



# **Resources to Support Your Wellbeing**

## **Take Care of Yourself!**

### **Who can you call?**

- In an emergency, always call triple zero (000)
- Mental Health Intake Line: 1800 011 511
- Lifeline: 13 11 14 (24/7)
- Kids Helpline: 1800 55 1800
- Beyond Blue: 1300 22 4636
- Suicide Call Back Service: 1300 659467 (24/7)
- For support regarding domestic violence: 1800RESPECT

### **Who can you chat online to?**

- Lifeline: <https://www.lifeline.org.au/get-help/online-services/crisis-chat> (after 7pm)
- Kids Helpline: <https://kidshelpline.com.au/get-help/webchat-counselling>
- Beyond Blue: <https://online.beyondblue.org.au> (after 3pm)
- Eheadspace: <https://headspace.org.au/eheadspace/connect-with-a-clinician/>
- 1800RESPECT: <https://www.1800respect.org.au/>

### **Online programs you can do yourself**

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)

### **Apps you can download**

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports student with temptation to self-harm)
- Clear Fear (provides strategies to manage anxiety)
- Habitica (A free habit and productivity app that treats your real life like a game)
- Happify (Activities and games to help reduce stress, overcome negative thoughts)
- Level up life (lets you track your daily achievements, big or small, gaining motivation and productivity while progressing in an RPG-style online platform)
- Equoo (an emotional fitness game that aims to teach you psychological skills in a fun way)

### **Where can you learn more about mental health?**

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>

## Information about Covid 19

- World Health Organisation Q & A: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

## Information relating to infectious disease outbreaks

- Coping with Stress During an Infectious Disease Outbreaks: <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- WHO Coping with Stress During the 2019 nCoV Outbreak [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

**COPING WITH STRESS**  
VIRUS OUTBREAK MANAGEMENT

2019-nCoV  
OUTBREAK MANAGEMENT

- TALK WITH YOUR FAMILY AND FRIENDS
- MAINTAIN YOUR ROUTINE WHERE POSSIBLE
- FOCUS ON POSITIVE ACTIVITIES
- ACKNOWLEDGE YOUR FEELINGS
- KEEP A HEALTHY LIFESTYLE: PROPER DIET, EXERCISE, SLEEP
- DON'T USE ALCOHOL, SMOKE OR DRUGS
- DISCONNECT FROM MEDIA AND LIMIT PANIC
- SEEK ACCURATE INFORMATION
- TALK TO A COUNSELLOR
- USE YOUR PAST COPING SKILLS AND TECHNIQUES
- FOLLOW SAFETY AND HYGIENE PROCEDURES
- PREPARE A SUPPLY OF WATER, FOOD AND HOUSEHOLD ITEMS

