**Resources for Children**

**During Remote Learning**

**If you need to talk to someone…**

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| Name | About | Phone | Online |
| Kids Help Line | For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. | 1800 55 1800  24/7 | Webchat 24/7  <https://kidshelpline.com.au/get-help/webchat-counselling> |
| Lifeline | For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. | CALL: 13 11 14  24/7  TEXT: 0477 131114  6:00PM - Midnight | Crisis Support Chat 7:00PM – Midnight  <https://www.lifeline.org.au/get-help/online-services/crisis-chat> |
| Carers NSW  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\599C1DBD.tmp | Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members | 1800 242 636  9AM – 5PM  Monday - Friday | <http://www.carersnsw.org.au/how-we-help/support/carer-line/> |
| Mental Health Line  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7D5CDCCA.tmp | ​ A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people | 1800 011 511  24/7 | <https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx> |
| C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4650C6B.tmp | **Child Protection Helpline** | 13 21 11 | <https://reporter.childstory.nsw.gov.au/s/mrg> |

**If you are looking for an app…**

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| Name | About | Website |
| Clear Fear  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7D711A5C.tmp | The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.  Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. | Free  App Store  Google Play |
| ReachOut Worry Time  reachout worrytime logo | ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7 | Free  App Store |
| ReachOut Breathe  reachout breathe logo | ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone | Free  App Store |
| Smiling Mind  smiling mind logo | Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing. | Free  App Store  Google Play |

**If you are looking for online support…**

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| --- | --- | --- |
| Name | About | Website |
| The BRAVE Program | BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety | <https://www.brave-online.com/> |
| Smiling Mind | Online and app-based program to improve wellbeing of young people through mindfulness meditation. | <https://www.smilingmind.com.au/> |

**If you are seeking additional information…**

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| --- | --- | --- |
| Name | About | Website |
| ReachOut | Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing. | <https://au.reachout.com/> |
| Black Dog Institute | Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing. | <https://www.blackdoginstitute.org.au/> |