



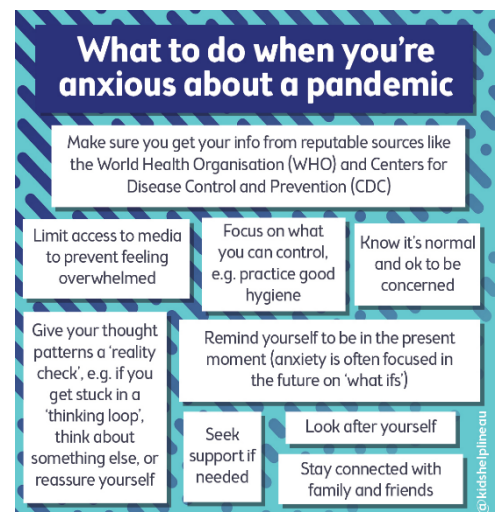
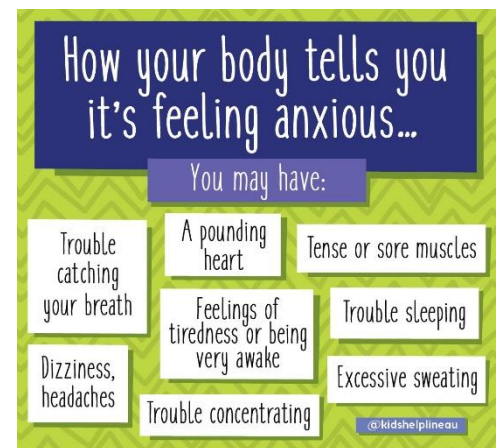
Supporting your wellbeing while learning at home

Learning from Home refers to the way Young High School will maintain teaching and learning in the event of a prolonged school closure or student absence. As the students continue to engage in learning from home they may require some support in regards to their mental wellbeing.

At the beginning of term 2 a google classroom will be established for Care. This will provide lessons, activities and regular messages for students. The classroom intends to support students to practice self-care and to build their resilience while learning from home. To help maintain our students' resilience and wellbeing it is important that they are attempting to maintain a routine at home including regular wake up times, physical activity and learning times. By supporting each other and striving to continue students learning we will provide our students the best chance of success.

Coping strategies to consider when times are tough:

- ✓ Create a **routine** and plan your day around your routine.
- ✓ Do things that make you feel **safe**; **connect** to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded**; **mindfulness**, **meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.
- ✓ Find ways to **relax**, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Source **positive news** pages and uplifting stories instead.
- ✓ Listen to **music**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- ✓ Practice **gratitude** and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful for each day.
- ✓ **Talk** with a **trusted adult** if it all feels a bit much.











Free apps that may assist in times of worry:



1 Giant Mind	Clear Fear	Mindshift CBT	SAM – Self Help for Anxiety Management
Aura	DARE	MoodMission	Sanvello
Breathr: Mindful Moments	e-Couch	Reach Out	Sleep Time
Calm	Happify	Reach Out Breathe	Smiling Mind
Calm Harm	Headspace	Reach Out Worry Time	Stop, Breathe & Think
Clear Fear	Health Tap	Relax	Super Better
DARE	Insight timer	Relax Melodies: Sleep Sounds	Think Ladder
e-Couch	Mental Stillness	Rootd – Panic Attack Relief	Youper

If you are feeling overwhelmed with really big emotions please speak to a parent/carer or a trusted adult.

Wellbeing Services

	<p style="text-align: center;">Care Connect</p> <p>Young High School’s Wellbeing Hub. Staff are available via telephone to address concerns while school is open. If you need to contact Care Connect personnel please phone the school on 0263821166 during school hours.</p>
	<p style="text-align: center;">Reach Out</p> <p>Online mental health service that provides practical support, tools and tips to help young people get through day to day issues to tough times. Information and resources available for parents to help them support their teenagers.</p> <p>https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus</p>
	<p style="text-align: center;">Headspace</p> <p>Counselling and mental health support to young people between the ages of 12 to 25 years old. A range of online resources for young people and their parents. Phone: 1300 737 616.</p> <p>https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/</p>

	<p style="text-align: center;">eHeadspace</p> <p>Free online and telephone support and counselling to young people from the ages of 12-25 and their families.</p> <p>https://headspace.org.au/eheadspace/</p>
	<p style="text-align: center;">Kids Helpline</p> <p>Free online and phone counselling 24 hours a day, 7 days a week for young people aged 5 to 25. Online resources for children, adolescents and parents about a range of topics such as managing stress, coping with emotions and bullying. Call 1800 55 1800</p> <p>https://kidshelpline.com.au/</p>
	<p style="text-align: center;">Parent Line</p> <p>Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 7 days a week. Call 1300 1300 52.</p> <p>http://www.parentline.org.au/</p>
	<p style="text-align: center;">Mental Health Line</p> <p>Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 800 944 or 0294253923</p> <p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>
	<p style="text-align: center;">Child and Adolescent Mental Health Services</p> <p>Provides support and treatment to children, adolescents and their families with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. Referrals can be made by a child, young person, parents and caregivers, a General Practitioner, health professional or the child/young person's school. For advice, assessment and referral call The Mental Health Line (freecall) on 1800 800 944 or 0294253923</p> <p>https://www.health.nsw.gov.au/mentalhealth/Pages/camhs.aspx</p>

	<p style="text-align: center;">Family Referral Service (FRS)</p> <p>FRS links families with the most appropriate support service in their local areas. Services include; domestic violence support services (including counselling), housing or accommodation services, financial assistance, counselling and mediation, parenting struggles and support services (including parenting programs), mental health support services and culturally appropriate support services. Call 1300736384</p> <p>http://www.familyreferralservice.com.au/</p>
	<p style="text-align: center;">Mood Gym</p> <p>Interactive online program designed to help teenagers with:</p> <ul style="list-style-type: none"> - Identify whether they are having difficulties with anxious and depressive mood. - Learn skills that help teenagers cope with these emotions. <p>https://ehubhealth.com/index.php/moodgym/</p>
	<p style="text-align: center;">The Brave Program</p> <p>Interactive online program for children aged between 3-17 and their parents. Children and adolescents who engage in the program will be provided with information and skills to help overcome their fears and anxiety. Parents who participate in the program will receive training in how to assist their child to implement anxiety management strategies.</p> <p>https://brave4you.psy.uq.edu.au/</p>

Additional crisis services

Lifeline: 13 11 14 or chat online from 7am – 12am at lifeline.org.au or text 0477 131 114 between 6pm – 12am

Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au

Beyondblue: 1300 224 636 or beyondblue.org.au

SANE Australia: 1800 187 263 or sane.org

Resources for Parents and Families

- This resource provides information and strategies for parents to provide ongoing support to their children in the days and weeks after a traumatic event.
<https://studentwellbeinghub.edu.au/educators/resources/school-recovery-toolkit/>
- Parents, as well as their children, can be affected by a crisis in different ways. This Community Trauma Toolkit provides support strategies and resources to access during and after a traumatic event.
<https://studentwellbeinghub.edu.au/educators/resources/emerging-minds-trauma-toolkit/>
- This Red Cross resource has some useful tips for parents of young children to build skills for recovery after a crisis event.
<https://studentwellbeinghub.edu.au/educators/resources/support-resources-for-emergencies/>
- Parents will find some practical advice for talking to their children about COVID-19.
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- Visit the Department of Health for accurate advice about COVID-19.
<https://www.health.gov.au/>

