

## Online Resources for Families – COVID 19

### Online Counselling

The BRAVE Program: <https://brave4you.psy.uq.edu.au/>

Mood Gym:

[https://moodgym.com.au/?gclid=Cj0KCQjwmdzzBRC7ARIsANdqRRnOQmSIK70ty-F2Xy9lfTrJcdUH6v2VuFsWNNkZrl\\_BkwsIXgmy5X0aAtkrEALw\\_wcB](https://moodgym.com.au/?gclid=Cj0KCQjwmdzzBRC7ARIsANdqRRnOQmSIK70ty-F2Xy9lfTrJcdUH6v2VuFsWNNkZrl_BkwsIXgmy5X0aAtkrEALw_wcB)

### Information and Online Support

Lifeline: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Beyond Blue: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Headspace: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

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

Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### Helpful Apps

Smiling Mind: <https://www.smilingmind.com.au/>

1 Giant Mind: <https://www.1giantmind.com/>

Reachout Apps: <https://au.reachout.com/tools-and-apps>

Mind Shift: <https://mindshift.org.au/>

### Activities

The Body Coach:

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

Cosmic Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

### Other Helpful Links

Talking to Children About COVID-19 (Coronavirus): A Parent Resource:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

A video explaining how to talk to children about the Coronavirus:

<https://www.youtube.com/watch?v=WhVad8ToCiU>