

## WELLBEING RESOURCES TO ACCESS DURING THE COVID-19 PANDEMIC

### Important things to remember to look after your own mental wellbeing during this time:

- **Keep a routine** - if you are home from school/work it is important that you continue in a routine including getting up and going to bed at the same time every day.
- **Plan your days** - this will help create a sense of purpose in your day
- **Stay connected** - ensure you stay connected to family and friends through phone calls, skype, facetime, internet etc.
- **Take time away from technology** – there is so much information coming at us, take some time to distance yourself from the deluge each day.
- **Practice mindfulness** smiling mind is a great way to access this (see below).
- **Look out for each other!**

What is it?	Who's it for	What's it about	How to access it
<b>Accessline</b>	Students / Adults	NSW Mental Health Accessline - 24/7 phonenumber used for <b>all persons who are experiencing suicidal thoughts, attempts or serious self-harm</b> . Calling this number is the only way to access an appointment at CAMHs (child and adolescent mental health) in Albury.	1800 800 944 <b>If you are concerned about the immediate safety of someone please phone 000 for an ambulance.</b>
<b>Kids helpline</b>	Students	<b>Free counselling</b> via the telephone, online chat or email for students aged 5-25	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a> 1800 55 1800
<b>Covid-19 Social Story</b>	Students / Adults	A great free <b>online picture book</b> explaining covid-19 to kids	<a href="https://www.mindheart.co/descargables?fbclid=IwAR07zTV4ILNt2WZL4Z1xjWmiDITdt_tZN5kAAuADMr35xQrGeFm54dtvttc">https://www.mindheart.co/descargables?fbclid=IwAR07zTV4ILNt2WZL4Z1xjWmiDITdt_tZN5kAAuADMr35xQrGeFm54dtvttc</a>
<b>The Brave Program</b>	Students aged 3 -17	A <b>free online anxiety program for parents and kids</b> developed and run by the university of QLD. Lots of free resources as well as the courses themselves.	<a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>
<b>The Bite Back Program</b>	Anyone over 12 years old	A <b>free online program to support mental health</b> , this 6-week 'mental fitness challenge' was developed by The Black Dog Institute to promote wellbeing.	<a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a>
<b>Grow Your Mind</b>	Primary Aged Students	<b>Free mental health education resources</b> for teachers to use with primary school aged kids.	<a href="https://growyourmind.life/">https://growyourmind.life/</a>
<b>Eheadspace</b>	Ages 12-25	<b>Free online and telephone counselling</b> from headspace	<a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a>
<b>Smiling Mind</b>	Students / Adults	Free <b>mindfulness programs</b>	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>
<b>Suicide Callback Service</b>	Anyone over 15 years old	A nationwide service that provides professional 24/7 <b>telephone and online counselling to people who are affected by suicide</b> . Counselling available online, phone or video chat.	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a> 1300 659 467
<b>Mindspot Clinic</b>	Adults	<b>Free Online assessment and treatment for anxiety and depression</b> (supported by Beyond Blue and Macquarie University)	<a href="https://mindspot.org.au/">https://mindspot.org.au/</a>
<b>Lifeline</b>	Adults	<b>24/7 crisis support</b> for adults	13 11 14
<b>Beyond Blue</b>	Adults	<b>Information and support to help everyone in Australia support their mental health</b>	<a href="https://beyondblue.org.au/">https://beyondblue.org.au/</a> 1300224636