

# Wellbeing Resources for Students and Parents/Carers

## Wellbeing Support at Berendale School

Contact Athina (Assistant Principal) at the school on 9555 6141. She will liaise with Alexis, the Mental Health Practitioner, to discuss appropriate support for the student. Alexis may be able to provide short term counselling (6-8 sessions, maximum) or student group work with informed consent from both the student and a parent/carer. Students can also self-refer to wellbeing support.

**Remote learning:** Alexis may be able to provide counselling over video chat, phone call or Google Hangouts (instant messaging). A separate consent form is required for this specific service.

## Mental Health Support (phone, email and web chat)

### **Lifeline - Crisis Support for Mental Health:**

Phone: 13 11 14

Website: <https://www.lifeline.org.au/>

**Parentline** - a phone service for parents and carers of children from birth to 18 years old.

We offer confidential and anonymous counselling and support on parenting issues:

Phone: 13 22 89

Website: <https://services.dffh.vic.gov.au/parentline>

### **Kids Helpline:**

Phone: 1800 55 1800

Website: <https://kidshelpline.com.au/>

Email address: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

Webchat counselling: <https://kidshelpline.com.au/get-help/webchat-counselling>

Kids Guide to Mental Health During COVID-19 pandemic:

<https://kidshelpline.com.au/coronavirus>

### **eHeadspace (for young people ages 12-25):**

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

Phone counselling: 1800 650 890 (open 9 am-1pm 7 days a week)

Web chat (with a clinician): <https://headspace.org.au/log-in/?redirect=>

Group Chat: <https://headspace.org.au/eheadspace/group-chat/>

### **Beyond Blue (COVID-19 Mental Health Wellbeing Support Service):**

Phone: 1800 512 348

Web Chat: <https://cmwsonline.beyondblue.org.au/#/chat/start>

Online Forum: <https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak>  
Website: <https://coronavirus.beyondblue.org.au/>

**Yarning Safe’N’Strong:** free and confidential counselling service especially for Aboriginal and Torres Strait Islander people who need to have a yarn with someone about their wellbeing (open 24/7)

Phone: 1800 959 563

Victorian Aboriginal Community Controlled Health Organisation Inc. website:

<http://www.vaccho.org.au/>

**1800RESPECT - National Sexual Assault, Domestic Family Violence Counselling Service:**

Phone: 1800 737 732

Interpreter: 13 14 50

Website: <https://www.1800respect.org.au/>

**The Butterfly Foundation – National Helpline for anyone in Australia concerned by eating disorders or body image issues, whether you need support for yourself or someone you care about:**

Hours: 8 am – midnight, 7 days per week

Phone: 1800 33 4673

Website: <https://butterfly.org.au/get-support/helpline/>

Web Chat: <https://butterfly.org.au/get-support/chat-online/>

Email: [support@butterfly.org.au](mailto:support@butterfly.org.au)

## **Mental Health Support – Finding a Counsellor**

Contact your local Headspace Centre: <https://headspace.org.au/welcome-to-headspace-centres/>

Make an appointment with your GP and request a Mental Health Care Plan:

<https://headspace.org.au/blog/how-to-get-a-mental-health-care-plan/>

Contact Better Place Australia (1800 639 523): <https://www.betterplaceaustralia.com.au/>

Contact your local council and see if counselling is available through a youth services program.

Search for a private psychologist: <https://www.psychology.org.au/Find-a-Psychologist>

Contact your student’s school and ask if there are any internal mental health counsellors.

Contact your local community centre and ask if there are any counselling services available.

## Free Mindfulness and Meditation Apps

Insight Timer: <https://insighttimer.com/meditation-topics/kids-meditation>

Mind Unwind: <https://www.mindunwind.com.au/>

Smiling Mind: <https://www.smilingmind.com.au/>

## YouTube Channels – Mindfulness and Mediation for Young People

Happy Minds: [https://www.youtube.com/channel/UCfZ0jscxj3Fm\\_Xt2hv7Z3Xw](https://www.youtube.com/channel/UCfZ0jscxj3Fm_Xt2hv7Z3Xw)

Mindful Kids: <https://www.youtube.com/channel/UCwHO92Tu97JWHzl3RmadNug>

New Horizon: <https://www.youtube.com/user/NewHorizonHolistic>

## Online Wellbeing Programs

**Bite Back:** Black Dog Institute's FREE, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. Evidence shows that using BITE BACK can decrease symptoms of depression and anxiety and increase wellbeing.

<https://www.biteback.org.au/>

**BRAVE:** BRAVE is a fun, easy to use, evidence-based program designed for children and teens who want to learn how to reduce stress and anxiety, and improve their mood—and there's help for parents too. The BRAVE Program will help you (and your parent or carer) identify, understand, and change your worried thoughts and behaviour patterns, so you can improve the way you feel.

<https://www.brave-online.com/>

**Moodgym:** is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. It is best for young people 14 or over.

<https://moodgym.com.au/>

**MyCompass:** a free online self-help program for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.

<https://www.mycompass.org.au/>

**This Way Up (TeenSTRONG):** <https://thiswayup.org.au/courses/the-teen-mental-health-course/>

About The TeenSTRONG Course:

This 6-lesson course is based on an effective psychological treatment for signs of anxiety and depression in adolescence called Cognitive Behavioural Therapy (or CBT). It is designed to teach young people (aged 12 to 17) how to manage feelings of

stress, anxiety, worry or low mood and build confidence to navigate common adolescent experiences.

This course includes instructional modules for parents on how to support their teenager with implementing these strategies in their daily life.

This course may be suitable for young people who:

- Are currently between 12 and 17 years old
- Have been feeling low, sad, and down, or don't seem to enjoy the things they used to enjoy
- Worry a lot about a number of different things and the worry is hard to control
- Are stuck in the way they feel and would love some help to get out of this cycle
- Are ready and willing to learn new skills to change the way they feel

## Websites – Mental Health Information

### **Specific to COVID-19:**

Australian Childhood Foundation (COVID specific resources):

<https://www.childhood.org.au/covid-19/>

Beyond Blue COVID-19 Support: <https://coronavirus.beyondblue.org.au/>

Phoenix Australia: <https://www.phoenixaustralia.org/resources/coronavirus-covid-19/>

Reachout Resources: <https://au.reachout.com/collections/coping-during-coronavirus>

Student Wellbeing Hub: <https://www.coronavirus.vic.gov.au/students?Redirect=1>

### **General Mental Health:**

Black Dog Institute: <https://www.blackdoginstitute.org.au/>

Child Mind Institute: <https://childmind.org/>

Emerging Minds: <https://emergingminds.com.au/>

Headspace Resource Library: <https://headspace.org.au/health-professionals/resource-library/fact-sheets/>

Orygen: <https://www.orygen.org.au/>

Quick Guide to Student Mental Health and Wellbeing Resources:

<https://www.education.vic.gov.au/Documents/school/teachers/health/mentalhealth/quick-guide-to-student-mental-health-and-wellbeing-resources.pdf>

Reachout Australia: <https://au.reachout.com/>

WellMob - social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People: <https://wellmob.org.au/>