



Vincentia Public School

George Caley Place, Vincentia NSW

Ph: 4441 7188 Fax: 4441 5192

Email: vincentia-p.school@det.nsw.edu.au

Website: www.vincentia-p.school.nsw.edu.au

Quality Teaching – Caring Environment – Lifelong Learning

HI THERE! HOW ARE YOU?

Wow, the world sure has had some big changes lately and you may have found yourself stuck at home more than you would have liked to be...or not. Take this time to ask yourself, how are you feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times but thankfully there is plenty of help out there and ways you can help yourself too!

ONLINE SUPPORT AND RESOURCES



Reach Out

A website for young people and adults full of resources for all topics!

<https://au.reachout.com/>



Youth Beyond Blue

Information and support for youth
<https://www.youthbeyondblue.com>

Kids Helpline - 1800 55 1800

<https://kidshelpline.com.au/teens>



headspace & e-headspace

Young people can connect with a professional over the phone or online. Supportive group chats are also available.

<https://headspace.org.au/>

FREE APPS!



Smiling Mind

Meditation and mindfulness app for children, youth, and adults.



ReachOut Breathe

Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate.



What's Up?

An app to help you cope with anxiety, stress and feelings of depression.

CAN I STILL SPEAK WITH THE SCHOOL COUNSELLOR?

You sure can, it'll just work a bit differently for the time being! Whilst I can't see you in person at the moment, I am more than happy to provide 'tele-school counselling' (telephone and videoconferencing). VPS staff are busy calling students so if you would like to get in contact with me, **please let the teacher know over the phone**. You can also call Vincentia Public School on **44417188** and ask to be put through to me. Or email me on sally.willmott@det.nsw.edu.au and I'll be in touch!

LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN



IF YOURSELF OR SOMEONE YOU KNOW IS IN CRISIS PLEASE CALL LIFELINE ON 13 11 14 OR DIAL 000 IF AN EMERGENCY