

Quick guide to mental health & wellbeing resources

Resources for everyone

Urgent help

A list of free and confidential services that operate 24 hours a day, 7 days a week, and are available to support, listen and help you out when you need.

Wellbeing services

A page of links to reputable organisations available to provide mental health support, as well as resources, information and a selection of wellbeing apps – for everyone.

Resources for students

Mental health and wellbeing hub - students

Provides students with links to mental health resources including a range of evidence informed and reputable organisations which provide support for young people who are having a tricky time or managing stressful situations, including:

- How can I look after myself?
- How can I help a friend?
- Where can I go for help and ideas?
- Other ways to get support

Stay Healthy HSC

Stay healthy, stay active and keep connected during the HSC with resources brought to you by the department and our partner ReachOut. Includes 24 items searchable by category including:

- Study tips and tricks
- Physical health & wellbeing
- Exam time
- Life after HSC

Care and connect – students aged 12-18

How to look after yourself during COVID-19; get help when you are feeling really down; develop new coping strategies or if you are just feeling lonely. includes:

- Support yourself
- Support a friend

Care and connect – students aged 8-12

What you can do if you notice changes in yourself. Includes advice, ideas and links to evidence based resources for children who need to talk to someone, who are having scary or sad thoughts, who are upset, angry or sad – or who simply feel lonely. including:

- Support yourself
- Support your friend

Wellbeing advice for senior students

Strategies to manage your worries, re-focus your thinking and look after yourself.

Wellbeing information for all students

Strategies for when things feel uncertain and unpredictable – for all students.

Anti-bullying - students

Support for students who have seen or have been involved in bullying. Includes:

- I'm being bullied
- I've seen someone bullied
- I've been called a bully
- Staying safe online

Wellbeing at home – General information

Activities and exercises you can build into the day to support your wellbeing – and learning. Includes a link to the Office of the Advocate for Children and Young People (ACYP) [Digital lunchbreak](#) website full of online resources and activities to do at home in your lunchbreak.

Student voices

Stories, ideas, creativity, news and opinions – for students, by students. A platform where you get to have a say on what matters most to you. Includes the Minister's Student Council.

People at school you can talk to

- Year Adviser
- [Student Support Officer](#)
- [School Counsellor / Psychologist](#)
- Wellbeing Nurse
- [School Chaplain](#)
- Classroom teacher
- Head Teacher, Wellbeing

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Resources for parents and carers

[Learning from home – Parents and carers](#)

Includes resources, [Talking to children about COVID-19](#) (PDF), [Learning environment checklist](#) (PDF) and [Remote learning guidelines](#) (PDF)

[Wellbeing during COVID-19](#)

Resources to support young children's wellbeing while being confined to home for an extended period due to COVID. Includes links to external resources on explaining COVID-19 and tips for coping.

[Mental health and wellbeing hub – parents and carers](#)

Provides parents and carers with links to mental health resources including a range of evidence informed and reputable organisations which provide support including:

- Help my child
- Look after myself
- Learn more
- Other ways to get support

[Care and connect – parents and carers](#)

Useful tools for parents and carers to support themselves and their children. including:

- Support myself
- Support my child
 - How to talk to child during tough times + links to talking to toddlers, primary school aged children and teenagers.
 - Tips to have a conversation with your child about mental health concerns.
 - Help your child manage anxiety.

[Tips to support your kids going through the HSC](#)

Ideas for helping your child with the confidence, support and stability they need to cope with their final exams. Part of the [Stay Healthy HSC](#) Hub.

[Parents and carers Wellbeing hub](#)

Large collection of advice, ideas, resources and information on a wide range of topics for parents and carers of children and young people from Kindergarten to HSC students. Incorporates content from our [Wellbeing and teenagers](#) section and advice about [Cyberbullying and teenagers](#). Sort by ages and categories including:

- Bullying
- Mental health
- Behaviour
- Health and safety
- School events
- Technology (including screen time and cyber-safety)

[Wellbeing and offline activities for your child](#)

Links to Parents and carers: ['essentials' toolkit](#), [GetActive@Home](#) videos for primary students, [Arts Unit](#) creative activities, [offline activities](#) and a link to the [Digital lunch break](#).

[Anti-bullying – parents and carers](#)

What you can do if your child has been bullied, seen bullying, or if they may have been involved in bullying. Includes [Staying safe online](#) (incorporating social media and gaming) and [Coping skills, resilience and teenagers](#).

[Drug education – Resources for parents and carers](#)

Contains links to external websites that provide accurate, evidence-based information and guidance for parents and carers who want to talk with their children about drugs.

[Live Life Well @ School – Resources](#)

Links to support teaching and learning about healthy eating and physical activity.