

# COVID-19 Coping Resources

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## Adults (Parents, Teachers)

### ***BeyondBlue***

Looking after your mental health during the coronavirus outbreak (dedicated page)

[https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm\\_source=facebook&utm\\_medium=organic&utm\\_campaign=organicsocial\\_bb\\_mar20&utm\\_demo=all&utm\\_targeting=null&utm\\_format=link&utm\\_creative=illustration&utm\\_objective=null&utm\\_id=organicsocial\\_bb0303&fbclid=IwAR2sD632Zxf5GcnRw\\_TG2e9jtupe2600\\_On\\_-RN8HgnTlM46Q-LPSEX-5yU](https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm_source=facebook&utm_medium=organic&utm_campaign=organicsocial_bb_mar20&utm_demo=all&utm_targeting=null&utm_format=link&utm_creative=illustration&utm_objective=null&utm_id=organicsocial_bb0303&fbclid=IwAR2sD632Zxf5GcnRw_TG2e9jtupe2600_On_-RN8HgnTlM46Q-LPSEX-5yU)

## Parents

### ***Unicef***

How to talk to you child about COVID-19

[https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19?fbclid=IwAR1VSvD-vbn2cVqQCLvkqIVyDjPn\\_pGQ-oSNp5CI3iYA31GYVi1yN25xbQw](https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19?fbclid=IwAR1VSvD-vbn2cVqQCLvkqIVyDjPn_pGQ-oSNp5CI3iYA31GYVi1yN25xbQw)

What Parents Should Know

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

## Students

### ***BeYou***

Beyond Blue's [Be You](#) initiative has also developed the following resources to help educators support children and young people's mental health during the coronavirus outbreak.

- [Coronavirus \(COVID-19\): Supporting educators, children and young people](#)

Note. This first one is great and has links to Headspace, self-regulation strategies and some more great resources and other websites like Raising Children website.

- [Coronavirus \(COVID-19\): Supporting early learning communities](#)

## Students and Families

### ***Your Dream School Program***

For students and families needing support during this time please contact 1300 792 856 and ask for Josh Watkins. You will be put through to CHPS's School Chaplain.