



## PARENT RESOURCES

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## COVID-19 RESOURCES FOR PARENTS

### COVID-19 VIDEOS

[Talking to children about natural disasters, traumatic events, or worries about the future \(video\)](#)

#### **Beyond Blue**

Beyond Blue's [video](#) on talking to your children.

#### **Prof Lea Waters**

Dealing with Cabin Fever during Coronavirus

[https://www.youtube.com/watch?v=g5Uulo\\_AS1Q&feature=emb\\_logo](https://www.youtube.com/watch?v=g5Uulo_AS1Q&feature=emb_logo)

How to help others during Coronavirus

[https://www.youtube.com/watch?v=wlguWQlSyaE&feature=emb\\_logo](https://www.youtube.com/watch?v=wlguWQlSyaE&feature=emb_logo)

Talking to Children about COVID-19 – Act for Kids

<https://youtu.be/0rxoOTFCCcg>

### COVID-19 LINKS

#### **Government of Western Australia**

<https://www.wa.gov.au/government/covid-19-coronavirus>

#### **Telethon Kids Institute**

A range of resources to support parents have [conversations with their children, family and friends.](#)



A [guide to help navigate coronavirus](#) and explain its impact to your kids.

**Australian Psychological Society**

Information for families on how to [cope with anxiety](#) during this time.

Resource to assist parents, caregivers and teachers [tips on how to talk to children and young people cope with tragic events](#).

**WA Health**

WA Health has developed an information sheet on [guidance on isolation and coronavirus \(COVID-19\)](#).

**Australian Psychological Society**

Information on how to [maintain positive mental health during social isolation](#).

**GPs Can**

Information for parents on how to [make a healthy space for your family](#) during this time.  
General information for parents on how to [manage school](#) during this time.

**Generation Next**

[Top 10 questions](#) on how to talk to your children.

**Emerging Mind**

[Helping children cope with stress during the Coronavirus \(COVID-19\) outbreak](#)

[Traumatic events, the media and your child](#)

**Psychology Today**

Ways to Help Your Kids Cope With the Coronavirus Crisis

<https://www.psychologytoday.com/us/blog/warning-signs-parents/202003/6-ways-help-your-kids-cope-the-coronavirus-crisis>

[100 Coping Strategies](#)

[Talking to Children about Coronavirus](#)

[World Health Organisation – Helping Children Cope with Stress](#)

[Primary – Story about Coronavirus](#)

[ABC – How to talk to kids about the coronavirus pandemic](#)

**Act for Kids – Coronavirus. Communicating with Children**

**Perth Children’s Hospital – Coronavirus: What you need to know**

**Student Wellbeing Hub – Emerging Minds Community Trauma Toolkit**



## MENTAL HEALTH AND WELLBEING RESOURCES

### **Head to Health**

Head to Health provides links to trusted Australian online and phone supports, resources and treatment options for all adults and young people.

w: [headtohealth.gov.au](http://headtohealth.gov.au)

### **Mental Health Online**

Mental Health Online provides comprehensive and effective online services and programs free of charge.

w: [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

### **Student wellbeing hub**

Provides information and advice about important topics like [bullying, online safety, communicating with your child and the school](#).

### **Brave**

Program for parents (and children) to prevent child anxiety <https://www.brave-online.com/>

### **Beyond Blue**

#### **Children 6-12**

Information and resources for parents to [support your child manage anxiety and build resilience](#).

Information for parents on how to [support children manage emotions](#).

Information for parents on how to [support children with anxiety](#).

#### **Children 13+**

Information and resources for parents to [support your child manage anxiety and build resilience](#).

Information for parents on how to [support young people manage emotions and stress](#).

### **Mental Health Commission**

Information for Aboriginal people on building resilience as part of the [Strong Spirit Strong Minds](#) program.

### **Beyond Blue**

Information for parents on how to [support young people manage emotions and stress](#).

Wellbeing advice from Australian mental health website [Beyond Blue](#) specific to the COVID-19 outbreak.

This tip sheet provides some strategies to help you and your family [support healthy habits](#).

### **Healthy WA**

HealthyWA provides ways to [improve your mental health and wellbeing](#), and where to get help if you need it.



#### **Help Guide**

American resource ([Harvard University resource](#)) accessible for all, promoted by Health direct.

#### **Lifeline**

Some mental health and wellbeing [tips and strategies](#) to look after yourself and others.

#### **Phoenix Australia - Centre for Post Traumatic Mental health**

This tip sheet provides some [simple strategies](#) to help you and your family manage stress.

#### **Mental Health Commission**

Information on looking after your [mental health during the COVID-19 pandemic](#).

#### **Be You**

Educators can access and choose from a wide range of [online apps and resources](#) providing valuable information and support around mental health and wellbeing.

#### **Psychology Today**

5 Ways to Overcome the Psychological Stress of Coronavirus

<https://www.psychologytoday.com/us/blog/motivate/202003/5-ways-overcome-the-psychological-stress-coronavirus>

Using Mindfulness to Build upon Strengths (& 5 Exercises You Can Try with Your Kids)

<https://www.leawaters.com/blog/using-mindfulness-to-build-upon-strengths-amp-5-exercises-you-can-try-with-your-kids>

#### **Calm**

<https://www.calm.com/blog/take-a-deep-breath>

Google Technology Wellbeing video

<https://wellbeing.google/>

#### **ABC Kids – Kids, Coping and Covid-19**

<https://www.abc.net.au/kidslisten/ideas/health-and-wellbeing/corona,-kids-and-coping!-5-tips-from-early-education-to-make-yo/12107214>

#### **Act for Kids – Coronavirus. Supporting children in Isolation**

[https://www.actforkids.com.au/wp-content/uploads/2020/03/Tip-Sheet\\_Supporting-Children-in-Isolation.pdf](https://www.actforkids.com.au/wp-content/uploads/2020/03/Tip-Sheet_Supporting-Children-in-Isolation.pdf)

## GRIEF AND LOSS RESOURCES

#### **Health Direct**

Information on how to [manage grief and loss](#).

#### **Trauma & Grief Network**

Information and resources to support your children with their [experiences of grief and loss](#).



**Beyond Blue**

Information to support your children with their [experiences of grief and loss](#).

**Australian Centre for Grief and Bereavement**

<https://www.grief.org.au>

## E-SAFETY RESOURCES

**eSafety Commissioner**

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

<https://www.esafety.gov.au/key-issues/covid-19/letter-parents-carers>

**ESafety and Help Webinars**

<https://beconnected.esafety.gov.au/>

**Act for Kids – online safety Tip Sheet for Parents and Carers**

<https://www.actforkids.com.au/wp-content/uploads/2020/03/Tip-Sheet-Online-Safety.pdf>

## FINANCIAL SUPPORT AND ADVICE

[Centrelink – Affected by Coronavirus](#)

[Moneysmart - Covid19](#)

[Centrecare Financial Counselling](#)

**Jobseekers Contact Line** – Ph: 132 850

**Small Business Advice** – Ph: 133 140

## PARENTING RESOURCES

**Raising Children Network**

Raising Children Network is an Australian parenting resource to support families grow and thrive. It provides information tailored to [different ages and stages of parenting](#).

A range of resources to support you and your family [understand and manage coronavirus \(COVID-19\)](#).

**Triple P**



Triple P gives parents [simple tips](#) to help manage the big and small problems of family life and build stronger relationships.

**Australian Childhood Foundation**

[Strategies on how to stay connected](#) with our children during this time.

The Guardian: Family lockdown guide

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>

**Greater Good**

How School Closures Can Strengthen Your Family

[https://greatergood.berkeley.edu/article/item/how\\_school\\_closures\\_can\\_strengthen\\_your\\_family](https://greatergood.berkeley.edu/article/item/how_school_closures_can_strengthen_your_family)

**Act for Kids – Things you can do with your kids – Backyard Activities**

<https://www.actforkids.com.au/wp-content/uploads/2020/03/Backyard-Activities-for-Children.pdf>

**Act for Kids – Things you can do with you school aged kids – Indoor Activities**

<https://www.actforkids.com.au/wp-content/uploads/2020/03/Indoor-Activities-for-School-Aged-Children.pdf>

**Act for Kids – Things you can do with your Pre-School Kids – At home activities**

<https://www.actforkids.com.au/wp-content/uploads/2020/03/Home-Activities-for-Pre-schoolers.pdf>

## HYGIENE RESOURCES

**Health Direct**

A range of [infographics and videos](#) on how to reduce risk, guidance on isolation and general information on coronavirus (COVID-19).

**Healthy WA**

Information on [hand hygiene](#). Available in different languages.

**Redcross**

[Poster](#) outlining simple steps to protect yourself and help prevent the spread. This is available in community languages

**National Aboriginal Community Controlled Health Organisation**

Information on [hand hygiene](#) developed for Aboriginal people.

**Kimberley Aboriginal Medical Services Ltd**

Poster for [COVID-19 advice](#).



## CHILDREN WITH DISABILITIES RESOURCES

### **National Disability Insurance Scheme (NIDS)**

AUSLAN video and frequently asked questions [explaining COVID-19](#).

### **Every Australian Counts**

Information for students with disability and their families. It has [videos, posters and multi-language factsheets](#).

### **[Autism and Coronavirus: Helping Students Understand](#)**

### **[Supporting Individuals with Autism through Uncertain Times](#)**

### **[Viruses and Staying Healthy – Easy Read](#)**

## EMERGENCY SUPPORT AND HELPLINES

### **Crisis Care**

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help. It operates after hours, 7 days a week.

t: 9223 1111

t: 1800 199 008 (country free call)

Crisis Care can be accessed through the translating and interpreting service on 13 14 50.

### **Mental Health Emergency Response Line**

For anyone involved in a mental health emergency in the community – including individuals, families/carers, member of the general public or health professionals.

Metro: 1300 555 788

Peel: 1800 676 822

Rural Link: 1800 552 002

TTY: 1800 720 101

### **Lifeline**

Adult service for crisis and suicide prevention.

t: 13 11 14 (24 hours, 7 days)

Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights)

Chat online: [lifeline.org.au/crisis-chat](https://lifeline.org.au/crisis-chat) (7pm - midnight, 7 nights)

**Ngala Parenting Line**

Ngala Parenting Line supports families of children from birth to 18 in WA.

8am – 8pm, 7 days a week

t: 9368 9368 (metro)

t: 1800 111 546 (regional)

w: [ngala.com.au/service/ngala-parenting-line](http://ngala.com.au/service/ngala-parenting-line)

**Rural Link**

Rural link is a specialist after hours mental health telephone service for people in rural communities of Western Australia. The support line can assist:

t: 1800 552 002

Availability:

4.30pm – 8:30am Monday to Friday

24 hours Saturday, Sunday and public holidays.

During business hours you will be connected to your local community mental health clinic.

**Mental Health Online**

Mental Health Online provides comprehensive and effective online services and programs free of charge.

w: [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

**Carers Australia**

Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

t: 1800 242 636

w: [carersaustralia.com.au](http://carersaustralia.com.au)

**1800Respect**

Confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

t: 1800 737 732

NRS: 1800 555 677

Interpreter: 13 14 50

w: [1800respect.org.au](http://1800respect.org.au)

**MensLine**

t: 1300 789 978

**Beyond Blue**

t: 1300 224 636

## MENTAL HEALTH AND WELLBEING APPS (FOR CHILDREN)







Mood Meter by Emotionally Intelligent Schools LLC

The Bears by Anglicare Victoria

Zones of Regulation by Selosoft Inc

Emotionary

Positive Penguins

Smiling Mind by Smiling Mind

Reach Out Breathe by Reach Out Australia

Breathe, Think, Do (Sesame Street)

Touch and Learn

Avokiddo Emotions

IF. . . The Emotional IQ Game (If You Can)

The Middle School Confidential series

Stop, Breathe & Think (Tools for Peace)

The Social Express

SuperBetter

## MENTAL HEALTH AND WELLBEING APPS (FOR PARENTS)

My Strengths by Simon Hurry

Values Ink by Creative Control Network

At My Best by Work Positive Ltd

Clifton Strengths by Gallup Inc

Mood Meter by Emotionally Intelligent Schools LLC

Music eEscape by Queensland University of Technology

Happy Feed by Happy Feed Inc

Happify by Happify Inc

Smiling Mind by Smiling Mind



**CATHOLIC EDUCATION**  
WESTERN AUSTRALIA

The Mindfulness App by MindApps  
1 Giant Mind by 1 Giant Mind  
Life Charge by Vector 15  
Reach Out Breathe by Reach Out Australia  
Headspace by Headspace Meditation Limited  
Insight Timer by Insight Timer Network  
iCBT by Bon re Development Advisors  
Moodkit by ThrivePort, LLC  
Virtual Hope Box by National Centre for Telehealth and Technology  
What's Up? By Jackson Tempra  
Mindshift by Anxiety Disorders Association of British Columbia  
ACT Coach by US Department for Veteran Affairs  
ReachOut Worrytime by ReachOut Australia  
ACT Companion by Berrick Psychology