

Supporting Your Child Through the Coronavirus Outbreak



What You Can Do

- Minimise your child's exposure to media
- Give extra attention and reassurance
- Encourage sharing of feelings
- Include children in plans and activities at home

Activities to Support Mental Health

- Art: draw, paint, color
- Read a book together
- Exercise (The Body Coach and Cosmic Yoga are free on YouTube)
- Play a game
- Watch a Movie
- Talk about interests

Helpful Apps

- Smiling Mind
- I Giant Mind
- Reach Out (Breathe, Mood Mission and Worry Time)
- Mind Shift

More Information Online

- Lifeline
- Beyond Blue
- Headspace
- Department of Health
- World Health Organisation

Online Counselling Programs for Anxious Feelings

- The BRAVE Program (7-17 y/o)
- Mood Gym (teens - adult)

Phone Support

- Kids Helpline (1800 55 1800)
- Lifeline (13 11 14 or Text 0477 13 1114)
- Beyond Blue (1300 22 4636)