central contact person within their school.

Schools are also able access support through external services including:

- [Lifeline](#)
- [Beyond Blue](#)
- [Kids helpline](#)

Mental health training

headspace mental health training builds the capacity and capability of government school workforces to support students with mental health issues.

- [SAFEMinds](#): early intervention training focuses on understanding students' self-harm, anxiety and depression.
- [Suicide Risk Continuum Training](#): focuses on identification, support and responding to self-harm and suicidal behaviour in young people.

[Register for headspace SAFEMinds and Suicide Risk Continuum training](#)

Managing trauma

The [Managing Trauma guide](#) supports principals, Student Support Services (SSS) and recovery teams to lead emotional and psychological recovery following a traumatic incident or event.

Suicide prevention and response

Schools play a key role in promoting positive mental health, and for early intervention when students display signs of deteriorating mental health.

- [Guidance on responding to attempted suicide or suicide of a student](#)
- [headspace school support program](#)

Identifying and responding to child abuse

School staff play a critical role in protecting children from abuse. For more information about identifying and responding to abuse, see:

- [Identifying and responding to all forms of abuse in Victorian Schools](#)
- [Protecting Children – reporting and other legal obligations](#)
- [Four Critical Actions for schools.](#)



Health and wellbeing advice for students

This webpage provides students with links to current supports, DHHS health advice and a range of evidence informed and reputable organisations which provide mental health and wellbeing support including:

- Supporting their own mental health and wellbeing
- Getting help and helping someone else
- Staying healthy
- Staying safe online
- Support for Koorie students
- Support for VCE students
- Raising concerns at school
- Mindfulness activities

A series of videos feature students sharing their [experiences of remote learning](#), what students [hope for the future](#), and celebrated their previous [return to school](#).

Wellbeing with Melbourne Football Club

The Department has partnered with Melbourne Football Club on a series of videos to help support student wellbeing. Featuring both AFL and AFLW players, the videos provide students with tips on resilience, managing stress and anxiety, gratitude and staying active.

Kick it with Victory

Melbourne Victory Football Club's 'Kick it With Victory' online remote learning resources have been developed in collaboration with the Melbourne Victory Football Club Department of Education and Training and School Sport Victoria.

Accessing Support

If things are getting too much, or you're worried about someone at home, talk to a trusted staff member or another trusted adult. If the staff member is worried about your safety, or the safety of someone else, they will have to talk to the principal. You can also access external help through:

- [eheadspace](#)
- [Kids helpline](#)
- [Lifeline](#)
- [Beyond Blue](#)
- [ReachOut – getting a mental health care plan](#)



Tips to support your child's health and wellbeing

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing activities for parents of primary school students](#)
- [Wellbeing activities for parents of secondary students](#)

Raising Learners Podcast Series



The Department has partnered with the Raising Children Network on a series of podcasts providing expert advice and information to parents and carers on a range of health and wellbeing topics.

Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

Accessing Support

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. You can also access external help through:

Helpline

- [Parentline](#)
- [Lifeline](#)
- [Beyond Blue](#)

Information and resources

- [Black Dog Institute](#)
- [Raising Children Network](#)

Talking to your child about coronavirus (COVID-19)

Advice on having a safe and reassuring conversation about coronavirus (COVID-19), available in a range of community languages.

