

INFORMATION FOR PARENTS

Wellbeing
FOR STUDENTS
AT HOME



KINROSS WOLAROI
SCHOOL

TAKING CARE OF YOUR CHILD'S

Wellbeing

ILLNESS

When your child has an illness, their health is the overriding focus, but education remains important. You can support planning for a return to school by helping your child stay on top of schoolwork as much as possible. Staying connected to school has academic, cognitive, psychological and social benefits.

When your child requires time away from school due to illness, you are encouraged to talk with the treatment team about how long they may need to be absent, as well as whether their treatment might affect concentration and their ability to complete homework and meet deadlines.

Talk to your child's teachers and school staff including Mentor, Head of House, School Psychologist and Boarding staff. Ideally your child can be a part of these conversations. This will assist teachers to help plan and manage workload, including flexible options where appropriate. If appropriate, a Wellbeing Support Plan may specify which adjustments will assist them academically, socially and behaviourally.

It is important that expectations regarding schoolwork while on leave from school are realistic and take into account the specific circumstances surrounding the absence. Check out this link for tips on managing school and a chronic illness.

If your child is experiencing difficulties with their mental health, there are things you can do as a parent to help them.

STAYING CONNECTED

Maintaining relationships with teachers and peers can help your child maintain a sense of normalcy during time away from school. Feeling disconnected from peers and school can have a negative impact on wellbeing, and place young people at risk of low moods and anxiety about returning to school. Online social networking sites, email, texting and talking on the phone can help. Depending on the situation, you might want to arrange a visit from friends, or have your child attend sporting fixtures or other school activities. Staying connected will help ensure a smoother transition socially, emotionally and academically when your child returns to school.

SUPPORT STAFF

While away from school, your child may feel anxious or stressed about missed work and other issues. Having a key support person to contact can help a young person to

- Communicate with teachers about current workload and ways to manage
- Help with time management and organisational skills
- Help with stress and anxiety management techniques

This person could be your child's Mentor, Head of House, Head of Boarding House, School Psychologist or another teacher. It is important to let staff know how they can best help your child while they are away from school.



STUDYING FROM HOME – TIPS FOR REMOTE LEARNING

1. Help your child to plan their time and study space. Having time for schoolwork, physical activities, family meals, social time and sleep will help maintain balance and promote wellbeing. Where possible, avoid studying in the same place you sleep.
2. Stay connected with school staff and friends
3. Practice self-care – focus on socio-emotional skills and take breaks as required

SLEEP

Good sleep habits have been shown to help improve moods, concentration and performance at school and work.

SELF -CARE

Self-care is an important coping strategy. Click [here](#) for some simple things you can do to encourage your child to develop good self-care skills.

Engaging in regular self-care activities can assist with maintaining physical, mental and emotional health. Parents can support their children to manage stresses by prioritising self-care.

Examples of self-care include:

- Physical – exercise, sport, personal care activities like a bath, massage or manicure
- Mental / Emotional - music, watching a movie or show, spending time in nature, connecting with friends online or in person

- Creative / Spiritual – writing, drawing or other creative arts, learning new things, reading, cooking, meditation, worship

IN AN EMERGENCY / PROFESSIONAL HELP

Time away from school may interrupt your child's access to friends, significant adults and mean time away from activities such as sport and other cocurricular activities which normally contribute to their wellbeing. Should you be concerned for your child's wellbeing whilst they are absent from school, you should contact appropriate professional supports in your community. These might include

- Your GP
- Community-based Psychologist
- Child and Adolescent Mental Health Service

The School Psychologists may be able to assist with providing telephone-based or online support for students via MSTeams.

The School Psychologists Amy Newsom and Bec Campey can also be contacted by email at

- anewsom@kws.nsw.edu.au
- rcampey@kws.nsw.edu.au

If you have concerns for your child's immediate safety or Wellbeing, call the Mental Health Information Line (24 hours) on 1800 011 511

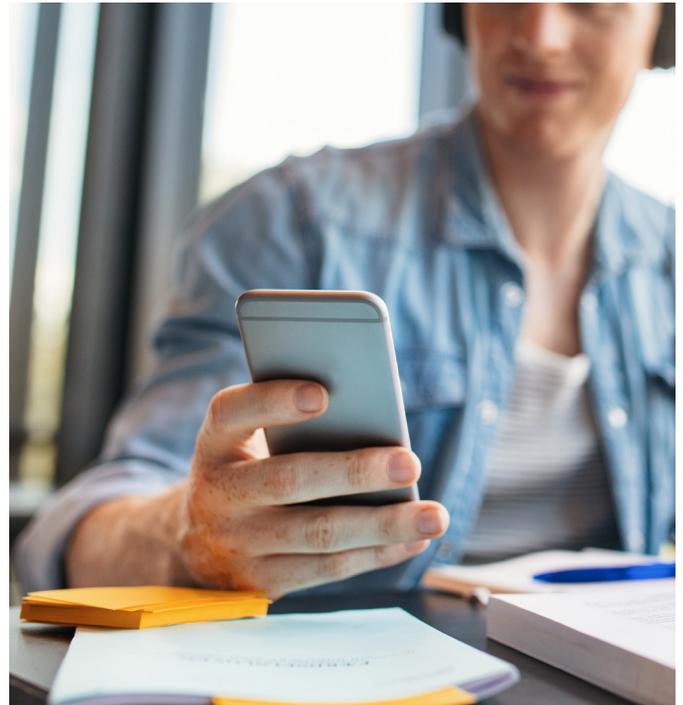
Digital Mental Health for High School Students

HOW CAN DIGITAL MENTAL HEALTH HELP?

High school can be an exciting time but it can also be demanding and stressful. As a high school student, you might face a range of issues such as bullying, friendship problems, relationship drama, family conflict, identity, sexuality, gender, body image and stress about assessment and study. These issues can have a big impact on you, and some young people can start to develop mental health symptoms such as anxiety and low mood.

Fortunately, help is available. You may be able to talk to your School Psychologist or Guidance Officer, but there are also other options.

Digital mental health services (programs or apps delivered online or over the phone) can offer you a free/low-cost and easily accessible option for mental health support, information and treatment. You can use the resources on your own (i.e., self-guided), with the help of an online health practitioner (if a program includes this), or alongside face-to-face treatment (if you're already seeing someone for help).



Crisis Support



Kids Helpline

Phone and webchat counselling for youth
(5-25 yrs).
kidshelpline.com.au
1800 55 1800 (24hrs)



eheadspace

Webchat, email or phone support for young
people (12-25 yrs) with a range of issues.
headspace.org.au/eheadspace/
1800 650 890



QLife

Webchat and phone counselling for the LGBTQI+
community.
qlife.org.au
1800 184 527



Suicide Call Back Service (15+ yrs)

Phone and online counselling for people at risk of
suicide or those bereaved by suicide.
<http://suicidecallbackservice.org.au/>
1300 6959 467



Butterfly Foundation

Online and phone counselling, information, and
support groups for people concerned about
eating disorders.
butterfly.org.au
1800 33 4673

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low cost online and phone mental health services, information and resources.
headtohealth.gov.au

Information Sites



ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.
au.reachout.com



Headspace

Information on issues faced by young people and how to best support them.
headspace.org.au/friends-and-family/

Online Programs



BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 yrs).
biteback.org.au



This Way Up 'Teen Mental Health'

Self-paced online CBT courses for a range of issues, including 'Teen Mental Health' course. Courses can be done as self-help or guided by your own clinician.
<http://www.thiswayup.org.au>



The Brave Program

Prevention, intervention, and treatment of anxiety in young people (3-17).
brave4you.psy.uq.edu.au

Indigenous Students



WellMob

Website of culturally relevant social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people.
<https://wellmob.org.au/>



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>



headspace Yarn Safe

Information and support for Aboriginal and Torres Strait Islander mental health.
<https://headspace.org.au/yarn-safe/>

Apps



Niggle

A self-help toolkit for all things related to mental, social and emotional wellbeing.
Available on Apple Store and Google Play.
<http://www.kidshelpline.com.au/niggle>



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
Available on Apple Store and Google Play.
smilingmind.com.au



ReachOut Worry Time

An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.
Available on Apple Store and Google Play.
<https://au.reachout.com/tools-and-apps/reachout-worrytime>



ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (OS) or apple watch.
Available on Apple Store.
<http://www.au.reachout.com/tools-and-apps/reachout-breathe>



Recharge

A six-week program to improve mood and energy levels by establishing a good sleep/wake routine.
Available on Apple Store.
au.reachout.com/tools-and-apps/recharge



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.
Available on Apple Store and Google Play.
moodmission.com



The Check-in App

An app to help young people take the fear out of having a conversation with a friend who might be struggling.
Available on Apple Store and Google Play.
<https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app>



Breakup ShakeUp

An app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.
Available on Apple Store.
[https://apps/apple.com/au/app/breakup-shakeup/id1017200579](https://apps.apple.com/au/app/breakup-shakeup/id1017200579)



YourCrew

An app that allows young people to ask for help when they need it most, from people they know and trust.
Available on Apple Store and Google Play.
<https://www.harrisonriedfoundation.com/who-we-are/the-yourcrew-app>

*DISCLAIMER

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

Managing Your Mental Health Online

There have been many changes to our lives in recent months due to the COVID-19 pandemic.

These changes can affect our mental health and wellbeing. Some people may be dealing with existing mental health problems and others may be feeling anxious or depressed due to new concerns.

There are many services that can help. You may wish to speak to a GP or mental health professional.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—"self-guided" ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

Head to Health

A good place to start looking is the Australian Government's digital mental health gateway.

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

MindSpot

Australia's free national online mental health clinic: Assessment and treatment that is supported by psychologists.



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Beyond Blue

Coronavirus mental health wellbeing support service: Supporting you through the coronavirus pandemic.



A key initiative of the Australian Government's Coronavirus mental health support package is a dedicated Coronavirus mental health support package provided by Beyond Blue. Explore the information, advice and strategies prepared to help people manage their mental wellbeing and support.

Some other services are on the next page.

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The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.



Open Arms 1800 011 046
Phone and online counselling for veterans and their families.

Apps



MoodMission
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak
A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind
A free website and app teaching mindfulness meditation to young people and adults.



MindGauge
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow
A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

Older Adults



Be Connected - e-Safety Commissioner
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.



MindSpot - 'Wellbeing Plus'

An online program for stress, worry, anxiety and depression in adults aged 60 and above.

Self-Guided Programs



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

ACON	'Coronavirus Information for LGBTIQ Communities and People Living With HIV'
Act-Belong-Commit	'Keeping mentally healthy when isolated or spending a lot of time at home'
Australian Psychological Society	'Coronavirus (COVID-19) information for Australians'
Beyond Blue	'Coronavirus mental health wellbeing support service'
Beyond Blue	'Tips for managing back to work anxiety' <i>New</i>
Be You	'Mental health resources for educators'
Black Dog Institute	'Coronavirus: Resources for Anxiety and Stress'
Black Dog Institute	'Coronavirus resources for health professionals'
Black Dog Institute	'After COVID-19 what will normal life look like' <i>New</i>
Blue Knot	'Resources and fact Sheets'
The BRAVE Program	'Beating stress and worries about coronavirus (COVID-19)'
The BRAVE Program	'Video Series: Kids Coping with Stress and Worry'
Butterfly Foundation	'COVID-19: Tips & Advice for people with an eating disorder'
Emerging Minds	'Supporting children during the Coronavirus (COVID-19) outbreak'
eSafety Commissioner	'Social distancing without the isolation: Helping older Australians connect online'
Gayaa Dhuwi	'Staying healthy and strong during the coronavirus outbreak'
Headspace	'How to cope with stress related to Novel Coronavirus (COVID-19)'
healthdirect	'Coronavirus (COVID-19)'
Kids Helpline	'Are you worried about novel coronavirus (COVID-19)?'
Lifeline	'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'
Mental Health Online	'A Practical Guide to Video Mental Health Consultation'
MindSpot	'A Brief Guide to Using Telehealth'
MindSpot	'CALD tips'
MindSpot	'11 Psychological Tips for Frontline Staff'
Murdoch	'Parenting in the age of coronavirus podcasts'
NACCHO	'Coronavirus (COVID-19) updates and information'
National Mental Health Commission	'COVID-19 Mental Health Information and Support'
Open Arms	'Resources for veterans and families'
PANDA	'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future'



Sleep



Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between



Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:



increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs



Sleep



Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day**, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

• **It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.

• **Your bedroom should be dark, cool (around 16-18°C) and quiet.**

• **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.

• **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.

• **Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• **Sleep medications are not usually required to help with sleep problems.** While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



For more information about sleep, go to

www.sleephealthfoundation.org.au

www.reachout.com



... Getting help ...

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



headspace

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

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