



Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers the following wellbeing advice.

- **Try to maintain perspective**
- **Find a healthy balance in relation to media coverage**
- **Have conversations with children and young people**
- **Try to maintain a practical and calm approach**
- **Try not to make assumptions**
- **Access good quality information**

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

- **World Health Organization – coronavirus disease (COVID-19) outbreak**
- **Australian Government coronavirus (COVID-19) health alert**
- **smartraveller.gov.au – travel information for Australian citizens**

- **Seek support**

Beyond Blue has fact sheets about [anxiety](#) and offers other practical advice and resources at [beyondblue.org.au](http://beyondblue.org.au).

The [Beyond Blue Support Service](#) offers short term counselling and referrals by phone and webchat on 1300 22 4636.

## **Websites to assist adult wellbeing:**



<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>



[au.reachout.com](http://au.reachout.com)

## Websites and apps to assist with children's wellbeing:



[www.smilingmind.com.au](http://www.smilingmind.com.au)



[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Younger students

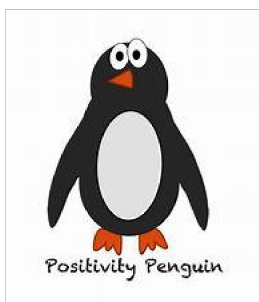


Breathe, Think, Do with Sesame. Breathe, Think, Do With Sesame by Sesame Street **teaches children to keep calm and carry on by introducing kids to three possible strategies for working through problems.** This app touches on familiar emotional challenges such as problem-solving, self-control, planning, and time on task.

FREE

[www.sesamestreet.org/challenges](http://www.sesamestreet.org/challenges)

### Older students



The Positive Penguins app and website is designed to help with this, suited to primary school-aged children, particularly in the **9 to 11 year age range, aimed at helping them understand their feelings and challenge negative thinking.**

FREE

[www.positivepenguins.com](http://www.positivepenguins.com)

## Other Available Supports

Schools make a number of staff available to provide extra support to students who may be anxious and to provide information and advice to parents and carers. If you are concerned about your child's wellbeing, you can contact their school to ask what additional support might be available.

Support is also available through a number of Queensland Government agencies and community organisations. Parents and carers can:

- call 13Health (13 43 25 84) at any time for practical medical advice and assistance
- review headspace's tips for a healthy headspace for friends and family, or contact headspace for professional support
- contact Lifeline Australia's telephone counselling service on 13 11 14 for information, referral and advice
- For the latest advice, information and resources, go to **[www.health.gov.au](http://www.health.gov.au)**
- Call the National Coronavirus Health Information Line on **1800 020 080**. It operates 24 hours a day, seven days a week.
- Obtain help and information from the local General Practitioner or Community Health Centre.