

Local Support Services

The Positive Pathways Project is a:

Greater Dandenong–Casey–Cardinia Online [Youth Services Directory](http://youthpositivepathways.com.au/)

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There are many services for young people and families within the City of Greater Dandenong, the City of Casey and Cardinia Shire. This directory brings local service information together in the one place.

It aims to assist young people, families, schools and agencies by improving awareness of and accessibility to services available to young people and their families across the City of Greater Dandenong, the City of Casey and Cardinia Shire.

It gives you easy access to a range of services for:

- Mental Health
- Counselling
- Drug and Alcohol information and support
- Disability support
- Employment services
- Family violence services
- Youth and recreation services,

As well as information to crisis support emergency health lines, such as the following:

HELPLINES

Kids helpline **Phone:** 1800 55 1800

Youth Beyond Blue **Phone:** 1300 22 4636

Lifeline **Phone:** 13 11 14

Respect (family violence) **Phone:** 1800 737732

ENCOURAGE YOUR CHILD TO:

- Take a break from news
- Do things that make you feel physically and emotionally safe
- Be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm – use of drugs and alcohol can be counterproductive

- Mindfulness – whichever works for you Smiling Mind App, playing music, exercise, puzzles
- Stay active – promotes healthy brain function and hormones - endorphins, serotonin
- Chat with friends
- Maintain or create new family rituals
- Make a spotify playlist, how you feel
- Watch something new, uplifting
- Learn something new

BUILDING BLOCKS OF WELLBEING

- SLEEP – when in deep sleep, release killer T cells. Study – group exposed to flu and sleep timed – those who slept less than 6 hours were 4 times more likely to contract the flu than those who had more than 7 hours.
- EXERCISE – weight training is good, all sorts of exercise stimulates positive hormones
- DIET – brain food, healthy diet
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KEY MESSAGES TO GIVE TO STUDENTS TO BUILD PSYCHOLOGICAL WELLBEING IN UNCERTAIN TIMES

- IT YOU CAN'T CHANGE IT, CHANGE THE WAY YOU THINK ABOUT IT
- SEE LIFE AS IT IS, BUT FOCUS ON THE GOOD BITS!

WEBSITES:

- www.Moodgym.com.au - helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.
- www.Blackdoginstitute.org.au - Researching the early detection, prevention and treatment of common mental health disorders
- <https://au.reachout.com/>
- <https://headspace.org.au/young-people/life-issues/>
- <https://www.biteback.org.au/Learn#>
- <https://studentwellbeinghub.edu.au/>
- www.respectvictoria.gov.au