

COVID-19 Resources for Parents

WEBSITES



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



www.esafety.gov.au

Information on how to stay safe online during the COVID –19 pandemic



www.parentline.org.au

1300 130 052

Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



www.familyreferralservice.com.au

1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au>

1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

ARTICLES

(Click on title to view article)

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID- 19](#)

[Physical distancing and family wellbeing](#)

[Home schooling & keeping kids busy during COVID-19](#)

[Helping your children get along during quarantine](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

Official Coronavirus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

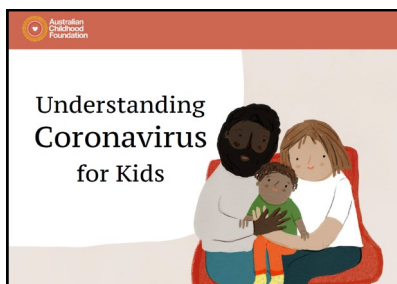
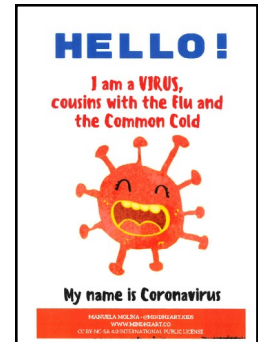
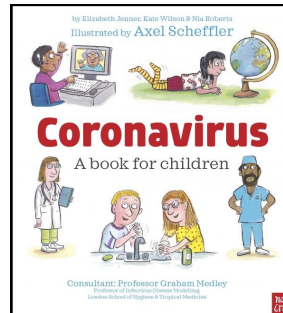
Mensline 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency department

COVID-19 Resources for Parents

BOOKS

Free children friendly ebooks available to download (click on book cover to download)



WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunchbreak <https://www.digitallunchbreak.nsw.gov.au>

The Digital Lunchbreak website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



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

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



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

Information, resources and support for young people dealing with mental health issues.



Youth Beyond Blue www.youthbeyondblue.com

Information, resources and support for young people dealing with depression and/ or anxiety.

