

COVID 19 RESOURCES FOR SCHOOLS

Resources to support young people

- **headspace** – this resources is about dealing with the stress but not explicitly linked to Covid 19
<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- **Eheadspace** - Provides free online and telephone support and counselling to young people 12-25 and their families and friends.
<https://headspace.org.au/eheadspace/>
- **Reachout** - resource to deal with “bad world news”. This support is not specifically about COVID-19, but talks about ways to cope with bad world news in general.
<https://au.reachout.com/articles/dealing-with-bad-world-news>
- **Reachout** – resource providing strategies to cope with adversity in general
<https://au.reachout.com/articles/10-tips-for-coping-with-the-hard-stuff>
- **iBobbly** is a social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and over.
<https://blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app>

Resources to support Educators and Parents

- **BE YOU FACTSHEET** - Supporting educators, children and young people
<https://beyou.edu.au/resources/news/covid-19>
- **UNICEF** - information on COVID-19 and ways to talk to children about it (suitable for children)
<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>
- **The Conversation** - network of not-for-profit media outlets that publish news stories written by academics and researchers. This article also provides some scripting for parents (suitable for children)
<https://theconversation.com/how-to-talk-to-your-kids-about-covid-19-133576>
- **Emerging Minds** - Talking to children about natural disasters, traumatic events, or worries about the future. **This is a great, informative video!**
<https://vimeo.com/394049129>
- **APS** - Tips for coping with COVID-19
<https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf>
- **Beyond Blue** - Information to help with mental health issues such as stress, depression and anxiety in relation to COVID-19
<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>
- **Lifeline** - Mental health and wellbeing during the Coronavirus COVID-19 outbreak
https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak?utm_source=CFCA+Mailing+List&utm_campaign=b8ad5ec61f-EMAIL_CAMPAIGN_2020_03_11_COPY_01&utm_medium=email&utm_term=0_81f6c8fd89-b8ad5ec61f-211445911
- **Red Cross** - Looking after your mental wellbeing during the COVID-19 pandemic
https://www.redcross.org.au/news-and-media/news/covid-19-and-your-mental-wellbeing?utm_medium=email&utm_campaign=202003_gen_everyday-newsletter_everyday_always-on_email-newsletter_none&utm_content=202003_gen_everyday-newsletter_everyday_always-on_email-newsletter_none+CID_6483a5357fef5424ee6f5e196fcdbe73&utm_source=campaignmonitor&utm_term=How%20to%20look%20after%20your%20mental