

Lockdown Resource List For Parents and Carers

COVID/Mental Health Resources:


- About COVID and COVID testing: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/kids-resources.aspx>
- How to get a mental health care plan: <https://headspace.org.au/blog/how-to-get-a-mental-health-care-plan/>
- Mental health care and Medicare: <https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare>
- This short vid provides a great explanation of the mental health continuum: <https://youtu.be/ohpEsitFkDY>
- The Australian Psychological Society has published information sheets to assist in managing the mental health impacts of lockdowns and pandemic exhaustion: <https://www.psychology.org.au/for-the-public/Psychology-topics/COVID-19-Australians>
- Russ Harris, Australian medical practitioner, psychotherapist and author, developed a framework at the start of the pandemic to assist in managing uncertainty and anxiety. The FACE framework has four practical steps, animated YouTube clip here: <https://youtu.be/BmvNCdpHUYM>
- Emerging Minds: <https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>
- Practical tips for dealing with home isolation for young people: <https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-tips-home-isolation.aspx>
- 🇺🇦 AH&MRC resources: <https://www.ahmrc.org.au/coronavirus/>
- 🇺🇦 NSW Health Keep our Mob Safe: www.nsw.gov.au/resources-for-your-community/aboriginal-health
- Federation of Ethnic Communities' Councils of Australia: <http://fecca.org.au/coronavirus/>
- Transcultural Mental Health Centre: <https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/news-and-events/covid-19-and-culturally-diverse-communities>
- 🇺🇦 WellMob: <https://wellmob.org.au/> About COVID and COVID testing: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/kids-resources.aspx>
- Digital Lunchbreak: <https://www.digitallunchbreak.nsw.gov.au/>
- 🇺🇦 iBobbly social and emotional wellbeing app: <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>

Parenting Support:

- Resourcing Parents: <http://www.resourcingparents.nsw.gov.au/>
- Raising Children Network: <https://raisingchildren.net.au/>
- Benevolent Society Family & Parenting Support: <https://www.benevolent.org.au/services-and-programs/family-parenting-support>
- Relationships Australia Family Services: <https://www.relationshipsnsw.org.au/support-services-category/family-relationships/>
- 🇺🇦 Deadly Tots: <http://deadlytots.com.au/>
- Parentline NSW: <https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you>
- Family Relationship Advice Line: <https://www.familyrelationships.gov.au/talk-someone/advice-line>
- Mensline Australia: <https://mensline.org.au/>
- Carer Gateway: <https://www.carergateway.gov.au/>
- MyTime: <https://mytime.net.au/>
- CatholicCare Parenting and Support: <https://www.catholiccare.org/family-and-individual-services/parenting-and-support/>

Services:


- Studiosity (online tutoring service): <https://www.newcastle.nsw.gov.au/library/connect/contact-us/follow-us/archived-news/studiosity-app-now-available/>
- Beyond Blue: <https://coronavirus.beyondblue.org.au/>
- NSW Health: <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/your-mental-health-and-wellbeing>
- Black Dog digital tools and apps: <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/>
- Patientinfo (go to Youth Mental Health, Getting Help for Mental Health Issues): <http://www.patientinfo.org.au/>
- Hunter New England and Central Coast Primary Health Network (HNECC PHN) Services: <https://www.hneccphn.com.au/programs-resources/mental-health-services/>
- headspace Newcastle: <https://headspace.org.au/headspace-centres/newcastle/>
- headspace Maitland: <https://headspace.org.au/headspace-centres/maitland/>
- MindHealth: <https://mindhealth.org.au/>
- Newcastle COVID-19 Emergency Relief Services: <https://www.newcastle.nsw.gov.au/Newcastle/media/Documents/COVID-19/4129-COVID-19-Emergency-Relief-Services-V4.pdf>
- Counselling and Support Services: <https://www.esafety.gov.au/about-us/counselling-support-services>
- Family Connect and Support: <https://www.familyconnectsupport.dcj.nsw.gov.au/>
- MindSpot offer a free online digital mental health clinic with information and support: <https://mindspot.org.au/>
- Lifeline is available 24/7 – if you don't know who else to call they are a great place to start: <https://www.lifeline.org.au/>
- Referrals to the public mental health service (both child and adult) are made via the Mental Health Line on 1800 011 511.
- In a mental health emergency, call 000 or present to the emergency department at your nearest hospital.



Mental Health Services and Support

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For wechat, visit: headspace.org.au/eheadspace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (9pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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Funded by



NSW School-Link
Health and Education Working Together

August 2021