

The Student Wellbeing Hub (<https://studentwellbeinghub.edu.au/parents/>) is a great resource for parents to access for ideas to support children with their health and wellbeing. With COVID-19 now being in our community and students dealing with needing to isolate or stay home for long periods of time, their mental health may be impacted. On this website, you can explore many topics to find information, advice and strategies for supporting your child's wellbeing and safety. There are also sections for students to access, to help them with keeping their minds and bodies healthy, being safe online and much more!

Click on the following link which will take you to the website or google "student wellbeing hub." Use the "parents explore" tab to search for topics that may be helpful to you and your child can click on the "students explore" tab for resources that may interest them. Teachers will be placing the link on their Class Connect pages also.

Please see some ideas to help with reducing stress and contact numbers for health and support.



With our ever-changing world it is important that we take the time to stop, breathe and do somethings for ourselves to relieve/prevent stress.



Support with stress & Covid 19



This pandemic season has been hard, on top of family & work-related stress. It is ok to ask for help and support. You are not alone & there are people who love you and want to help. If you need someone to talk to about what you're going through, please contact the following services.

Support Service	Availability	Phone number
Lifeline	24 hour support	13 11 14
Beyond Blue	24 hour support	1300 224 636
Samaritans	8am – 8pm AWST	135 247
Men's Line Australia	24 hour support	1300 78 99 78
Carers WA	8.30am – 4.30pm	1800 007 332
Mental Health Emergency Response Line	24 hour support	1300 555 788

