

## Notre Dame College - Wellbeing Support Service

### Wellbeing Resources for Parents & Guardians

*The Notre Dame College Wellbeing Support Service seeks to build and enhance the wellbeing capacity of our community through the values of: authenticity, empathy, inclusivity, collaboration and service.*

With the majority of students learning remotely from home, the following resources have been designed to support parents and guardians during this challenging time. Included in these resources are websites to provide support to parents and guardians, both individually, and in helping you to support our students who are learning from home.






#### Links to Support Parent and Guardian Wellbeing

Organisation	Descriptor	Link
DHHS	Includes tips, advice, videos and resources for looking after mental health during Covid 19.	<a href="#">Victoria   Mental health resources - coronavirus (COVID-19)</a>
Mindspot	This document describes practical psychological skills to help you and your loved ones cope with anxiety and worry about infectious diseases.	<a href="#">10 Psychological Tips for Coping with Coronavirus (COVID-19)</a>
Beyond Blue	Supporting you during Covid-19. There are links to support lines, community forums, information, advice and strategies and much more.	<a href="#">Supporting you through the Coronavirus pandemic</a>
The Black Dog Institute	Link for parents and the community from the <b>Black Dog Institute</b> . Finding digital tools to support mental health.	<a href="#">Coronavirus: digital mental health tools that can help</a>

## Information for parents to support their teenagers

Organisation	Descriptor	Link
Kids Help Line	Resources for parents, including advice and counselling	<a href="#">Parents   No problem is too big or too small</a>
ReachOut	ReachOut resources for supporting teens during Covid-19	<a href="#">Supporting your teen during coronavirus</a>
	General resources for supporting teens	<a href="#">Supportive tips for parents - Reachout</a>
Headspace	Headspace – getting support through COVID 19_	<a href="#">Headspace - Covid-19</a>
	General support from Headspace for families	<a href="#">For friends &amp; family - In category Life issues</a>
E-Safety Commissioner	<b>E-Safety Commissioner's</b> tips to stay safe online.	<a href="#">COVID-19: an online safety kit for parents and carers</a>
Smiling Mind	Managing our emotions and supporting each other can be challenging at the best of times. We all need to do our best to regularly pause, take a breath and be proactive in looking after ourselves and others. <b>Smiling Mind</b> is a free mindfulness app, which has recently developed a program designed to be listened to with the whole family.	<a href="#">Smiling Mind - Mindfulness for Families</a>  You will need to log in to Smiling Mind from this link

## On-line Counselling

Organisation	Web Link	Contact
<b>Kids Helpline</b> 	<a href="#">Parent Helpline   How Parentline Can Help You</a>	<b>Parentline Victoria</b> 13 22 89 (cost of a local call) Open 8am to midnight 7 days a week
<b>The Brave Program</b> 	<a href="#">The Brave Program</a> The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.	Website: <a href="#">The Brave Program</a>
<b>Youth Beyond Blue</b> 	<a href="#">Get immediate help for depression and anxiety</a>	Phone: 1300 22 4636 Webchat: <a href="https://online.beyondblue.org.au/email/#/send">https://online.beyondblue.org.au/email/#/send</a> Email: <a href="https://online.beyondblue.org.au/email/#/send">https://online.beyondblue.org.au/email/#/send</a>
<b>Headspace</b> 	<a href="#">ehespace Support</a> For young people but also family and friends.	Website: <a href="#">ehespace Support</a> Group chat: <a href="#">Group chat</a>
<b>Lifeline</b> 	<a href="#">Lifeline Australia - 13 11 14 - Crisis Support and Suicide Prevention</a>	Crisis Support Chat 7:00pm to midnight 7 days: <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a> Text chat: 0477 13 11 44 <a href="https://www.lifeline.org.au/projects/lifeline-text">https://www.lifeline.org.au/projects/lifeline-text</a>