



Chisholm Catholic Primary School

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Dear Chisholm Parents & Carers,

There will be a myriad of family responses to this continued COVID lockdown. For some families, it brings increased time together for connection, for others it has elevated stress and demands on caregivers. I suspect for most households both scenarios are playing out to some degree.

Here are some resources that may help for navigating the impact of COVID lockdown:

Phone Lines

Kids Helpline	1800 55 1800 (5-25 years)
Beyond Blue	1300 22 4636 (All ages)
1800 Respect	1300 737 732
Mental Health Access Line	1800 011 511
Parent Line	1300 1300 52
Family Relationship Advice Line	1800 050 321
Lifeline	131 114
Mensline	1300 789 978
Butterfly Foundation	1800 33 4673 (for eating disorders and body image issues)

Webchat Counselling

Kids Helpline <https://kidshelpline.com.au/get-help/webchat-counselling>
Beyond Blue <https://online.beyondblue.org.au/#/chat/start>
Eheadsapce <https://headspace.org.au/eheadsapce/> (12-25 years)
Butterfly Foundation <https://butterfly.org.au/get-support/chat-online/>

Websites

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>
<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>
<https://paediatrics.online/covid-19/>
<https://www.smilingmind.com.au/thrive-inside>
<https://www.mindheart.co/descargables>
https://www.maggiedent.com/lockdowncovidhelp/?mc_cid=dab2e5683a&mc_eid=0a36d60c47

Please stay safe during this time. The wellbeing of yourself is just as vital as for your children, so please make sure to fill your own emotional cup too.

Kind Regards,

Monique Beglinger
School Counsellor