



April 2, 2020

Salisbury High School staff are very mindful of the Novel Coronavirus (COVID-19) causing disruptions to your usual routines. Information, conversations and increased levels of stress in the community can lead to people feeling overwhelmed. Knowing what information to trust can also be challenging. Please know the school is being updated with relevant information and this will be communicated to you in a manner that is safe and supportive.

The Student Wellbeing Team have sourced a range of useful links for either personal use or for sharing with your family and friends.

Headspace

Managing stress related to covid-19 virus includes tips to maintain a healthy mindset: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

e-Headspace, a free online counselling platform: <https://eheadspace.org.au/>

Kids help line

WebChat counselling: <https://www.kidshelpline.com.au/get-help/webchat-counselling>

Phone counselling: 1800 55 1800 (free and confidential)

Reachout

Self-care tips: <https://au.reachout.com/collections/self-care>

Professionally reviewed self-help tools-and-apps: <https://au.reachout.com/tools-and-apps>

Youth Beyond Blue

Mental health information: <https://www.youthbeyondblue.com/>

Online chat

forum: <https://online.beyondblue.org.au/WebModules/Chat/InitialInformation.aspx>

Phone counselling service: 1300 22 4636

Blackdog Institute

Dream On – smart phone app trial for young people experiencing sleep difficulties: <https://www.blackdoginstitute.org.au/research/participate-in-our-research/for-young-people/dream-on>

Self-help-tools-apps: <https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps>

Government search engine for locating information and resources on a range of topics

Sam the ChatBox: <https://headtohealth.gov.au/sam-the-chatbot>