

Resources for Preparedness

For families

Australian Psychological Association – Preparing children for the threat of bushfire (Factsheet) <https://www.psychology.org.au/getmedia/5c0d043b-11b4-467e-be7c-f56743b366b0/Preparing-children-for-the-threat-of-bushfires.pdf>

Emerging Mind – How parents and caregivers can prepare for a natural disaster (Factsheet) <https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/>

Australian Psychological Association – Psychological preparation for natural disasters (Factsheet) <https://www.psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf>

Emerging Minds – Talking to children about natural disasters, traumatic events or worries about the future (Video) <https://vimeo.com/394049129>

Emerging Minds – Preparing for a natural disaster (Video) <https://vimeo.com/280460126>

Australian Psychological Association – Preparing children psychologically for the threat of disaster (Video) <https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Preparing-for-disasters/Preparing-children-psychologically-for-disasters>

For educators

Emerging Minds – How educators can prepare their students for a natural disaster (Web) <https://emergingminds.com.au/resources/how-educators-can-prepare-their-students-for-a-natural-disaster/#how-educators-can-prepare-their-students-for-a-natural-disaster>

Red Cross preparedness lesson plans (Web) <https://www.redcross.org.au/get-help/emergencies/resources-about-disasters/resources-for-parents-and-teachers#prepare>

Resources for Anxiety

For families

Emerging Minds – Anxiety in children (Factsheet) <https://emergingminds.com.au/resources/parent-guide-1-anxiety-in-children/>

Emerging Minds – Gathering information about your child's experience of anxiety (Factsheet) <https://emergingminds.com.au/resources/parent-guide-2-gathering-information-about-your-childs-experience-of-anxiety/>

Emerging Minds – Supporting your child (Factsheet) <https://emergingminds.com.au/resources/parent-guide-3-supporting-your-child/>

BRAVE Online Program for parents. Information on the program: <https://www.brave-online.com/> Access the program here: <https://brave4you.psy.uq.edu.au/>

For students

Kids Helpline – School Program session, either Managing Emotions or Developing Resilience session <https://kidshelpline.com.au/schools/kids-helpline-school>

BRAVE Online Program. Information on the program: <https://www.brave-online.com/> Access the program here: <https://brave4you.psy.uq.edu.au/>

For educators

Be You – Anxiety (Web and Factsheet) <https://beyou.edu.au/fact-sheets/mental-health-issues-and-conditions/anxiety>

Be You – Supporting children and young people experiencing anxiety (Web and Factsheet) <https://beyou.edu.au/fact-sheets/mental-health-issues-and-conditions/supporting-children-and-young-people-experiencing-anxiety>

Be You – Practical strategies to support children and young people with anxiety during COVID times (Webinar) <https://beyou.edu.au/resources/events/anxiety-during-covid-19>

*Please feel free to email (etaylor@headspace.org.au) or call (0429 148 681) if you'd like to talk through any of these resources or if you'd like further resources on any other topics.
Thanks, Elise.*