# Resource List – last updated February 2022

Please consider the suggestions below as a starting point for your own research.

## Aboriginal Children, Young People and Families

- 715 Health Checks: https://www.health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health/primary-care/annual-health-checks
- NSW Health: https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/diversity-aboriginal.aspx
- WellMob: https://wellmob.org.au/
- The Office of Indigenous Strategy and Leadership and the Wollotuka Institute at the University of Newcastle with Local AECGs: https://www.youtube.com/playlist?list=PLF_MZJ0_IVXwlCEZCJbJuX_QtGz84p4e4
- Healing Foundation: https://healingfoundation.org.au/schools/
- Intergenerational Trauma Animation: https://healingfoundation.org.au/intergenerational-trauma/
- Aboriginal children and the effects of intergenerational trauma (webinar): https://www.mhpn.org.au/webinar-program/Webinars/One-Off/2020/May/Aboriginal-children-and-the-effects-of-intergener
- iBobbly social and emotional wellbeing app: https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/
- Deadly Tots: http://deadlytots.com.au/
- Gayaa Dhuwi Social and Emotional Wellbeing and Mental Health Policy and Resources: https://www.gayaadhuwi.org.au/resources/social-and-emotional-wellbeing-and-mental-health-policy-and-resources/

## Cancer

- Canteen; support for 12-25yr olds dealing with cancer (themselves, sibling, parent, friend). Clinical support and other services and programs available for young people. Cancer education program for schools available: https://www.canteen.org.au/

## Challenging Behaviour

- Free course through Dept Education in Victoria on managing challenging behaviours: https://www.education.vic.gov.au/school/teachers/profdev/Pages/managebehaviours.aspx
- Strategies for the classroom: https://www.weareteachers.com/emotional-regulation/
- Info on ODD and classroom strategies
  - https://raisingchildren.net.au/guides/a-z-health-reference/odd
  - https://www.verywellmind.com/before-you-look-for-information-on-odd-3106614
  - https://childmind.org/article/what-is-odd-oppositional-defiant-disorder/
  - https://www.weareteachers.com/students-with-odd/
- Australian ADHD Professionals Association (webinars): https://aadpa.com.au/webinars/
- Supporting children's mental health after trauma (webinar): https://emergingminds.com.au/resources/supporting-childrens-mental-health-after-trauma-webinar/

## COVID-19

- National Coronavirus Helpline: https://www.health.gov.au/contacts/national-coronavirus-helpline
- NSW Health Printable Resources: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx
- NSW Health: https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/your-mental-health-and-wellbeing
- COVID-19 Information: http://www.patientinfo.org.au/
- Healthdirect: https://www.healthdirect.gov.au/covid-19-and-mental-health
- COVID information and advice for Aboriginal people and communities: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aboriginal-health.aspx
- AH&MRC resources: https://www.ahmrc.org.au/coronavirus/
- Federation of Ethic Communities' Councils of Australia CALD Resources for COVID-19: http://fecca.org.au/coronavirus/
- Transcultural Mental Health Centre: https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/news-and-events/covid-19-and-culturally-diverse-communities
- Practical tips for dealing with home isolation for young people: https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-tips-home-isolation.aspx
- ReachOut: https://schools.au.reachout.com/covid-19
- Be You: https://beyou.edu.au/resources/news/covid-19-supporting-schools
- Beyond Blue: https://coronavirus.beyondblue.org.au/
- Macquarie University: https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh/covid-19-weve-got-this-covered!#:~:text=Welcome%20to%20COVID%2D19%3A%20We,young%20people%2C%20parents%20and%20teachers.
- Emerging Minds: https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/
- Digital Lunchbreak: https://www.digitallunchbreak.nsw.gov.au/
- COVID Testing Social Story (having a test): https://www.fairfieldcity.nsw.gov.au/files/assets/public/documents/covid-19/step-by-step-to-the-covid-test-print-version.pdf
- NSW Health Children's Story Book: https://www.health.nsw.gov.au/Infectious/diseases/Documents/covid-19-childrens-book.pdf

## Culturally and Linguistically Diverse Families – Mental Health Resources

- NSW Health: https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/diversity-cultural.aspx
- Embrace Mental Health (has multilingual fact sheets): https://www.embracementalhealth.org.au/

## Drug and Alcohol

- Matilda Centre: https://www.sydney.edu.au/matilda-centre/resources/for-schools.html

**Eating Disorders**

- InsideOut: https://insideoutinstitute.org.au/
- NEDC Eating Disorders in Schools: Prevention, Early Identification and Response: https://nedc.com.au/assets/NEDC-Resources/NEDC-Resource-Schools.pdf
- Butterfly: https://butterfly.org.au/school-youth-professionals/for-schools/
- NOFASD Australia (includes webinars): https://www.nofasd.org.au/
- Working to support children and families living with Fetal Alcohol Spectrum Disorder (webinar): https://emergingminds.com.au/resources/working-to-support-children-and-families-living-with-fetal-alcohol-spectrum-disorder-webinar/
- Myrtle Oak Clinic & Optimum Intake – Ph: 4362-3443 Web: https://myrtleoakclinic.com.au/
- READ clinic:  https://www.thereadclinic.com/
- Nourish Nurture Blossom (dietician) https://nourishnurtureblossom.com.au/

**Gaming Resources**

- headspace: https://headspace.org.au/assets/download-cards/22-Understanding-Gaming-headspace-fact-sheet-WEB-V2.pdf
- Information for parents: https://www.esafety.gov.au/parents/big-issues/gaming
- eSafety resources for Educators: https://www.esafety.gov.au/educators
- Internet gaming addiction and the effects on mental health ( MHPN webinar): https://youtu.be/eIVrAQOp9XY
- Escaping video game addiction (TEDx Talks): https://youtu.be/EHmC2D0_Hdg

**Intellectual Disability and Mental Health**

- Children's Hospital at Westmead School-Link: http://www.schoollink.chw.edu.au/
- Working to support the mental health of children with an intellectual disability (webinar): https://emergingminds.com.au/resources/working-to-support-the-mental-health-of-children-with-an-intellectual-disability-webinar/

**LGBTIQ+**

- Transcend Guide For Schools: https://transcendaus.org/wp-content/uploads/2020/10/Transcend_A-Guide-for-Schools-1.pdf
- Teacher workshops: https://www.minus18.org.au/workshops/schools
- Educators resources: https://www.transhub.org.au/allies/educators
- Supporting trans and gender diverse children and their families (webinar): https://emergingminds.com.au/resources/supporting-trans-and-gender-diverse-children-and-their-families-webinar/
- Maple Leaf House: https://www.hnekidshealth.nsw.gov.au/childrens_hospital/specialist_services_o_-_z/gender
- Patientinfo (go to Transgender Health and Gender Diversity): http://www.patientinfo.org.au/
- BlaQ Aboriginal Corporation: https://www.blaq.org.au/
- ACON's Pride Training: https://www.pridetraining.org.au/
- The National LGBTI Health Alliance: https://www.lgbtihealth.org.au/

## Mental Health: General Information

- Mental health conditions, treatments and medications: https://www.choiceandmedication.org/hunternewengland/

- Orygen general information and webinars: https://www.orygen.org.au/

- MHPN webinars: https://www.mhpn.org.au/webinars

- Emerging Minds webinars: https://emergingminds.com.au/resources/format/webinar/

- WellMob: https://wellmob.org.au/

- Head to Health general information: https://headtohealth.gov.au

- iBobbly social and emotional wellbeing app: https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/

- Recovery Orientated Language Quick Reference: https://www.mhcc.org.au/wp-content/uploads/2021/10/Recovery-Oriented-Language-Guide-Quick-Reference.pdf

## Mental Health: Services

- How to get a mental health care plan: https://headspace.org.au/blog/ how-to-get-a-mental-health-care-plan/

- Mental health care and Medicare:
- https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare

- Patientinfo (go to Youth Mental Health, Getting Help for Mental Health Issues): http://www.patientinfo.org.au/

- Hunter New England and Central Coast Primary Health Network (HNECC PHN) Services: https://www.hneccphn.com.au/programs-resources/mental-health-services/

- MindHealth: https://mindhealth.org.au/

- https://headspace.org.au/headspace-centres/headspace-gosford/

- https://headspace.org.au/headspace-centres/lake-haven/

- Online telehealth: https://someone.health/eating-disorder-counselling/

## Parent and Carer Supports

- Raising Healthy Minds app: https://raisingchildren.net.au/guides/raising-healthy-minds

- Resourcing Parents: http://www.resourcingparents.nsw.gov.au/

- Raising Children Network: https://raisingchildren.net.au/

- ReachOut coaching service: https://parents.au.reachout.com/one-on-one-support

- Benevolent Society Family & Par Relationships Australia Family Services: https://www.relationshipsnsw.org.au/support-services-category/family-relationships/

- Deadly Tots: http://deadlytots.com.au/

- Parentline NSW: https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you

- Family Relationship Advice Line: https://www.familyrelationships.gov.au/talk-someone/advice-line

- Mensline Australia: https://mensline.org.au/

- Carer Gateway: https://www.carergateway.gov.au/

- MyTime: https://mytime.net.au/

- CatholicCare Parenting and Support: https://www.catholiccare.org/family-and-Individual-services/parenting-and-support/

**Prader-Willi Syndrome**
- Prader-Willi Syndrome Australia (PWSA): http://www.pws.org.au/ (also on this site is a video titled 'Learning with Prader-Willi Syndrome': https://youtu.be/Y6_mivc-h1U

**Research:** Education and Schools
- ARACY: https://www.aracy.org.au/
- Centre for Education Statistics and Evaluation: https://education.nsw.gov.au/about-us/educational-data/cese
- ACER: https://www.acer.org/au/
- AARE: https://www.aare.edu.au/
- **Research:** Health
- Black Dog: https://www.blackdoginstitute.org.au/research/
- Matilda Centre: https://www.sydney.edu.au/matilda-centre/our-research.html
- Project Air: https://www.uow.edu.au/project-air/research/
- Everymind: https://everymind.org.au/research
- NSW Mental Health commission: https://nswmentalhealthcommission.com.au/mental-health-and/school-aged-children

**School Programs or Resources**

- The STARTTS Schools Program (Service for the Treatment and Rehabilitation of Torture and Trauma Survivors): https://www.startts.org.au/services/children-and-young-people/schools -

- Kids Helpline School Programs: https://kidshelpline.com.au/schools/kids-helpline-school

- Project Air: https://www.uow.edu.au/project-air/educator/
- Black Dog: https://www.blackdoginstitute.org.au/education-services/schools/
- Be You: https://beyou.edu.au/

- headspace Schools: https://headspace.org.au/schools/headspace-in-schools/

- NSW School-Link, Supporting the Wellbeing of Primary School Children: https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide
- 13 Reasons resources: https://headspace.org.au/13reasonswhy/
- EquiEnergy Youth: https://eeyouth.org.au/
- Allied Health Partnerships workshops for staff: https://alliedhealthpartnerships.com.au/workshops-staff-development-and-demonstration-days/

**School Refusal**
- Australian Psychological Society recorded webinar "Supporting child and adolescent mental health during times of extraordinary change: Responding effectively to school refusal": https://www.psychology.org.au/Event/21546
- Be You: https://beyou.edu.au/fact-sheets/development/school-refusal
- headspace: https://headspace.org.au/friends-and-family/understanding-school-refusal/
- ReachOut parent support: https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/how-to-help-a-teen-who-doesnt-want-to-go-to-school
- NSW School-Link resource: https://www.health.nsw.gov.au/kidsfamilies/youth/Documents/forum-speaker-presentations/2017/webster-greenberg-sr-booklet.pdf

**Self-Harm:** General Information

- headspace: https://headspace.org.au/young-people/understanding-self-harm-for-young-people/
- Project Air, Self-harm: How to Respond: https://documents.uow.edu.au/content/groups/public/@web/@ihmri/documents/doc/uow232600.pdf
- Project Air, Understanding Self-harm and Suicidal Thinking: https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow247517.pdf
- Project Air, Self-harm in adolescents: a guide for parents and carers: https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow268926.pdf
- From Harm to Calm: https://southernfleurieuyouthnetwork.files.wordpress.com/2017/07/booklet-from-harm-to-calm-youth-2014.pdf
- Madeline Wishart Resources: https://www.madelinewishart.com/resources
- Orygen – Understanding and managing self-harm in a school setting (webinar): https://www.orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Webinars/Understanding-and-managing-self-harm-in-a-school-s
- The Conversation: https://theconversation.com/talking-about-suicide-and-self-harm-in-schools-can-save-lives-83232

**Self-Harm:** Texting self-harm images and messages - resources recommended by the eSafety Commissioner:

- eSafety Toolkit for Schools: https://www.esafety.gov.au/educators/toolkit-schools
- Orygen chatsafe: https://www.orygen.org.au/chatsafe

Service Directories

- Patientinfo: http://www.patientinfo.org.au/
- Central Coast Youth Interagency : Youth Directory https://cdn.centralcoast.nsw.gov.au/sites/default/files/The_Central_Coast_Youth_Interagency_Directory-Residents.pdf
- Central Coast COVID-19 Emergency Relief Services: https://thecccc.org.au/wp-content/uploads/2020/05/Central-Coast-Covid19-response-community-information-080520.pdf
- Counselling and Support Services: https://www.esafety.gov.au/about-us/counselling-support-services
- Family Connect and Support: https://www.familyconnectsupport.dcj.nsw.gov.au/
- Ask Izzy: https://askizzy.org.au/
- Headtohealth support: https://www.headtohealth.gov.au/

**Suicide Prevention and Response Tools**

- Be You suicide prevention and response for schools: https://beyou.edu.au/resources/suicide-prevention-and-response
- StandBy support after suicide: https://standbysupport.com.au/
- Conversations Matter: http://www.conversationsmatter.com.au/
- Conversations Matter – Aboriginal Communities: https://conversationsmatter.org.au/resources/working-with-aboriginal-communities-nsw/

- Conversations Matter – CALD Communities: https://conversationsmatter.org.au/resources/resources-for-cald-communities/
- ASIST: https://lifelinedirect.org.au/hunter/training/course?eventtemplate=1-asist-applied-suicide-intervention-skills-training
- Suicide ideation in primary school-aged children (MHPN webinar): https://youtu.be/JbLrgaOFUUQ
- Project Air, Understanding Self-harm and Suicidal Thinking: https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow247517.pdf

## Suicide and Social Media
- Managing social media following a suicide: https://headspace.org.au/assets/Uploads/Corporate/Managing-social-media-following-a-suicide-web.pdf
- Orygen Chatsafe Social Media Suicide Clusters Prevention Guide: https://www.orygen.org.au/chatsafe/Resources/A-guide-for-communities
- Orygen Chatsafe for Educators: https://www.orygen.org.au/chatsafe/Resources/chatsafe-for-educators
- Orygen Chatsafe: https://www.orygen.org.au/chatsafe
- Mindframe: https://mindframe.org.au/

## Vaping and E-Cigarettes

- Positive Choices one-hour webinar recording on e-cigarettes and vaping delivered by Professor Hayden McRobbie: https://positivechoices.org.au/teachers/webinar-vaping
- Positive Choices vaping factsheet for teachers: https://positivechoices.org.au/teachers/electronic-cigarettes-and-vaping-factsheet
- Positive Choices vaping factsheet for parents: https://positivechoices.org.au/parents/electronic-cigarettes-and-vaping-factsheet
- DARTA factsheet for teachers: http://darta.net.au/wordpress-content/uploads/2015/01/TEACHERS-E-CIGARETTES.pdf
- Paul Dillon for The Catholic Weekly with an article written in August 2020 for parents: https://www.catholicweekly.com.au/vaping-sorting-out-fact-from-fiction-for-those-parents-struggling-with-the-issue/
- Communications toolkit for our *Say No to Vaping* campaign: www.healthpromotion.com.au/saynotovaping

Central Coast North School-Link:  Lisa.Foster2@health.nsw.gov.au