

Resources for Students and Parents

Headspace www.headspace.org.au







- **E-headspace** - eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends
- **Information** about Life Issues, Alcohol & Other Drugs, Health & wellbeing, Mental Health, Work & study, Yarn Safe (resources for Aboriginal young people)
- **Headspace work & study programs** - headspace work and study Programs support 15-25-year-olds to plan a career, find employment or work towards further education – in a highly accessible, confidential and youth-friendly environment.

Reach Out <https://au.reachout.com/>

- **Information** about Bullying, Challenges and Coping, Identity, Mental Health Issues, Mental Wellbeing, Relationships, Study, Work & Money, Coping during Corona Virus
- **Tools & Apps** – here you'll find professional-reviewed mobile apps and tools to help you look after your health and wellbeing.
- **Reach Out Community** – is a supportive, safe and anonymous space where people care about what's happening for you, because they've been there too

Some apps that Reach Out recommends are (many more on website):

App Name	Description	User Rating	Health Pro Rating	Cost	Goals
Calm Harm	Calm Harm provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely...	★★★★★	★★★★★	Free	Achieve balance, Embrace challenges, Manage anxiety
Headspace	Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track your...	★★★★★	★★★★★	Free	Control panic attacks, Manage stress, Manage anxiety, Relax
The Check-in	The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the...	★★★★★	★★★★☆	Free	Be kinder, Help others
Breakup Shakeup	Breakup Shakeup provides ideas for fun, easy things to do to help you cope after a breakup. The app teaches you that planning...	★★★★★	★★★★★	Free	Improve relationships
Chats For Life	The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling...	★★★★★	★★★★☆	Free	Be kinder, Help others, Improve relationships
Daylio	Daylio is a diary app that allows for goal setting, mood tracking and routine notifications. The app uses this data to create...	★★★★★	★★★★☆	Free	Stay positive, Increase happiness, Manage stress

MoodMission	Moodpath	Nike+ Run Club
MoodMission helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you're feeling...	Moodpath: Depression and Anxiety is a written mood journal that uses progress reports and health assessments for reflection...	The Nike+ Run Club app tracks your run and helps you reach your goals, whether it's running your first race or setting a...
User rating ★★★★★	User rating ★★★★★	User rating ★★★★★
Health Pro Rating ★★★★★	Health Pro Rating ★★★★★	Health Pro Rating ★★★★★
Cost Free	Cost Free	Cost Free
Goals: Manage anxiety, Manage depression, Manage stress	Goals: Manage anxiety, Manage depression	Goals: Boost fitness
Available on  	Available on  	Available on  

Beyond Blue <https://www.beyondblue.org.au/>

- **Coronavirus Mental Wellbeing Support Service – 24/7 phone support services, web chat support service, online community forum and suicide and crisis support**
- **Not Alone – a Beyond Blue Podcast**
- **Lots of info and Resources for youth and adults**

Black Dog Institute <https://www.blackdoginstitute.org.au/>

- **COVID 19 – resources for stress & anxiety** If you are looking for ways to look after **your mental health** while we practice physical distancing, please explore these pages that have been loaded with evidence-based resources and information designed for the general public, managers and workers, schools and young people, and health professionals.

Emerging Minds <https://emergingminds.com.au/>

- **Supporting children's mental health during a pandemic**
<https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>
- **COVID-19 Toolkit** – factsheets, podcasts and videos about supporting children's mental health

Some Articles you might like to share;

10 ways to Take Care of Yourself

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/10-ways-to-take-care-of-yourself.html>

A Guide to Dealing with Constant Change

<https://au.reachout.com/articles/a-guide-to-dealing-with-constant-change>

How to Handle Fear about the future a guide for year 12 students

<https://au.reachout.com/articles/how-to-handle-fear-about-the-future-a-guide-for-year-12-students>

How to Deal with Uncertainty during coronavirus

<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>

How parents can cope with home school again

<https://www.blackdoginstitute.org.au/news/how-parents-can-cope-with-home-schooling-again/>

Keeping kids safe on screens during lockdown

<https://www.blackdoginstitute.org.au/news/keeping-kids-safe-on-screens-during-lockdown/>