

Wellbeing for Learning and Life



At this time, health and wellbeing for all of us is paramount. While grappling with rapid change and uncertainty, we are also attempting to support our loved ones, friends and colleagues facing their own personal responses and potential crises. Looking after each other and ourselves has never been more important, particularly as we adapt to changes in the way our young people need to learn.

Seaview High School will continue to support student learning; but it will look different, and that's okay. Will it be perfect? Not always, but we will work together to make the best of a challenging situation. We are all in this together and need to remember to be respectful and calm in an unprecedented situation, and be mindful that we are *all* doing our best. No parent or caregiver is expected to be a teacher, but rather, the guide for their young person and their unique needs, and this is likely to change from day to day.

Useful Wellbeing Links/Contact Numbers/Websites

MENTAL HEALTH SERVICES	
Beyond Blue ☎ 1300 224 636 🌐 beyondblue.org.au	Lifeline Australia ☎ 13 11 14 🌐 lifeline.org.au
Regional Access Program (country areas) ☎ 1300 032 186 🌐 saregionalaccess.org.au	Lived Experience Telephone Support Service (LETSS) 5pm – 11:30pm daily (a peer mental health support line) ☎ 1800 013 755 🌐 letss.org.au
Kids Helpline (for people between 5-25 years of age) ☎ 1800 551 800	headspace (for people between 12-25 years of age) ☎ 1800 650 890
Mental Health Triage Service (24/7) For assistance with a mental health crisis or urgent mental health concern call 13 14 65	
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	
sahealth.sa.gov.au/COVID2019 	

<https://www.youthbeyondblue.com/>

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

<https://www.actionforhappiness.org/>

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

https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm_idnt

Below is a link to an excellent resource in terms of managing our worry/anxiety. This could be useful to explore with your teenager and particularly look at page 7 of the linked pdf in terms of some great ideas to break up their school day at home. Aim for several breaks throughout the day, to focus on non-school work activities.

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

Helpful Apps

Digital tools to support our mental health and wellbeing are powerful and readily accessible. The Apps below are FREE and include tips for managing anxiety, mindfulness practice/meditation, wellbeing check-ins and exploring gratitude. They are a valuable source of information to support positive wellbeing.

SMILING MIND



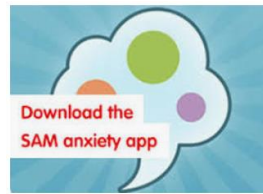
Smiling Mind on the App S...

WHAT'S UP?



What's Up? | ReachOut Au...

SAM



Self-Help for Anxiety Management ...

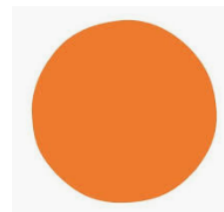
MINDOLOGY



SANVELLO



HEADSPACE



Headspace (@Headspace) | Twit...

The members of the Wellbeing for Learning and Life Team are always available for advice and support. Please contact the school on 8377 8000 to speak to a member of the team.