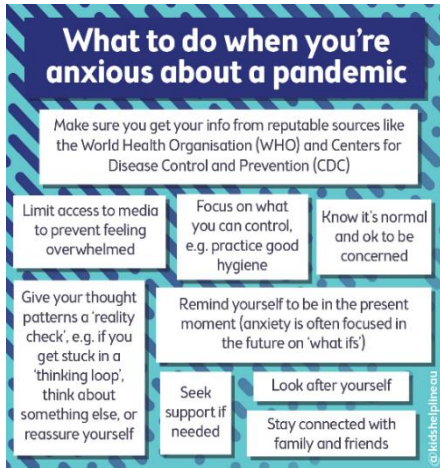
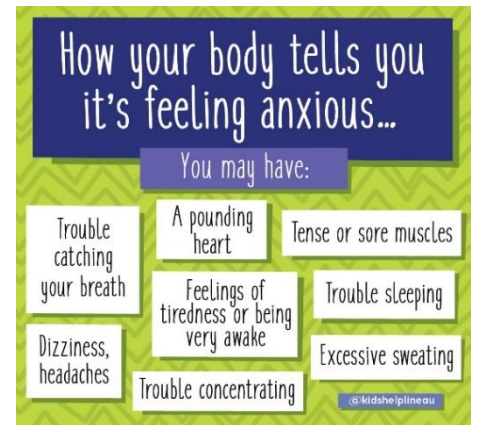


MENTAL HEALTH RESOURCES, STRATEGIES & SUPPORT SERVICES:

Coping strategies to consider when times are tough:

- ✓ Create a routine and plan your day around your routine
- ✓ Try to wake up at a decent hour each morning and try not to sleep too late each night. Having a good sleep routine is important for your physical and mental health, and will make coming to school easier when it resumes.



- ✓ Ensure you are eating a good diet and aiming for 30-60 minutes of exercise each day.
- ✓ Do things you have done in the past to help manage challenge and stress; reflect on your own coping strategies and write them down
- ✓ Find ways to relax, spend 10 minutes a day breathing slowly and calmly or trying one of the apps below.
- ✓ Limit exposure to information from social media and the news. Source positive news pages and uplifting news stories instead.
- ✓ Talk with a trusted adult or support person listed below.
- ✓ Scheduling activities that you enjoy can be helpful for maintaining your mood. Circle activities you might like to do or try during this time:

Read a new book or an old book you previously enjoyed	Write a story or journal	Trying to do some drawing or art	Go for a walk	Talk to a friend	Listen to music which makes you feel good	Try an online workout program at home
Go for a run	Watch a movie	Play a board game	Practice your sport skills outside if you have a yard	Learn a new language online	Learn to cook something new	Try and make up a new dance
Watch your favourite series	Research a new topic	Re-arrange your room	Do a crossword	Try mindful colouring	Watch funny videos	Colour coordinate your wardrobe
Go for a swim if you have a pool	Play with your pet or teach it a new trick	Learn a new song	Write a list of good memories	Your own:	Your own:	Your own:

Free apps that may also help:

Calm Harm



Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

Clear Fear



The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

ReachOut Worry Time



Reach Out WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

Smiling Mind



Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

WellMind



WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

If you need to talk to someone, you can contact:

Name	About	Phone	Online
 Kids Help Line Anytime Any Reason	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline Saving Lives Crisis Support. Suicide Prevention.	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
 SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane
 Headspace	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
 QLife	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3PM - Midnight	Webchat 3PM – Midnight https://www qlife.org.au/resources/chat
 1800RESPECT	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
 Mental Health Line 1800 011 511	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx

IF I AM IN IMMEDIATE DANGER, I CAN CALL 000

SCHOOL COUNSELLING SERVICE: While your school is still open and operating, you can contact the Admin Office and ask to speak to your School Counsellor/Psychologist. Your School Counsellor/Psychologist is able to speak with you over the phone or can organise a specific face to face appointment if necessary .