

Help-seeking resources for school holidays

Whole school community

- Be You support services infographic access [here](#) (and attached)
- [13YARN](#) Aboriginal and Torres Strait Islander Support – Crisis line

Staff

- Be You [Educator Wellbeing resources](#)
- Encourage staff to stay connected to their informal (friends, family and colleagues), formal (EAP or GP/private mental health professional) and professional (mentors or teacher associations) wellbeing supports

Primary Schools

Students

- Kids Helpline [Positive self talk](#)
- Kids Helpline [Think calm thoughts](#)
- Kids Helpline [Resilience strategies for emotional strength](#)
- Kids Helpline [Problem solving](#)
- Reach Out [Ways to chill for cheap](#)

Families

- Telephone support: [Parentline](#) NSW 1300 1300 52
- Headspace [Keeping healthy over the holidays - for friends and family](#)
- Kids Helpline [Feeling sad over the holidays](#)
- Kids Helpline [Coping with Family holiday Stress](#)
- Raising Children Network [Signs of mental health concerns in pre-teens and teenagers](#)
- Raising Children Network [Helping pre-teens and teens manage emotional ups and downs](#)
- Kids Helpline: [My child struggles with mental health](#)
- Kids Helpline: [How Kids Helpline can help your child](#)

Secondary Schools

Students

- headspace [How to stay healthy over the holidays](#)
- headspace [Tips for a healthy headspace](#)
- headspace [Healthy headspace Action Plan](#)
- headspace [How to help a friend going through a tough time](#)
- Reach Out [Helping friends](#)
- Reach Out [Ways to chill for cheap](#)
- If your friend is not okay click [here](#)
- e-headspace flyer click [here](#)
- How to handle a tough time, [PDF here](#).
- You can find a variety of other headspace factsheets [here](#).

It can also be useful to have some information available about what to expect when receiving support online or phone, such as:

- Reach Out's video about ['What happens when I call a helpline?'](#)
- Reach Out's factsheet ['How to call a helpline'](#)

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Secondary Schools (cont.)

Work and Study Support

- headspace Work and Study Programs support 15-25-year-olds to plan a career, find employment or work towards further education access here: [Work and Study Program](#) and [Career Mentoring Program](#).

This information would also be helpful for parents of Yr. 12 students

Families

- Headspace [Keeping healthy over the holidays - for friends and family](#)
- [Parentline](#) NSW (1300 1300 52) has tips and advice around a range of topics that can assist parents in supporting young people. Information relating to older children [can be found here](#)
- [Head to Health](#) is a go to place to help you find information, services and resources to help yourself or your young person.
- Reach Out has [tips to support teenager wellbeing](#)
- Beyond Blue has some tips on [Supporting healthy home and habits](#)
- [Beyond Blue](#) also has some practical tips on how to start conversations when you are worried about your young person