

SUPPORTING YOU AND YOUR FAMILY'S WELLBEING DURING COVID-19

Dear parents of the Chester Hill High School community,

The outbreak of the coronavirus COVID-19 has impacted people in many ways all around the world. It is understandable that during times like this, young people and families may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

- **Manage you and your family's exposure to media coverage** as this can increase feelings of fear and anxiety. Ensure you are accessing good quality and accurate information in the media.
- **Follow a "calm yet cautious" approach** – Model calmness and focus on the facts. Do your best to remain calm and follow advice issued by the government, medical advice and follow good hygiene habits.
- **Show compassion and kindness to one another** – these times of uncertainty are when it is most important that we strengthen our sense of community by connecting with and supporting each other.
- **Take care of you and your children's wellbeing** by maintaining routines where possible, connect with family and friends (within guidelines), staying active, and assisting your children to maintain healthy eating and sleeping habits.
- **Talk about your own feelings** and let children know it's okay to share their feelings too. Remember that it is normal for young people to feel many emotions including anxiety, sadness, and uncertainty about the future
- **If you are concerned** about yours or your child's mental or physical health, seek professional help. If it is an emergency, call 000. For non-emergencies, contact your GP or local health provider.

How can my child speak to the school counsellor?

Please note that, while schools remain in operation, there will be a school counsellor available 3 days per week (by phone), on Monday, Tuesday and Friday between 8.30am and 3.30pm. If you need to speak to a counsellor, you can contact the school directly (Ph: 9644 1099) and arrange a time to speak with one of us. During this time, your child can also contact us by filling in a counsellor referral on the CHHS Wellbeing Google Classroom. **Please note that this will only be monitored on Monday, Tuesday and Friday (8.30am to 3.30pm).** If you or your child needs to speak with someone urgently

outside of these hours, you will be directed to access the external supports which are outlined below.

Where else can I get support?

It is extremely important to seek out help if you feel you need it. There are many services available to offer support for individuals and families outside of school and school hours. Please see below a list of 24/7 contact lines available to you in the event of crisis and to support your or your child's mental wellbeing.

For students:

- **Lifeline (24/7)** 13 11 14 will continue to be operating 24 hours a day, 7 days a week. Lifeline Text 0477 13 11 14 will continue to operate 6pm – midnight (AEDT), 7 nights a week. Lifeline webchat will continue to operate 7pm – midnight (AEDT), 7 nights a week <https://www.lifeline.org.au/get-help/online-services/crisis-chat>
- **Kids Helpline (24/7)** for children that may need support 1800 55 1800 by phone or access information and webchat online at <https://kidshelpline.com.au>
- **Beyond Blue (24/7)** 1300 22 4636 <https://beyondblue.org.au/get-support/nationalhelp-lines-and-websites>
- **Headspace** online counselling at <https://headspace.org.au/eheadspace/>
- **Brave online** free online anxiety program brave-online.com
- **Moodgym** <https://moodgym.com.au/>

For Parents:

- **In case of emergency, contact 000**
- **Translating and Interpreting Service** <https://www.tisnational.gov.au/>
131 450 (24 hours, 7 days per week)
- **The NSW Mental Health Access Line** 1800 011 511. Provides advice, support and referrals for individuals experiencing mental health difficulties.
- **Mensline Australia** 1300 78 99 78
- **Parent Line NSW** 1300 1300 52.
- **1800RESPECT** (1800 737 732) – Domestic Violence / sexual assault support line
- **Women's Domestic Violence Court Advocacy Service:** Provides support, advocacy, referrals and information for women experiencing domestic violence.
P: (02) 9601 6988 E: nswdvcas@catholiccareddb.org.au

- **Staying Home Leaving Violence Program (South-West Sydney):** Help with emergency accommodation, assistance around ADVOs, court processes and family law procedures. P: (02) 9602 7795). E: ccfc@catholiccareddb.org.au
- **Link2home Homelessness Line** 1800 152 152
- **Child Protection Helpline** 13 2111
- **STARTTS: NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors** <https://www.startts.org.au/>
152-168 The Horsley Drive Carramar NSW 2165 (02) 9794-1900

Additional resources:

- **ParentWorks** is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child's behaviour.
<https://parentworks.org.au/#/>
- **Beyond Blue:** <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>
- **Black Dog Institute:** https://www.blackdoginstitute.org.au/COVID-19?fbclid=IwAR3fPCXGG7bUU27WytY1vD_BdisJQ5ZfXIMouj4lbaVuHPzO1t1LvK134_c

**Note: The information outlined above has been adapted from the link below. Please note that it is not comprehensive and may be subject to change.*

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>