

## INFORMATION AND SUPPORT FOR PARENTS DURING COVID-19

### COVID-19 specific information and support

<https://blackdoginstitute.org.au/covid-19> - you can also sign up to receive mental health and well-being resources to your email.

<https://au.reachout.com/collections/coping-during-coronavirus>

<https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia>

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

### If you are struggling with your own mental health, please check out the following websites

<http://www.parentline.org.au/> Amid all the disruptions and worries that are around at the moment, many parents tell us they have never felt more alone. Parent Line counsellors are here for you, 7 days a week. Compassionate and non-judgemental support is just a phone call away. For parenting support call us today on 1300 1300 52 or [message us on facebook](#) for a private online chat.

<https://thiswayup.org.au/how-we-can-help/courses/> - FREE ACCESS TO COURSES UNTIL APRIL 2019!! Our online courses are designed to help you identify, understand, and improve psychological difficulties like stress, insomnia, worry, anxiety and depression.

<https://www.cci.health.wa.gov.au/resources/looking-after-yourself> - FREE INFORMATION RESOURCES AND WORKSHEETS TO SUPPORT YOUR MENTAL HEALTH

<https://www.mycompass.org.au/> - a personalised self-help tool for your mental health

### If your kids are suffering with anxiety, you may like to support them using the following resources

[brave-online.com](http://brave-online.com) – a free online anxiety program with parent and child modules – you can work through them alongside each other

### Mindfulness/meditation apps for adults and teens

<https://www.headspace.com/headspace-meditation-app>

<https://www.smilingmind.com.au/> - FREE

<https://www.calm.com/>

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

PREDICTING WHAT WILL HAPPEN

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES

