

Services to support children, young people and their families during COVID 19



www.beyou.edu.au

Educator self-care is important for supporting children and young people during the coronavirus outbreak. This website provides practical strategies for educators and schools.



www.beyondblue.org.au

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



www.emergingminds.com.au

Resources for supporting children during the Coronavirus (COVID-19) outbreak including video on how to talk with children about the virus.



www.headspace.org.au

Headspace online includes information for young people affected by stress related to Novel Coronavirus (COVID-19) including tips to maintain mental health and wellbeing.



www.kidshelpline.com.au

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



www.parentline.org.au

Whether you are worried about limits on screen time, keeping track of your child's learning from home or keeping siblings from fighting, Parentline counsellors are available every day.



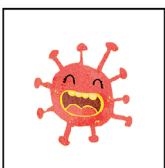
www.reachout.com

ReachOut is Australia's leading online mental health organisation for young people and their parents. The website contains information on coping during coronavirus.



www.twenty10.org.au

Twenty10 is committed to continuing our services supporting LGBTIQ+ young people in New South Wales, their families and our communities at this most challenging time.



www.mindheart.co/descargables

Short (online) book to support and reassure our children, regarding the COVID-19.

