

Supporting student wellbeing while learning remotely

Information for parents and carers on talking about COVID-19, supporting their child's wellbeing and where to access support can be found in [Talking to children about coronavirus \(COVID-19\) \(PDF 110KB\)](#) (includes links to headspace).

Additional helpful phone contacts, agencies, websites and apps that support mental health and wellbeing in these changing times can be found at the links below:

Advice and Services for Young People during the pandemic

- [Kids Helpline](#)
- [Beyond Blue](#)
- [Reach Out](#)

Young people can call Kids Helpline 24/7 at 1800 55 1800. Available Anytime, Any Reason

For Parents/Carers & Families

- [A Forum for Parents & Carers to support Learning from home](#)
- [National Mental Health Commission](#)
- [Pandemic Fatigue in children](#)

Remote learning guidelines for students and parents




Stay connected



Ask questions

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If you don't understand something, ask your teacher or classmates online.



Workspace

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Work in a quiet area, at a desk or table and try to limit distractions.



Use classroom language

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Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.



Focus

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During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



Take breaks

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Take breaks away from screen. Move around and try not to sit all day.



Your normal routine

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Eat breakfast, brush your teeth and get dressed in the morning.







Resources for Adolescents During Remote Learning



If you need to talk to someone...

Name	About	Phone	Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
Headspace 	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
QLife 	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3PM - Midnight	Webchat 3PM – Midnight https://www qlife.org.au/resources/chat
1800RESPECT 	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome



 <p>Carers NSW Carers NSW Australia</p>	<p>Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members</p>	<p>1800 242 636 9AM – 5PM Monday - Friday</p>	<p>http://www.carersnsw.org.au/how-we-help/support/carers-line/</p>
 <p>Mental Health Line 1800 011 511</p>	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</p>	<p>1800 011 511 24/7</p>	<p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>

If you are looking for an app...

Name	About	Website
 <p>Calm Harm</p>	<p>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 private and password protected.</p>	<p>Free App Store Google Play</p>
 <p>Clear Fear</p>	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free App Store Google Play</p>
 <p>ReachOut Worry Time</p>	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free App Store</p>
 <p>ReachOut Breathe</p>	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free App Store</p>

<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>

If you are seeking additional information...

Name	About	Website
<p>ReachOut</p> 	<p>Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.</p>	<p>https://au.reachout.com/</p>
<p>Black Dog Institute</p> 	<p>Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.</p>	<p>https://www.blackdoginstitute.org.au/</p>