

LALOR SECONDARY COLLEGE
Wellbeing Team
List of Resources & Support Services 2020

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

Airstudy (Virtual study support)

<https://www.airstudy.com.au/>

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-](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)

[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](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

Lalor Secondary College Careers Website

<https://www.lalorsccareers.com/index.php>

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/>

