



FREE RESOURCES FOR MAINTAINING WELLBEING



Bankstown West Public School

FOR PARENTS

<p>ParentLine</p> <p>Experienced parenting counsellors providing free support for parents of children aged 0-18</p> <p>24 hours / 7 days per week</p>	<p>1300 1300 52</p> <p>http://www.parentline.org.au/</p>
<p>Mental Health Line NSW</p> <p>Provides information, support, and referrals if you are concerned about your own mental health or the mental health of someone else</p> <p>24 hours / 7 days per week</p>	<p>1800 011 511</p> <p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>
<p>Connections Western Sydney Helpline</p> <p>Free telephone counselling service for people who are feeling the pressures and stresses of life</p> <p>24 hours / 7 days per week</p>	<p>1300 096 273</p> <p>https://ontheline.org.au/WSHelpline/</p>
<p>BeyondBlue</p> <p>Free telephone counselling with a trained mental health professional</p> <p>24 hours / 7 days per week</p>	<p>1300 22 4636</p> <p>https://www.beyondblue.org.au/</p> <p>https://healthyfamilies.beyondblue.org.au/</p>
<p>Raising Children</p> <p>Reliable online information for parenting children of all ages, including health information and low-cost activity guides.</p>	<p>https://raisingchildren.net.au/</p> <p>https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia</p>
<p>ParentWorks</p> <p>Free online program for Australian parents and caregivers of children 2 to 16. The program takes time and effort, but the rewards will be worth it.</p>	<p>https://parentworks.org.au/</p>



If your life or someone else's life is in danger, please contact 000 or go to your nearest hospital emergency department.



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FOR CHILDREN/YOUNG PEOPLE

KidsHelpline

Free, private and confidential phone and online counselling service for young people aged 5 to 25

24 hours / 7 days per week

1800 55 1800

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



The Brave Program

An interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries.

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

Cosmic Kids Yoga

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence.

<https://www.cosmickids.com/>

<https://www.youtube.com/user/CosmicKidsYoga>

App: Niggle

A niggle is a feeling that won't go away. This app that allows you to capture your niggles and do something about them! Get help with things like mental health, friends, family, school, and work.

<https://kidshelpline.com.au/niggle>



App: Breathe, Think, Do with Sesame

This is a resource app for you to share with your child to help teach skills such as calming down, problem solving, and self-control.

<https://apps.apple.com/au/app/breathe-think-do-with-sesame/id721853597>

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FOR ADOLESCENTS/TEENAGERS

<p>KidsHelpline</p> <p>Free, private and confidential phone and online counselling service for young people aged 5 to 25</p> <p>24 hours / 7 days per week</p>	<p>1800 55 1800</p> <p>https://kidshelpline.com.au/</p>
<p>eHeadspace</p> <p>Free online and telephone support and counselling to young people aged 12-25 and their families and friends</p> <p>9am - 1am / 7 days per week</p>	<p>1800 650 890</p> <p>https://headspace.org.au/eheadspace/</p>
<p>Youth Beyond Blue</p> <p>Free, reliable information about anxiety, depression and suicide for young people in Australia aged 12-25.</p> <p>24 hours / 7 days per week</p>	<p>1300 22 4636</p> <p>https://www.youthbeyondblue.com/home</p>
<p>ReachOut</p> <p>An online mental health service for young people and their parents.</p>	<p>https://au.reachout.com/</p>
<p>App: Clear Fear</p> <p>Clear Fear is an app developed for teenage mental health charity by a Clinical Psychologist.</p>	<p>https://www.clearfear.co.uk/</p>
<p>Bite Back Program</p> <p>An online positive psychology program aimed at improving the overall wellbeing and resilience of young Australians aged 12-18</p>	<p>https://www.biteback.org.au/</p>
<p>BeyondNow</p> <p>The Beyond Now suicide safety planning app/website helps you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis.</p>	<p>https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</p>

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