






## WELL-BEING RESOURCES FOR PRIMARY AGED STUDENTS





The following resources have been designed for families who are needing support and interventions for their family and specifically their child's emotional well-being. Resources can be used to alleviate worries and address specific concerns. Take the time to explore these websites and their content.

ONLINE WELL-BEING PROGRAMS	
BRAVE online	<p>Anxiety Ages 3-18 Free</p> <p>BRAVE was developed for children and teenagers who experience Separation Anxiety Disorder, Social Phobia, Specific Phobia and Generalised Anxiety Disorder. This online cognitive behavioural therapy (CBT) program helps young people to learn new ways to manage their anxiety and fears. Young people complete one session per week over 10 weeks. It can help with social worries, anxiety about separating from loved ones, fears of specific objects or situations (e.g. dogs, needles, storms, darkness), worries about friendships, school performance or other everyday worries. More recently they have developed a new program to help young children aged 3-7 years. BRAVE also has designated sessions for parents of children and teenagers respectively. Parents can better understand and manage their child's anxiety. The program for young children is completed by the parents rather than the children. Currently, there are two ways in which Brave is offered: The BRAVE SelfHelp Program and The BRAVE Online Therapist Program.</p> <p><a href="http://www.brave-online.com/">http://www.brave-online.com/</a></p>
Cool Kids Online	<p>Anxiety Ages 7-12 Cost Involved</p> <p>This online program for 7 to 12 year old's allows parents and children to work together to learn strategies to help manage anxiety. The Cool Kids program is a cognitive behaviour therapy program that teaches children, who have met the criteria for a principal diagnosis of any anxiety disorder, cognitive behavioural skills that are designed to combat anxiety. The program helps children to recognise emotions such as fear, stress and anxiety, helps them to challenge beliefs associated with feeling nervous, and encourages them to gradually engage with fearful activities in more positive ways. There is an additional component for parents that informs them of these principles and also teaches alternate ways of interacting with their child. The program has a number of additional components that can also be included, depending on the needs of the child, including dealing with teasing, social skills training and problem solving.</p> <p><a href="https://www.mq.edu.au/about/campus-services-and-facilities/hospital-andclinics/centre-for-emotional-health-clinic/programs-for-children-andteenagers/online-treatment-accordions/cool-kids-online">https://www.mq.edu.au/about/campus-services-and-facilities/hospital-andclinics/centre-for-emotional-health-clinic/programs-for-children-andteenagers/online-treatment-accordions/cool-kids-online</a></p>















WELL-BEING WEBSITES	
<p>Raising Children Network</p> 	<p>Articles, videos and interactive resources tailored to children of different ages and support for parents.</p> <p><a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a></p>
<p>Coping Skills for Kids</p> 	<p>Strategies and activities for calming anxiety including books and videos.</p> <p><a href="https://copingskillsforkids.com/calming-anxiety/">https://copingskillsforkids.com/calming-anxiety/</a></p>
<p>Biteback</p> 	<p>Mental Health Fitness challenge Suitable for older primary aged students (Yr 6)</p> <p><a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p> <p><i>Topics include</i></p> <ul style="list-style-type: none"> <li>• Connections</li> <li>• Gratitude</li> <li>• Healthy Lifestyles</li> <li>• Mindfulness</li> <li>• Optimism</li> <li>• Flow</li> <li>• Forgiveness</li> <li>• Hope</li> <li>• Kindness</li> <li>• Meaning</li> <li>• Strength</li> </ul>
<p>Reachout</p> 	<p>An online mental health organisation for students and parents Suitable for older primary aged students</p> <p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p> <p><i>Topics include</i></p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Coping</li> <li>• Resilience</li> <li>• Exercise and eating well</li> <li>• Self-talk &amp; self-awareness</li> <li>• Families</li> <li>• Body Image</li> <li>• Grief and loss</li> </ul>
<p>Local Resource Directories</p> 	<p>Northern Beaches Council – Mental Health Services</p> <p><a href="https://www.northernbeaches.nsw.gov.au/community/safety-andwellbeing/mental-health-services">https://www.northernbeaches.nsw.gov.au/community/safety-andwellbeing/mental-health-services</a></p>

## ON-LINE COUNSELLING

The following sites and organisations provide confidential on-line and telephone counselling for children and families.

ORGANISATION	WEB ADDRESS	CONTACT
<b>Kids Helpline</b> 	<a href="https://kidshelpline.com.au/kids">https://kidshelpline.com.au/kids</a> for children 5- 12 years.	Free phone call: 1800 55 1800 Webchat: Open 24/7 – 365 days Email: <a href="mailto:counsellor@kidshelpline.com.au">counsellor@kidshelpline.com.au</a>
<b>Parent Line NSW</b> 	<a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18.	Phone: 1300 1300 52 (cost of a local call) 9am to 9pm Monday - Friday 4pm to 9pm Saturday and Sunday
<b>Family Referral Service - Northern Sydney</b> 	<a href="http://www.familyreferralservice.com.au/">http://www.familyreferralservice.com.au/</a> FRS can assist you in accessing relevant support services depending on the situation.  Services including, but not limited to: Domestic violence support services (including counselling) Housing or accommodation services Financial assistance Counselling and mediation Parenting struggles and support services (including parenting programs) Mental Health support services Culturally appropriate support services	Phone: 1800 066 757
<b>Lifeline</b> 	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>  <a href="https://lifelineh2h.org.au/get-help/way2wellness/">https://lifelineh2h.org.au/get-help/way2wellness/</a> Way2Wellness is a free and confidential telephone support service for all who live, work or study in Sydney's North Shore, Ryde and Northern Beaches areas.	Phone: 13 11 14 Crisis Support Chat 7:00pm to midnight 7 days: <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a> Text chat: 0477 13 11 44 <a href="https://www.lifeline.org.au/projects/lifeline-text">https://www.lifeline.org.au/projects/lifeline-text</a>

The following free or low cost Apps may also be helpful now and any time to support your child's emotional well-being.

APP	Icon	Cost	APP	Icon	Cost
<b>Virtual Hope Box</b> Coping tools Age: 4+		Free	<b>Check-in</b> How to check on friends Age: 4+		Free
<b>Smiling Mind</b> Meditation Age: 4+		Free	<b>ReachOut Worry Time</b> Anxiety Age: 4+		Free
<b>Niggle</b> Track wellbeing and tips to tame your niggles. Age: 4+		Free	<b>Calm</b> Sleep Age: 4+		Free
<b>Breathe2Relax</b> Breathing exercises Age: 4+		Free	<b>RelaxMelodies</b> Sounds, meditations, stories to assist with sleep Age: 4+		Free
<b>Stop, Breathe &amp; Think Kids</b> Relaxation skills Ages: 5-10		Free	<b>Happify</b> Overcome negative thinking and manage stress Age: 4+		Cost Involved
<b>Breathe, Think, Do with Sesame</b> Mindfulness for younger children Ages: 2-5 years		Free	<b>Dreamykid</b> Meditations, sleep stories and activities to manage anxiety Age: 4+		Cost Involved
<b>Headspace: Meditation &amp; Sleep</b> Guided meditations Age: 4+		Cost Involved	<b>Zones of Regulation</b> Regulating emotions Age: 4+		Cost Involved

NB: Whilst these websites and apps are listed and recommended from reputable sites, the school cannot take responsibility for the content provided and parents and caregivers are encouraged to review all sites and apps with their children.