



INTEGRITY-RIGOUR-EMPATHY

BHS online welfare support



The purpose of this information sheet is to provide guidance about how to best support your mental health during this challenging time. Below we have included an outline of online resources, tools, wellbeing strategies and a list of national helplines and websites to support you. These will be particularly useful in the event of a school closure.



School counsellor referral form -->> [Click Here](#)

Online Programs and Apps

Brave Program: <https://brave4you.psy.uq.edu.au/teen-program>

- The BRAVE program is a free program developed by Beyond Blue that provides teenagers and their parents with information and skills to help cope with worries and anxiety. Simply register to access the program.

Moodgym: <https://moodgym.com.au/>

- Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is an interactive, online self-help book, which teaches skills based on cognitive behaviour therapy.

Headspace: headspace.com/covid-19

- Free meditation program to access that focus on relieving stress and managing anxiety. Headspace also have a free app that has a variety of recourses that you can access: [Headspace App](#)
- <https://headspace.org.au/headspace/group-chat/>: Group Chat sessions also available here to speak to mental health professionals.

Exercise Your Mood: <https://www.blackdoginstitute.org.au/get-involved/exercise-your-mood>

- Focuses on the benefits of exercise on mental health. Provides links to routine videos on meditation, incidental exercise, weights at home, boxing and yoga.

Smiling Mind: smilingmind.com.au

- Programs and strategies that focus on mindfulness to reduce worries, anxiety and distress to create a sense of calm by learning how to regulate your emotions. Smiling Mind also have a free app with daily mindfulness exercises that you can access here: <https://www.smilingmind.com.au/smiling-mind-app>

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ReachOut: <https://au.reachout.com/tools-and-apps>

- An online mental health organisation that offers a range of tools and apps to support your health and wellbeing.
- The ReachOut Breathe & Worry Time apps can be helpful in managing experiences of anxiety. They are available on the iTunes or android stores.

Beyond Blue: <https://www.youthbeyondblue.com/get-involved-and-help-others/connect-with-others/forum>

- Online forums for young people where you can discuss your concerns and share advice on coping with difficult times.

TeenStrong: <https://thiswayup.org.au/how-we-can-help/courses/teenstrong/>

- A therapist guided paid online course to help young people cope with worry or sadness. Note: a parent/carer will need to complete the course registration and the program must be prescribed to a parent/carer by a health professional (GP, psychologist, or other mental health professional).

Daily Strategies to Promote Wellbeing

1. BE INFORMED BUT NOT FIXATED

It's important to keep updates from reliable sources, however, too much information can increase anxiety and distress. Put a limit on how much time you expose yourself to media.





Remember there are other things in your life to focus on.


→ “5 Things” Exercise


5-4-3-2-1 Technique³


Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

 **What are 5 things you can see?** Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

 **What are 4 things you can feel?** Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

 **What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

 **What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

 **What is 1 thing you can taste?** Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

2. STAY CONNECTED

Maintain your social networks via email, social media, face time and telephone. Don't allow all of your conversations to be about the virus. Other topics of conversation could include, shows you have been watching, books you are reading and things you are grateful for. You could also collaborate and connect to focus on school work.



connectpeople

3. KEEP MOVING AND DOING

Develop a new "normal" routine that includes physical activity, connecting with others and achievable daily goals. Structure opportunities for physical activity. Don't become a couch potato. See the Exercise Your Mood link for ideas.



4. EAT WELL

Eating well can improve your mood, energy levels and general health wellbeing. Fuel your body with nutritious food (like veggies, fruit and whole grains) and drink plenty of water to give your body and brain the power it needs to function well.



5. GET ENOUGH SLEEP

Sleeping well is good for your brain and body to help you feel energised and focused. This includes turning off screens and maintaining regular bed-time routines. If you'd like some helpful tips and information on the importance of sleep and mental health, see this fact sheet:

<https://headspace.org.au/assets/Factsheets/HSP225-Sleep-Fact-Sheet-DP3.pdf>

6. EXPRESS GRATITUDE

Pay attention and listen to the good things in your life that you normally take for granted. Write down three of the best things about your day – the things for which you are most grateful for – to help remind you.



7. KEEP LEARNING!

It is important to maintain a sense of normal school life. The benefits of continued learning: increases self-esteem, encourages social interaction and gives us a sense of hope and purpose.



National Helplines and Websites

- **1800RESPECT** - Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.
- **Black Dog Institute** - Information on symptoms, treatment and prevention of depression and bipolar disorder.
- **Carers Australia** 1800 242 636 - Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.
- **Embrace Multicultural Mental Health** - A national platform for multicultural communities and Australian mental health services to access resources, services and information in a culturally accessible format.
- **Headspace** - 1800 650 890 - Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time. You can also access help online via eHeadspace; eheadspace.org.au
- **Kids Helpline** - 1800 55 1800 - A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.
- **Head to Health** - An innovative website that can help you find free and low-cost, trusted online and phone mental health resources.
- **National Aboriginal Community Controlled Health Organisation (NACCHO)** - Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.
- **QLife** - 1800 184 527 (3pm-12am) - QLife is Australia's first nationally-oriented counselling and referral service for LGBTI people. The project provides nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing.
- **Relationships Australia** - 1300 364 277 - A provider of relationship support services for individuals, families and communities.
- **SANE Australia** - 1800 18 7263 - Information about mental illness, treatments, where to go for support and help carers.
- **Parent Helpline** - 1300 1300 52 - A provider that assists parents in supporting their children and the website has many helpful resources for a range of challenges.
- **Beyond Blue** - 1300 22 46 36 - Information on symptoms, treatment, and prevention of depression and related difficulties.

Mental Health Line
1800 011 511



→ For any significant mental distress, please call the NSW Mental Health Line on 1800 011 511. If life is at risk please call Triple Zero (000) to receive immediate help.



Take care of yourselves and support each other in these challenging times. We are all in this together.