

Parents – Ways You Can Support Your Child During COVID-19

Considering Media Exposure During Traumatic Events

- ***Emerging Minds Factsheet – Traumatic events, the media and your child***
When disasters or traumatic events occur in Australia or elsewhere in the world, they're often given constant media coverage. It can seem like every time you turn on the TV, radio or go online there is more news about the event, who has been hurt and what is happening in the immediate aftermath. We need to be mindful of the impact this exposure may have on our children as it can cause distress or worry.
<https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2018/09/11091906/Disasters-the-Media-and-Children.pdf>

How to talk to your child about COVID-19

- ***UNICEF Factsheet – How to talk to your children about coronavirus (COVID-19)***
https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus?utm_source=CFECFW+Supporters&utm_campaign=2f274d5b40-EMAIL_CAMPAIGN_2019_12_18_04_00_COPY_01&utm_medium=email&utm_term=0_a2a0732fa5-2f274d5b40-299806621&mc_cid=2f274d5b40&mc_eid=3171fe0ad2
- ***Emerging Minds Factsheet – Helping children cope with stress during the Coronavirus (COVID-19) outbreak***
<https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/03/25085239/Helping-children-cope-with-COVID19.pdf>
- Black Dog Institute Factsheet - Reassuring your children about the unknown: Information for parents during COVID-19
<https://www.blackdoginstitute.org.au/docs/default-source/education-resources/black-dog-institute-reassuring-young-people-about-the-unknown-covid-19.pdf?sfvrsn=0>

Social Stories about COVID-19 to share and discuss with your child

- ***Australian Childhood Foundation Social Story***
This social story finds a simple and easy way of explaining the Coronavirus to children, to help manage worry and anxiety.
<https://www.childhood.org.au/app/uploads/2020/03/Talking-to-Children-COVID-19-Social-Story.pdf>
- ***MindHeart – Covibook***
Short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy.
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcfbf1539dcf6ba4b89.pdf

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf

- **Australian Childhood Foundation social story – Many Ways to Share a Hug**
A social story for children that explains some of the temporary changes to ordinary life due to Coronavirus – through the eyes of a hug!
https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf

Activities to Encourage Family Connections and Promote Emotional Wellbeing

- **Australian Childhood Foundation – Staying Connected With Our Children Poster**
This poster will give parents and carers ways to share connection, comfort and care with children in times of crisis.
<https://www.childhood.org.au/app/uploads/2020/03/COVID-poster.pdf>
- **Australian Childhood Foundation – A-Z of Activities at Home with the Family**
An A-Z of activities to encourage family connection when spending more time at home. Why not try a different activity each day?
<https://www.childhood.org.au/app/uploads/2020/04/ACF499-A-Z-at-home-handout-v2.pdf>
- **Australian Childhood Foundation – At Home Together with the Four M's**
Here are some online activities for families to access and share together at home, to encourage: movement, mindfulness, making and message
<https://www.childhood.org.au/app/uploads/2020/04/At-home-together-with-the-4-Ms.pdf>

Parents – Food and Financial Assistance

- **Lifeline – PH: 13 11 14 – (available 24/7)**
Lifeline – text – 0477131114 (available 6pm until midnight)

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

Lifeline is a national charity providing all Australians experiencing personal crisis with access to 24 hour crisis support through support chat, resources and lifeline text (6pm – 12am AEST). It is aimed at 12+ age group, however will take all calls. They are able to provide advice with all issues and difficulties especially financial problems and unemployment.



- **Free and Cheap Meals – Macarthur Region**
https://www.swslhd.health.nsw.gov.au/populationhealth/PH_Promotion/pdf/Publications/lcfm/Campbelltown.pdf
- **Anglicare**
<https://www.anglicare.org.au/what-we-offer/food-and-financial-assistance/>
Anglicare Campbelltown Office,
Shop 1 & 2/31-35 Chamberlain St,
Campbelltown, PH: 46216666
- **The Salvation Army**
The financial impacts of COVID-19 are evolving rapidly and hit different members of society unevenly. You may have lost income or had it drop significantly. You may be navigating Centrelink for the first time. Please don't panic. Australia understands, and so do we. Our financial services are closely tracking the immediate relief options available, and can advise on your plans for working, retirement and how to pay your rent/mortgage.
<https://www.salvationarmy.org.au/need-help/financial-assistance/covid-19/>
- **UNITING Factsheet - COVID-19: Your guide to financial, physical and mental help**
<https://www.uniting.org/blog-newsroom/uniting-life/wellbeing/covid-19--your-guide-to-financial-physical-and-mental-help.html?fbclid=IwAR3s9HoXdSiOdrkCcXSz1wB5J6hJRJPebrTAFfqYUuKjiv-DssgUCqhiWg0>
 - **National Debt Helpline - Call: 1800 007 007**
This is a Financial Counselling phone service operated by Uniting. The service provides information, options, and advocacy for people living in NSW, who are experiencing financial problems and are in imminent risk of not being able to pay their bills.
Uniting National Debt Helpline Financial Counselling Service is funded by the Australian Government. The hours of operation are from 9.30am to 4:30pm, Monday to Friday (excluding public holidays)

Parents – Ways You Can Support Your Own Emotional Wellbeing and Mental Health During COVID-19

- ***Australian Psychological Society Factsheet – Maintaining your mental health during social isolation***
The challenges associated with social distancing and isolation, including separation from loved ones, loss of freedom and reduced income, are leading some people to experience feelings of anxiety, boredom, frustration and fear. This information sheet outlines some useful strategies you can use to maintain good mental health during this unprecedented time of social distancing and isolation.
https://www.psychology.org.au/getmedia/53f35a80-8a72-48fa-a5db-e09e1feb5335/20APS-IS-COVID-19-Isolation-P2_1.pdf
- ***Black Dog Institute Factsheet - Managing your mental health at home: Information about working from home during COVID-19***
https://www.blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute_managing-your-mental-health-at-home_covid-19.pdf?sfvrsn=8
- ***Black Dog Institute Factsheet - Importance of self-care planning COVID-19 mental health and wellbeing resources***
https://www.blackdoginstitute.org.au/docs/default-source/default-document-library/covid-19_self-care-planning_black-dog-institute.pdf?sfvrsn=6
- ***Black Dog Institute – MyCompass***
myCompass is a free online, interactive self-help program. myCompass is designed to address mild to-moderate symptoms of stress, anxiety, and depression through personalised treatments delivered entirely online.
Requiring minimal technical skills, myCompass is for people who:
 - would like to improve their mental health.
 - have depressive, anxious and/or stress symptoms in the mild-to-moderate range.
 - are aged 18 – 75 years.<https://www.mycompass.org.au/Adults>

National Helplines for Adults

- **NSW Mental Health Line**
PH: 1800 011 511
The NSW Mental Health Line is a 24/7 telephone assessment and referral service, staffed by mental health clinicians. This service can provide advice about clinical symptoms, the urgency of the need for care and information about local service providers.
- **Lifeline – PH: 13 11 14 – (available 24/7)**
Lifeline – text – 0477131114 (available 6pm until midnight)
<https://www.lifeline.org.au/>
Lifeline is a national charity providing all Australians experiencing personal crisis with access to 24 hour crisis support through support chat, resources and lifeline text (6pm – 12am AEST). It is aimed at 12+ age group, however will take all calls.
- **Parent Line – PH: 1300 1300 52**
Available from 9am – 9pm (Monday – Friday) and 4pm – 9pm (on weekends)
Telephone counselling, information and referral service for parents of children ages 0 – 18 years who live within New South Wales.
- **Beyond Blue Support Services**
PH: 1300 224 636 (24/7 – 7 days a week)
Online chat - <https://www.beyondblue.org.au/>
The Beyond Blue Support Service offers 24/7 confidential telephone support, counselling and referrals from trained mental health professionals. All calls and chats are one-on-one and are completely confidential.
- **MensLine – PH: 1300 78 99 78 (24/7 – 7 days a week)**
MensLine Australia is a 24/7 telephone and online support, information and referral service for men with family and relationship concerns. The service is staffed by professional counsellors, experienced in men's issues.

Parents – Resources to Support Your Child/ren’s Emotional Wellbeing and Mental Health During COVID-19

Online and App Based Resources for Support Online

- **Smiling Mind** - <https://www.smilingmind.com.au/>
FREE – Downloadable from the App Store and Google Play

Online and app-based program to improve wellbeing of young people through mindfulness meditation. 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.

- **The BRAVE Program – Online Program** - <https://brave4you.psy.uq.edu.au/>
BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety
- **Clear Fear**
FREE – Downloadable from the App Store and Google Play
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. Clear Fear provides a range of ways to manage the symptoms of anxiety. Developed by a clinician co-collaboratively with young people, Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent or carer.

Printable Diaries/Journals for Children to Assist with Exploring and Documenting Daily Activities and Feelings Associated with COVID-19

- **My Lockdown Diary**
Created by New Zealand Artist - Stephen McCarthy
Can be found at both links below
<https://www.mylockdowndiary.com/>
<https://static1.squarespace.com/static/5e8168e313d5e96dcd22458a/t/5e81bf997d4e8e3187a7ec7f/1585561560856/mylockdownlibrary.pdf>
- **My Isolation Journal – How I spent my days during a Worldwide pandemic 2020**
Created by LittleJemmings
Can be found at both links below
<https://www.littlejemmings.com.au/educating/loving-learning>
https://drive.google.com/file/d/1_wobk1GbDVw45BjdL43MMDyfJdf7Btmp/view
- **My COVID-19 Time Capsule Diary**
Created by LongsCreations
Can be found at the link below
https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDqfuZ8a2tIZ-/view?fbclid=IwAR2czL5f_I3CU7AC-bx9-oPhbnDpMQ6BvOKWifhJL0_6CEIh8X34pRIHv6M

National Helplines for Children Under 12 years of Age

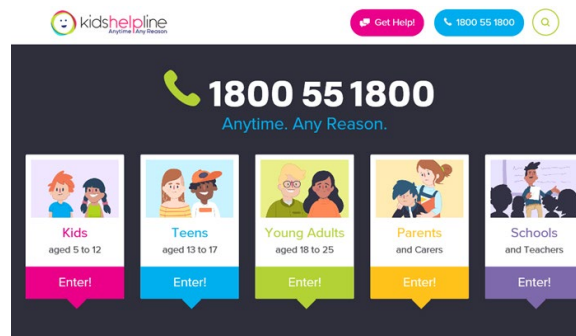
- **Kids Helpline**

Kids Helpline is Australia's only free, private and confidential 24 hour phone and online counselling service specifically for young people aged 5 to 25 years old. Available through call, webchat or email.

Phone: 1800 55 1800 (available 24/7)

Webchat Counselling (available 24/7) - <https://kidshelpline.com.au/>

Website: Children, Teens and Parent Resources available online - <https://kidshelpline.com.au/>



- **Youth Beyond Blue**

Youth Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Phone: 1300 224 636 (available 24/7)

Webchat online: 3pm until midnight - <https://www.youthbeyondblue.com/>

- **Lifeline – PH: 13 11 14 – (available 24/7)**

Lifeline – text – 0477131114 (available 6pm until midnight)

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

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National Helplines for Children 12 years of Age and Older

- **Kids Helpline**

Kids Helpline is Australia's only free, private and confidential 24 hour phone and online counselling service specifically for young people aged 5 to 25 years old. Available through call, webchat or email.

Phone: 1800 55 1800 (available 24/7)

Webchat Counselling (available 24/7) - <https://kidshelpline.com.au/>

Website: Children, Teens and Parent Resources available online - <https://kidshelpline.com.au/>

- **Youth Beyond Blue**

Youth Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Phone: 1300 224 636 (available 24/7)

Webchat online: 3pm until midnight - <https://www.youthbeyondblue.com/>

- **eHeadspace**

eheadspace provides free online and telephone support and counselling to young people 12-25 years of age and their families and friends.

Group Chat – available 24/7 - <https://headspace.org.au/eheadspace/>

1-on-1 chat 9am – 1am - <https://headspace.org.au/eheadspace/>

- **Lifeline – PH: 13 11 14 – (available 24/7)**

Lifeline – text – 0477131114 (available 6pm until midnight)

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

Lifeline is a national charity providing all Australians experiencing personal crisis with access to 24 hour crisis support through support chat, resources and lifeline text (6pm – 12am AEST). It is aimed at 12+ age group, however will take all calls.