



Wellbeing resources for families in COVID-19 Isolation

This information sheet has some practical tips for you and your family to try while you are home in isolation. If your stress, anxiety or depression become unmanageable, use the resources on the back of this page for support. Call 000 in a medical emergency.

- 1 Get Moving**
Exercise! Whether it's weights, walking or stretching. It is your choice.
- 2 Have a warm shower**
Use a nice smelling soap or scrub.
- 3 Down Time**
Nap or rest or stare at the wall if you need to.
- 4 Talk to someone**
A friend or professional can really lighten the load.
- 5 Stand in the sunshine**
Have a meal outside or sit inside the house where the sun hits best.
- 6 Deep Breathing**
4 seconds in, 4 seconds out. Kids can try blowing bubbles in water with a straw.
- 7 Switch Off/Switch On**
Switch off the news and switch on something fun like music, a movie, an audio-book or a random documentary.
- 8 Mini Project**
If you can, choose a craft like origami, knitting, play doh, drawing, colouring, whatever process you enjoy.
- 9 Cry!**
You feel better after crying. Heavy clouds become lighter after the rain.
- 10 Self-compassion, not self-care**
Sometimes it is too hard to do a face mask or exercise or do anything at all, so just acknowledge it is tough and you are trying your best. Take each day at a time.

Phone Lines

Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

Suicide Call Back Service

1300 364 277

Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.

Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends



Apps

Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

<https://au.reachout.com/>

WayAhead

Mental health support and information.

<https://wayahead.org.au/>

SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit www.sane.org

Head to Health

Links a variety of resources.

<https://www.headtohealth.gov.au/>

Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.