

# Coping at Home with COVID-19

From the Guidance Officer @ Darra: During this time of uncertainty, we understand that you and your children may experience a wave of emotions- this is a normal reaction. It is essential we recognise that responses to this situation may vary depending on age and exposure to stress factors; both personal and environmental. It is important to respond to your child's reaction in a supportive manner, listen to and talk about their worries and give them extra love and attention.

## Set Family Routines

Maintain or help create new routines and consistency with accessing online learning as much as possible. Remember, have fun!

## Be Honest

Provide facts that are age appropriate. Try to maintain perspective.

COVID 19 is a sickness like a cold. Some people may get sick and others will not.

## Validate Their Feelings

It's ok to be worried or scared- this is completely OK!

Listen and encourage your child to share their feelings with you.

## Look After Yourself

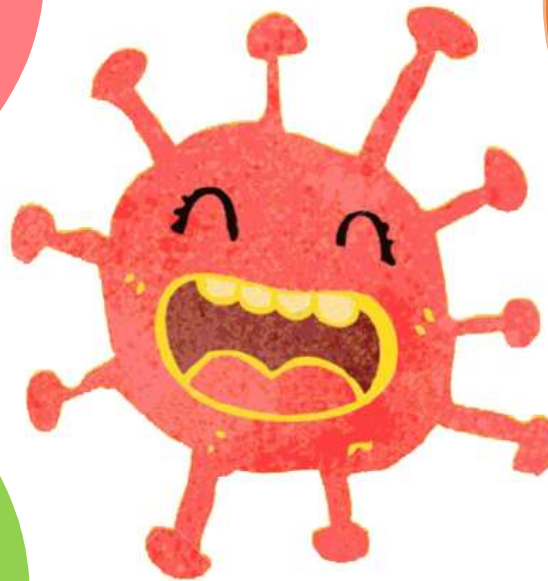
Make time to look after yourself and support your child to manage any stress using positive self-talk, healthy eating, exercise, connecting with friends and family online and find ways to relax and enjoy time together!

## Reach Out If Needed

If you or your child are in a state of distress, access quality support! There are many websites, online counselling services, call centres and Apps to assist with your wellbeing (see attached).

## Don't Pass on Your Fears

Your child will look to you as their safe person. Be aware that your reactions will impact your child's response. Reassure your child that there are services to assist people who get sick. Try to remain calm.



## Support for Children, Adolescents and Families

COVID – 19 Information and Support	Contacts
<p><b>Queensland Health</b>  <i>Queensland Health is leading the response to COVID-19 in Queensland and should be your first source for accurate, up to date information.</i></p> <p><b>Head to Health</b>  <i>Head to Health helps you find mental health information, resources, and services that most suit your needs. Whether you want to improve your overall sense of wellbeing, or you need help with something that is concerning you, or you are helping someone you care about—Head to Health can point you to great online mental health resources.</i></p>	<p><a href="https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry/resources-and-fact-sheets-for-industry/covid-19-cleaning-and-disinfection-recommendations">https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry/resources-and-fact-sheets-for-industry/covid-19-cleaning-and-disinfection-recommendations</a></p> <p><a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a></p> <p>COVID-19 Specific information and support  <a href="https://headtohealth.gov.au/covid-19-support">https://headtohealth.gov.au/covid-19-support</a></p>
<p><b>Beyond Blue</b>  <i>Looking after your mental health during the coronavirus outbreak</i></p>	<p><a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a></p>
Youth and Family Assistance	Contacts
<p>Lifeline</p>	<p>13 1114</p>
<p>Kids Helpline</p>	<p>1800 55 1800</p>
<p>Kids Helpline for Parents</p>	<p>1300 301 300</p>
<p>Youth Beyond Blue</p>	<p>1300 224 636  <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a></p>
<p>Online Counselling Support for Students</p> <ul style="list-style-type: none"> <li>- Headspace (12 to 25 years old, friends and families)</li> <li>- Kids Helpline Webchat Counselling</li> <li>- Youth Beyond Blue</li> </ul>	<p><a href="https://www.eheadspace.org.au/">https://www.eheadspace.org.au/</a></p> <p><a href="#">Kids Helpline Webchat Counselling</a></p> <p><a href="#">YouthBeyondBlueChatOnline</a></p>