

SUPPORTING YOUR WELLBEING THROUGH COVID-19

Dear students of the Chester Hill High School community,

The outbreak of the coronavirus COVID-19 has impacted people in many ways 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 about 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.

- **Limit your exposure to distressing media** as this can increase feelings of fear and anxiety. Make sure you are accessing good quality and accurate information.
- **Do your best to remain calm** and avoid contributing to panic. Focus on what you can control. Ensure you are following advice issued by the government, medical professionals and continue to follow good hygiene habits.
- **Show compassion and kindness to one another** – these times of isolation (both physical and social) and uncertainty are when it is most important that we strengthen our sense of community by connecting with and supporting each other.
- **Take care of your wellbeing** by maintaining routines where possible, staying in touch with family, friends, teachers and counsellors (within social distancing guidelines!), staying active, getting enough sleep, eating healthy foods and seeking help when needed. Where possible, limit screen time and take opportunities to engage in hobbies which you can do at home (reading, writing, making music, playing an instrument or doing something creative).

How can I 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, you 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).** Please fill out the online form and someone will get back to you. If you need 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 and listen 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 mental wellbeing.



- **Call 000** if it is an emergency
- **Lifeline** 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/ehespace/>
- **Brave online** free online anxiety program brave-online.com
- **Moodgym** <https://moodgym.com.au/>
- **The NSW Mental Health Access Line (24/7)** 1800 011 511. Provides advice, support and referrals for individuals experiencing mental health difficulties.
- **Link2home Homelessness Line** 1800 152 152
- **Child Protection Helpline** 13 2111
- **Translating and Interpreting Service** <https://www.tisnational.gov.au/>
131 450 (24 hours, 7 days per week)
- **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
- **1800RESPECT** (1800 737 732) – Domestic Violence / sexual assault support line

Digital Apps

Smiling Mind, Headspace, Moodpath, Calm, Simple Habit and Calm Harm all provide useful mindfulness and meditation techniques as well as information which will assist you in monitoring your mood and managing difficult emotions. There are many more!

Further resources

- **Beyond Blue** <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>
- **Black Dog Institute** “Coronavirus: Resources for anxiety, stress and wellbeing” https://www.blackdoginstitute.org.au/COVID-19?fbclid=IwAR3fPCXGG7bUU27WytY1vD_BdisJQ5ZfXlMouj4lbaVuHPzO1t1LvK134_c
- **Headspace** [Headspace.com/covid-19](https://www.headspace.com/covid-19)

**Note: The information outlined above has been adapted from the following resource:*

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

***Please note that information outlined above is not comprehensive and may be subject to change.*

