

This page features resources to support the wellbeing of your children and yourself. These are only a few suggestions, there are many fantastic resources online which can be found by searching key terms. If you have ongoing concerns about your child's mental health or wellbeing, we would recommend you consult with your GP. You can also contact your classroom teacher, the school Administration team and the school Guidance Officer to discuss how we can support your child at school.

Mental Health

[Tips for coping with coronavirus anxiety](#) – information sheet from the Australian Psychological Society

[E-mental health brochure about digital mental health resources available for young people](#) – see download on right side of the page.

This resource has links to many excellent services and programs to support the mental health of young people.

[Hey Sigmund](#) – this site features interesting and useful articles based on psychological research with a focus on supporting Child and Teen Anxiety.

[BRAVE program](#) – a free and interactive online program for the prevention and treatment of child and adolescent anxiety. Programs for parents are also available to help you support your child to cope with their worries.

[Kidshelpline](#) – students can connect with a counsellor 24 hours a day, 7 days a week about any concerns or problems they have. Phone 1800 55 1800

[Supporting your child through grief and loss](#) – children can experience grief for a variety of reasons, this page provides some advice on how you can help them process and manage their feelings

**If you have serious concerns about your child's mental health we would recommend you consult with your GP.

Mindfulness

Mindfulness, or being able to quiet the mind and focus thoughts, has been linked to many benefits including stress management and improved ability to focus.

[Smiling mind app](#) – allows you to practice daily meditation and mindfulness exercises from any device. Download from the App Store or Google Play.

[Cosmic Kids Yoga](#) – YouTube yoga and mindfulness stories, particularly suited to younger children.

[GoNoodle](#) – this site has a variety of mindfulness guided activities. Go to the search bar and input 'meditation' to find specific activities.

[Kinderling Radio](#) – also available as an app, Kinderling has great mindfulness stories and meditations for the daytime and to help kids wind down before bedtime. Go to the search icon and input 'mindfulness' to find a variety of activities.

Physical Health

Physical activity and nutrition are key components of wellbeing. The resources provided below provide some guidelines and suggestions for how to get your children moving and eating well.

[Healthier, Happier](#) – a Queensland Government website with suggestions relating to fitness, food and staying healthy at home.

[GoNoodle](#) – as well as meditation, this site features guided stretching and physical activities.

[Raising Children](#) – this Australian Parenting website features a wide variety of research supported articles about child health.

[Life Education](#) – Various parent resources to support student physical and mental wellbeing .

Parenting

[Triple P Parenting Program](#) – this research supported parenting program is online and free for parents in Queensland

[Raising Children](#) – as well as featuring articles relating to child health, this comprehensive site has articles relating to child development and parenting

[Parentline](#) – a confidential telephone service providing free counselling and support for parents and carers. Phone 1300 30 1300

[Parental as Anything](#) – an ABC podcast about finding practical solutions to common parenting dilemmas. Hosted by parenting author and educator Maggie Dent.

[How to Talk to Kids about Anything](#) – a podcast hosted by child and teen psychologist Dr Robyn Silverman. Dr Robyn interviews a wide variety of child development specialists and each episode features strategies and insights into tackling different parenting situations.

[Safety with online technology](#) – the eSafety Commissioner website provides guidance on how to support your child to remain safe while they work and play online.

General Support

[Family and Child Connect](#) – Family and Child Connect is a confidential, government funded service that can connect you with support for family or parenting challenges. Call 13 32 64

If you would like to discuss the support Family and Child Connect could provide for you, you are welcome to contact the school Guidance Officer.

[Queensland Government: Supporting multicultural communities](#) – provides information on services and support for culturally diverse communities in Queensland.

[Lifeline](#) – Lifeline provides a free, 24/7 crisis support over the phone. Call 13 11 14

[Beyond Blue](#) – Beyond Blue provides free information and support to assist Australians with their mental health. Call 1300 22 4636

[DV Connect](#) – Information, services and support for people impacted by domestic and family violence.

To print out this information, you can go to the Forms and Documents page, [Wellbeing folder](#).