



APPLECROSS

SENIOR HIGH SCHOOL

INDEPENDENT PUBLIC SCHOOL

Supporting Your Child Through the Coronavirus Outbreak

What You Can Do

- Minimise your child's exposure to media
- Give extra attention and reassurance
- Encourage sharing of feelings
- Include Children in plans and activities at home

Activities to Support Mental Health

- Art: draw, paint, colour
- Read a book together
- Exercise (The Body Coach on YouTube)
 - Play a game
 - Watch a movie
- Talk about interests

Online Counselling Programs for Anxious Feelings

- The BRAVE Program (7-17 years)
- Mood Gym (teens-adult)

Helpful Apps

- Smiling Mind
- 1 Giant Mind
- Reach Out (Breathe Mood Mission and Worry Time)
- Mind Shift

Online Information

- Lifeline
- Beyond Blue
- Headspace
- Depart. of Health
- World Health Organisation

Phone Support

- Kids Helpine (1800 551 800)
- Lifeline (13 11 14 or text 0477 131 114)
- Beyond Blue (1300 224 636)