

Notre Dame College - Wellbeing Support Service

WELLBEING RESOURCES FOR STUDENTS

During this time away from school, and learning remotely, the following resources have been provided to support you through the demands and challenges of our current environment. For some, this time presents a wonderful opportunity to do things or learn skills that we may not have had the time or space to do before. For others, these resources may provide you with the skills and strategies to help you through challenging times. Please take the time to explore these websites.

ON-LINE ANXIETY REDUCTION PROGRAM

BRAVE



The Brave Program – Online Program for Reducing Anxiety

[The Brave Program](#)

BRAVE is an online, psychological program for the treatment of childhood and adolescent anxiety. The Program was developed by a team of researchers at the University of Queensland. As a result, the Program is based on actual research evidence, and parents can rest assured their child is receiving a high quality treatment program.

BRAVE is based on cognitive behavioural therapy (CBT), the most effective method for overcoming anxiety in children and teenagers.

Around 80% of children are free of anxiety after completing the therapist-assisted, BRAVE-Online Program.

BRAVE can be completed in your own home, at your own pace, and at a time that suits you. You can also have a **BRAVE** Trainer help you through the program, someone who works with you to overcome your anxiety.

They will email you each week, and even talk to you over the phone during the program.

WELLBEING WEBSITES

STUDENT WELLBEING HUB



Student Wellbeing Hub – Year 7 to Year 9

[Topics](#)

Topics include:

- Keeping your mind and body healthy
- Taking action against bullying
- Accepting and including others
- Being safe online
- Responsible decision making
- Safety in the online world
- Respectful relationships
- Making responsible decisions

Student Wellbeing Hub – Year 10 to Year 12

[Topics](#)

Topics include:

- Physical and mental health for learning
- Taking action against bullying and violence
- Valuing diversity and inclusion
- Respectful relationships

BITEBACK



Biteback – Keep Learning

<https://www.biteback.org.au/Learn#>

Topics include:

- Connections
- Gratitude
- Healthy Lifestyles
- Mindfulness
- Optimism
- Positive Psychology
- Meaning
- Strength
- Flow
- Forgiveness
- Hope
- Kindness

BITEBACK



Biteback – Tough Stuff

<https://www.biteback.org.au/ToughStuff>

Topics include:

- Anger
- Bi-polar disorder
- Drugs
- Eating disorders
- Grief and loss
- Personality Disorders
- Sex
- Self-harm
- Trauma
- LGBTIQA
- Alcohol
- Anxiety
- Body image
- Depression

HEADSPACE



HEADSPACE

[For young people - In category Life issues](#)

Topics include:

- What is gender identity?
- What is bullying?
- Understanding sexuality and self-identity
- Dealing with relationships and breakups
- What is anger and the effects on mental health

Fact sheet: [how to cope with stress related to COVID19](#)

REACHOUT








REACHOUT

[ReachOut Australia: Welcome to ReachOut.com](#)













Topics include:

- Sleep
- Coping
- Resilience
- Grief and loss
- Body image
- Exercise and eating well
- Romantic relationships
- Meeting new people
- Self-talk and self-awareness

Resources to help during COVID-19: [Stressed about study during coronavirus?](#)

ONLINE COUNSELLING - The following sites and organisations provide confidential online and telephone counselling for young people.		
ORGANISATION	WEBSITE	CONTACT
KIDS HELPLINE 	Teens 13-17 Years We're Here to Help	Free phone call: 1800 55 1800 Webchat: Open 24/7 – 365 days Email: counsellor@kidshelpline.com.au
YOUTH BEYOND BLUE 	https://www.youthbeyondblue.com/help-someone-you-know/what-to-do-in-an-emergency/get-immediate-support	Phone: 1300 22 4636 Webchat: https://online.beyondblue.org.au/email/#/send Email: https://online.beyondblue.org.au/email/#/send
E-HEADSPACE 	ehespace Support	Group chat: https://headspace.org.au/ehespace/group-chat/ 1 on 1 chat: https://headspace.org.au/ehespace/connect-with-a-clinician/
YOUTH BEYOND BLUE 	https://www.youthbeyondblue.com/help-someone-you-know/what-to-do-in-an-emergency/get-immediate-support	Phone: 1300 22 4636 Webchat: https://online.beyondblue.org.au/email/#/send Email: https://online.beyondblue.org.au/email/#/send
LIFELINE 	Lifeline Australia - 13 11 14 - Crisis Support and Suicide Prevention	Crisis Support Chat 7:00pm to midnight 7 days: Crisis Support Chat Text chat: 0477 13 11 44 Lifeline Text Pilot Trial

The following free Apps may also be of interest not just now, but any time to allow you to positively manage your life.

APP	ICON	COST	APP	ICON	COST	APP	ICON	COST	APP	ICON	COST
Virtual Hope Box Coping tools		Free	Check-in To check on mates		Free	Beyond Now Suicide recovery plan		Free	Tactical Breather Breathing exercises		Free
SAM Relaxation skills		Free	Smiling Mind Meditation		Free	Breathe2Relax Breathing exercises		Free	Worry Time Anxiety & Depression		Free
Stop, Breathe & Think Relaxation skills		Free	Student Health Health information		Free	Thrive Games to track mood with skills to reduce anxiety		Free	Meetoo Talk with teenagers and experts		Free

NB: Whilst these websites and apps are listed and recommended from reputable sites, the school cannot take responsibility for the content provided and parents and caregivers are encouraged to review all sites and apps with their children.