



STUDENT RESOURCES

Sections Included below:

Student COVID-19 Resources
Mental Health and Wellbeing Resources
Apps for Children and Young People
Grief and Loss Resources
E-Safety Resources
Hygiene Resources
Children with Disabilities Resources
Emergency Support and Helplines for Children and Young People

COVID-19 RESOURCES

VIDEOS

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

The Wiggles – Social Distancing

<https://www.youtube.com/watch?v=jUmSiLXesKI>

Children’s story about social distancing

https://www.youtube.com/watch?v=DA_SsZFYw0w

Baby Shark – Wash your Hands

<https://www.youtube.com/watch?v=L89nN03pBzI>

LINKS

Just for Kids: A Comic Exploring the New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0uExSRsNkc1NDytTd2FLzK2rPtK3oFRe1JYsXk0Op7lQpMDZMfUcw5iKE>

A 4 minute animated clip for children on coronavirus

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Coronavirus Social Story

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

Carol Gray – Pandemic and Coronavirus Social Story

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>



MENTAL HEALTH AND WELLBEING RESOURCES

Brave

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

Healthy WA

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

Blackdog Institute – online learning resource for 14-16 years olds to build resilience – Mind Strength

<https://blackdoginstitute.org.au/docs/default-source/default-document-library/mindstrengthposter.pdf?sfvrsn=4>

Brave online Online CBT based program to address anxiety in children and young people

<https://www.brave-online.com/>

MoodGYM Online CBT based program to manage symptoms of depression <https://moodgym.com.au/>

MyCompass Resilience and wellbeing with people with stress, anxiety or depression

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

Child and Youth Health Network Articles, advice and practical information about a range of topics for parents, children and young people <http://www.cyh.com/Default.aspx?p=1>

Mental Health Commission

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

Indigenous Hip Hop

Information and videos for [Aboriginal students to support wellbeing](#).

APPS FOR CHILDREN AND YOUNG PEOPLE

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

GRIEF AND LOSS RESOURCES

Health Direct

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

E-SAFETY RESOURCES

Safety Commissioner

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



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](#).

EMERGENCY SUPPORT AND HELPLINES FOR CHILDREN AND YOUNG PEOPLE



KidsHelpLine Online counselling “chat”, email and phone counselling for children and young people 5-25 years <https://kidshelpline.com.au/>

eHeadspace “chat”, email or phone contact with a youth mental health professional for youth aged 12-25 <https://headspace.org.au/eheadspace/>

Youth Beyond Blue

Counselling for young people 12-25 years. Phone available 24/7. Online 3pm-12am AEST

t: 1300 22 636

w: youthbeyondblue.com

Samaritans Youth Helpline

Counselling for young people 12-25 years. Available 24/7.

t: 1800 198 313

e: support@thesamaritans.org.au

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