



# WELLBEING SUPPORT AND COPING WITH STRESS & ANXIETY

*Handy Links & Resources for Families*

*Compiled by Lisa Osborne, Senior Psychologist, April 2020*

## GENERAL ONLINE & PHONE COUNSELLING SERVICES

Click the organisation name to go to the website:

[Lifeline](#) (24 hours) - Phone 13 11 14

[Mensline Australia](#) (24 hours) - Ph. 1300 78 99 78

[1800 RESPECT](#) (Sexual Assault, Domestic & Family Violence; 24 hours) - Ph. 1800 737 732

[Kidsline](#) (24 hours) - Ph. 1800 55 1800  
<https://www.instagram.com/kidshelplineau>

[BeyondBlue](#) (Anxiety, Depression & Suicide Prevention) - Ph. 1300 22 46 36

[Black Dog Institute](#)

[Embrace Multicultural Mental Health](#) - Ph. 6285 3100

[Headspace](#)  
(Youth Mental Health, and their family & friends)

[Reachout Australia](#) (under 25s)

## KIDS, TEENS & SCREEN TIME

[Screen Time and Behaviour](#)

## EXERCISE RESOURCES

Click the following links to be taken to the article:

[Importance of exercise & staying active – even for just 1 hour per week!](#)

[Why exercise is more important than ever](#)

[How exercise can help during COVID-19](#) (VIC Gov't)

[Be Active during COVID-19 – World Health Organisation](#)

[Example of a home workout – Joe Wicks](#)

## NUTRITION

Click the following links to be taken to the article:

[Dietician's Association tips during COVID-19](#)

[Healthy eating during COVID-19](#)

[Planning meals when in self-isolation](#)

[Planning your pantry during COVID-19](#)

[Children and Healthy Eating](#)

[Teens and healthy eating](#)

[Lunchbox builder - interactive site for kids](#)

## STRESS, ANXIETY & WELLBEING

Click the following links to be taken to the article:

[10 ways to take care of yourself from home](#)

[How to cope with stress related to COVID-19](#)

[Seven tips for a healthy headspace](#)

[Self-check-in on your own personal mental health](#)

[Anxiety & COVID-19 resources](#)

[Coronavirus Mental Wellbeing Support Service](#)

[Wellbeing tips during COVID-19](#)

[The Happiness Trap & COVID-19 Handout](#)

[The Happiness Trap & COVID-19 Video](#)

## SLEEP RESOURCES

Click the following links to be taken to the article:

[How to get a better night's sleep during COVID-19](#)

[Getting good sleep during COVID-19](#)

## MINDFULNESS, MEDITATION & RELAXATION

Click the following links to be taken to the article:

[Blackdog Institute & Mindfulness](#)

[Intro to mindfulness course](#) (free)

[Reachout for beginners meditation](#) (free)

[Mindfulness & Meditation for Beginners](#)

[BeyondBlue Relaxation](#)

[Smiling mind](#)

Or try these App suggestions!

Calm -- Smiling Mind  
BeyondNow --  
HeadGear -- Bliss  
Stop, Breathe & Think  
WorryTime -- Headspace  
Virtual Hope Box  
HabitHub

For more info, visit [www.interactionservices.org](http://www.interactionservices.org) or call 1300 668 123