



COVID Resources for Families and Students

The following list of resources is provided to assist parents, carers and students manage the uncertainty of lockdown:

- [Andrew Fuller resources](#) – Clinical Psychologist, Family Therapist, Author and Associate of The Brown Collective
- [Broader community resources for mental health \(Victorian Government\)](#)
- [Looking after your mental health during coronavirus \(COVID-19\) restrictions \(Australian Department of Health\)](#)
- [Commission for Children and Young People](#) – resources and support
- [eSafety webinars for parents and carers](#)
- [The Seven Big Ideas: Pandemic Edition](#), 19 April 2020 - Dr Steve Constantino
- [Services Australia](#) – government benefits, support services and coronavirus advice
- [Victoria Legal Aid](#) – COVID-19 and parenting issues
- [Tenants Victoria](#) – information for renters
- [HousingVic \(DHHS\)](#) – information about crisis and emergency housing
- [Coronavirus \(COVID-19\): family guide](#) – Raising Children Network
- [How to work with interpreting and translating services](#) – Department of Health and Human Services Victoria
- [COVID-19 home-supported learning](#) – Evidence for Learning
- [Coronavirus: A guide for parents to support their children](#) – The Parents Website
- [Coronavirus \(COVID-19\) and children in Australia](#) – Raising Children Network
- [Coronavirus: Reassuring your child about the unknown](#) – Black Dog Institute
- [Reliable resources on COVID-19 for parents](#) – The Royal Children's Hospital Melbourne
- [Shared parenting in the time of COVID-19](#) – Institute of Child Protection Studies
- [Staying calm and carrying on: A family survival guide](#) – The Parents Website
- [Mental health advice for parents](#) – Student Wellbeing Hub – practical, evidence-informed strategies in plain language to help reduce the risk of anxiety and depression in children
- [Coronavirus information in your language](#) – SBS Radio – information for Culturally and Linguistically Diverse (CALD) communities, available in 63 different languages
- [Translated resources – coronavirus disease \(COVID-19\)](#) – Department of Health and Human Services Victoria – information for people from CALD backgrounds
- [Learning from home advice in your language](#) – Department of Education and Training Victoria
- [School for kids in housing commission units a high achiever in remote learning](#) – SBS News
- [Working with parents to provide practical strategies for home-supported learning](#) – Teacher Magazine
- [Family time – from a distance, without technology](#) – The University of Sydney
- [Pediatricians on balancing screen time, sleep, and family during coronavirus](#) – Edutopia