



PARENT RESOURCES

Sections Included below:

COVID-19 Resources for Parents
Mental Health and Wellbeing Resources
Grief and Loss Resources
E-Safety Resources
Financial Support and Advice
Parenting Resources
Hygiene Resources
Children with Disabilities Resources
Emergency Support and Helplines
Mental Health and Wellbeing Apps for Children
Mental Health and Wellbeing Apps for Parents

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

How to help others during Coronavirus

https://www.youtube.com/watch?v=wlguWQIsyaE&feature=emb_logo

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](#)

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

Mental Health Online

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



w: 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/>

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/>

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

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 (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

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

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

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

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 eScape by Queensland University of Technology
Happy Feed by Happy Feed Inc
Happify by Happify Inc
Smiling Mind by Smiling Mind
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 Temptra
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