

Parent Wellbeing Resources & Support Services

Coping strategies to consider when times are tough:

- ✓ Create a **routine** and plan your day around your routine.
- ✓ Do things that make you feel **safe; connect** to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded; mindfulness, meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.
- ✓ Find ways to **relax**, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Source **positive news** pages and uplifting stories instead.
- ✓ Listen to **music**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- ✓ Practice **gratitude** and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- ✓ **Talk** with a **trusted adult** if it all feels a bit much.

LOCAL SUPPORT SERVICES

HEADSPACE NARRE WARREN

(Counselling for Individuals 12 – 25 Years Old)

<https://headspace.org.au/headspace-centres/narre-warren/>

Phone: 1800 367 968

Address: 66 Victor Crescent, Narre Warren 3805

Services include:

- 1:1 counselling
- Groups

Requirements:

- Mental Health Care Plan
Speak to your local doctor or General Practitioner (GP) and help make a plan. Or you can search for a health service and GP on [healthdirect](#)

CHILD FIRST (Orange Door)

Child FIRST links vulnerable children, young people and their families into the relevant services they need

<https://orangedoor.vic.gov.au/>

Phone: 9705 3939

Services include:

Free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

Sometimes individuals may also be dealing with issues such as:

- financial
- legal
- health
- substance misuse
- housing
- employment
- education

YOUTH POSITIVE PATHWAYS DIRECTORY



Local Service Directory for Program Activities/ Additional Support/ Urgent Support and Emergency Support for Young People and Families

Phone: 9705 5200

<http://youthpositivepathways.com.au/>

Alcohol and Drug Services
Counselling
Family Violence

Health Services
Family/Relationship Support
Employment Services

ONLINE & TELEPHONE SUPPORT SERVICES



Free Telephone Support for Parents or Carers

Phone

13 22 89

8am – Midnight

7 days



Free online chat, text or telephone support

Phone

13 11 14

(24/7)

Webchat

<https://www.lifeline.org.au/crisis-chat/>

(7pm-Midnight)

Email

<https://www.lifeline.org.au/crisis-text/> (12pm-

Midnight)



Free online and telephone support

Phone

1300 224 636

(24/7)

Webchat

<https://online.beyondblue.org.au/#/chat/start>

(1pm to 12am, 7 days a week)

Email

<https://online.beyondblue.org.au/email/#/send>





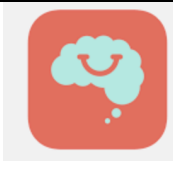

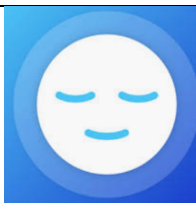
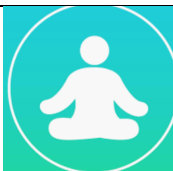
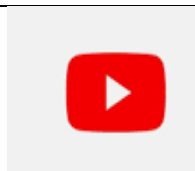


(24 hours to receive response)

Emergency Services - Police Fire Ambulance

Phone **000**

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly.
- Tell us exactly where to come — Give an address or location.

WELLBEING APPS

<u>Stress Management Phone Apps</u>			<u>Mindfulness/Breathing Phone Apps</u>			<u>Exercise Apps</u>				
Name	Availability	Description	Name	Availability	Description	Name	Availability			
Reach Out Worry time		Apple App Store Google Play	Stress and Anxiety Management	Reach Out		Apple App Store Google Play	Breathing	5 minute yoga		Apple App Store Google Play
SAM		Apple App Store Google Play	Anxiety Management	Smiling Mind		Apple App Store Google Play	Guided Mindfulness Program	7 minute workout		Apple App Store Google Play
Mindshift		Apple App Store Google Play	Stress and Anxiety Management	Mental Stillness		Apple App Store Google Play	Guided Meditation	Youtube		Yoga with Cassandra Yoga with Adriene Chloe Ting Workouts MadFit at home Gym workouts
Mood Mission		Apple App Store Google Play	Activity Tools to manage negative and low moods	Headspace		Apple App Store Google Play	Guided Meditation	Helplines Parentline – 13 22 89 (phone) Beyond Blue - 1300 22 4636 (phone & webchat) Lifeline - 13 11 14 e-Headspace - Webchat Emergency Services (Police, Ambulance, Fire) - 000		

SAFEMINDS FOR FAMILIES



SAFEMinds: At Home provides a range of information for families to help them support their child's mental health and wellbeing, including videos, tip sheets and resources.

The NIP it in the bud! Toolkit also provides resources for parents and carers

<https://deecd.tech-savvy.com.au/course/view.php?id=6§ion=3>

<u>Notice</u>	<u>Notice Tip Sheet -</u>
What changes in mood and behaviour should I look out for at home?	https://deecd.tech-savvy.com.au/pluginfile.php/418/mod_resource/content/3/Notice%20Tip%20Sheet%20%28for%20families%29.pdf
<u>Inquire</u>	<u>Inquire Tip Sheet -</u>
How can I inquire sensitively and appropriately at home?	https://deecd.tech-savvy.com.au/pluginfile.php/419/mod_resource/content/6/Inquire%20Tip%20Sheet%20%28for%20families%29.pdf
<u>Plan</u>	<u>Plan Tip Sheet -</u>
What support services are available for children and young people?	https://deecd.tech-savvy.com.au/pluginfile.php/3973/mod_resource/content/10/SAFEMinds%20System%20of%20Care%20Map%20%28VIC%29.pdf