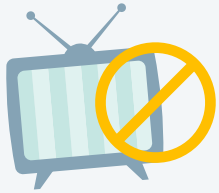


TIPS FOR YOUNG PEOPLE

TIPS FOR PARENTS



Spend less than
10 MINUTES A DAY
watching or listening to
news about the virus.

1



Avoid listening to
the news more than
1-2 TIMES A DAY
and reading out bad news
from the internet/social media.



Ask a parent, teacher or trusted person if you have
QUESTIONS ABOUT THE VIRUS
and tell them if you are feeling scared or worried.

2

Answer your child's questions about the virus
BUT STICK TO THE FACTS
and use trusted sources like the WHO.



STAY CONNECTED
to your friends but try to
talk about things other
than the virus.

3

Reassure your child and give
**OPTIMISTIC AND
CALM RESPONSES**



Focus on what they can do right now.



MAKE A LIST OF ACTIVITIES

that you can do with your family and
friends - start a journal or blog, do a
puzzle, e-visit the Louvre, train the dog.



4



GET CREATIVE

Set-up some simple and
fun activities for at home
or in non-crowded places.



WRITE A LIST AND DRAW

10 good things in your
life and the world.



5

Help your child make a list of
10 GOOD THINGS
in their life and the world.



FIND A WAY TO RELAX

Spend 10 minutes breathing
slowly and calmly.

Imagine that you are in your
favourite place for 5 minutes.



6



Try to stick to your regular
FAMILY ROUTINES

and avoid places that
are high risk, or you
are directed to.



LISTEN TO MUSIC

Choose something that
makes you feel good.

7

CHECK IN WITH FAMILY MEMBERS

but try to talk about other
issues and not just bad news
and worries about the virus.



TELL YOURSELF POSITIVE THINGS



8



LEAD BY EXAMPLE

Stay calm yourself. Help your child by
sharing your own coping skills. Give
praise when they are coping and tell
them what a great job they are doing.

Helplines

School Based Youth Health Nurses “Open Doors” Clinic

Ph: 5687 9183

Email: SBYHNGoldCoast@health.qld.gov.au



beyondblue
Depression. Anxiety.

1300 224 636

24 hours a day
seven days a week

online chat 4pm–10pm (AEST) seven days a week

[youthbeyondblue Support Service](#)

Call or chat online with a trained mental health professional.

We'll be there to listen, offer support and point you in the right direction.



13 11 14

For urgent assistance call Lifeline which is a 24-hour telephone counselling service.

Click to start a live WebChat

FOR KIDS (5–12) FOR TEENS (13–25)

Free, confidential counselling and support.
24 hours a day, seven days a week,
for ages 5–25. FREECALL 1800 55 1800.

A free, private and confidential telephone and online counselling service specifically for young people between five and 25.

Free even from mobiles!

SUICIDE
CALL BACK
SERVICE

1300 659 467

Twenty-four hours a day
seven days a week

SUICIDE
CALL BACK
SERVICE
free counselling

Suicide Call Back Service provides free phone, video & online counselling for anyone affected by suicide.
Get immediate help now by selecting one of our counselling services.

When you're looking for support, Ask Izzy can help you to find the services you need, now and nearby.



Online interactive programs or apps



SUPERBETTER

SuperBetter is a tool to help you build resilience and get psychologically stronger, happier and healthier. Choose from over 25 power packs or design your own adventure for any area of life where you want to feel better. Tackle a tough challenge, change what isn't working and reach your goals. You can get support and help others while having fun.



Research has shown that regular mindfulness practice can help you feel calmer and more positive, as well as giving you more energy, clarity and focus. Smiling Mind guides you through simple meditation exercises to get you started on your mindfulness journey. Short meditation sessions train you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine.



Happify helps to overcome negative thoughts, stress and life's challenges! The destination for effective, evidence-based solutions for better mental health.



WorryTree

A simple way to take control of your worries.

WorryTree helps you record and manage your worries on the go. Based on CBT techniques, you work through a series of questions and decision steps once you've noticed you're worrying about something.



A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. Participation is free and anonymous.



Online program to help you manage worry and anxiety. Includes up to 10 sessions that you can work through at your own pace. Comprises both youth and parent components.



eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

<https://headspace.org.au/>



Helps young people to help take the fear out of having a conversation with a friend who might be struggling. The app takes you through four steps, super easy and super quick, getting you to think about where you might check in, what you might say and how might you support your friend.



A personalised self-help tool for your mental health

myCompass has 14 interactive learning Activities. Each include up to three 10 - 15 minute sessions that you can complete in your own time. You'll learn skills and strategies taught by doctors and psychologists to make positive changes in your life.

Bullying and Cyberbullying



Bullying. No Way! (for teens)

Provides information on what to do if you are being bullied, been called a bully or know someone who is being bullied.

KEEP IT TAME
RESPECT EACH OTHER ONLINE

Shows the risks of taking a 'joke' too far online, and what to do if you are on the receiving end.



Australian Government

Office of the Children's eSafety Commissioner

Information on how to deal with online issues including cyberbullying, trolling, digital reputation and sexting.

**REPORT
CYBERBULLYING
HERE**

Cyberbullying Complaint Resolution Process

Cyberbullying complaints Form Download DOCX (65.9KB)



THINKUKNOW: YOUTH

Established by the Australian Federal Police

ThinkUKnow is a free, evidence-based cyber safety program that provides accessible cyber safety education to youth, aged 11-17.

Supporting family members with a mental health condition



Young Carers

WANT TO TALK? CALL 1800 242 636

Gives you tips on how to look after yourself and the person you are caring for. You can also call their help line on **1800 242 636**.

Children of Parents with a Mental Illness (COPMI)



Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all. There's also great information for parents too.

Useful websites



headspace

Provides support to young people aged 12 to 25 who are going through a tough time, including anxiety, depression, bullying and body image.



eheadspace

Internet chat, email or phone support for young people (12-25 years) with a range of issues. Call the helpline on **1800 650 890**.



REACHOUT.com

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.



**Black Dog
Institute**

Black Dog Institute

Creating a mentally healthier world: The Black Dog Institute website has been designed to assist anyone seeking help or information about mental health and wellbeing.



Bite Back

Share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

Eating disorders and body image



The Butterfly Foundation

Represents all people affected by eating disorders and negative body image, including friends and family. Has a range of resources including a support line - **1800 33 4673**.

Grief and loss

GriefLine Grief helpline that provides telephone support services to individuals and families.



☎ 1300 845 745 (National - Landline Only)

Midday to 3am AEST, 7 days a week

Use our 24/7 **Online Counselling Service**

Domestic Violence



Womensline

1 800 811 811

24 HRS/ 7 DAYS

DVConnect Womensline is the only state wide telephone service offering women who are experiencing domestic or family violence 24 hours a day 7 days a week. We offer free, professional and non-judgemental telephone support to you, wherever you live in Queensland. Calls to 1800 811 811 are free from any public phone. We can arrange practical assistance such as counselling, intervention, transport and emergency accommodation for Queensland women and their children who are in danger from a violent partner or family member. On average we assist over 600 women and often more than 500 children to be moved to safety every month.



Mensline

1 800 600 636

9AM-MIDNIGHT/ 7 DAYS

Mensline is a free, confidential telephone, counselling, referral and support service especially set up for men. It is a Queensland wide service that operates between the hours of 9am and midnight, 7 days a week. Mensline Queensland offers professional counselling and information, and acts as a strategic point of referral for Queensland men around issues of:

- Domestic and family violence
- Relationship problems and separation issues
- Men's health
- Child support and family law issues
- Suicide and other significant issues for men.



Sexual Assault Helpline

1800 010 120

9AM-MIDNIGHT/ 7DAYS

The Sexual Assault Line is here to offer telephone support and counselling to anyone – women, men and young people – who has been sexually assaulted or abused and for anyone who is concerned or suspects someone they care about might have been assaulted or abused. It does not matter whether the assault took place today, last week or twenty years ago; our experienced telephone counsellors provide a sensitive, non – judgmental service; listening to your story and assessing your individual situation helps them identify the best advice and support to offer you.