

# 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: <a href="https://www.health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health/primary-care/annual-health-checks">https://www.health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health/primary-care/annual-health-checks</a>
- NSW Health:
  <a href="https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/diversity-aboriginal.aspx">https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/diversity-aboriginal.aspx</a>
- WellMob: <a href="https://wellmob.org.au/">https://wellmob.org.au/</a>
- 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 IVXwICEZCJbJuX QtGz84p4e4
- Healing Foundation: <a href="https://healingfoundation.org.au/schools/">https://healingfoundation.org.au/schools/</a>
- Intergenerational Trauma Animation: <a href="https://healingfoundation.org.au/intergenerational-trauma/">https://healingfoundation.org.au/intergenerational-trauma/</a>
- Aboriginal children and the effects of intergenerational trauma (webinar):

  <a href="https://www.mhpn.org.au/webinar-program/Webinars/One-Off/2020/May/Aboriginal-children-and-the-effects-of-intergener">https://www.mhpn.org.au/webinar-program/Webinars/One-Off/2020/May/Aboriginal-children-and-the-effects-of-intergener</a>
- iBobbly social and emotional wellbeing app:
  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a>
- Deadly Tots: http://deadlytots.com.au/
- Gayaa Dhuwi Social and Emotional Wellbeing and Mental Health Policy and Resources: <a href="https://www.gayaadhuwi.org.au/resources/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/</a>

#### 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: <a href="https://www.canteen.org.au/">https://www.canteen.org.au/</a>

#### **Challenging Behaviour**

- Free course through Dept Education in Victoria on managing challenging behaviours:
   <a href="https://www.education.vic.gov.au/school/teachers/profdev/Pages/managebehaviours.aspx">https://www.education.vic.gov.au/school/teachers/profdev/Pages/managebehaviours.aspx</a>
- Strategies for the classroom: <a href="https://www.weareteachers.com/emotional-regulation/">https://www.weareteachers.com/emotional-regulation/</a>
- 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
  - <a href="https://childmind.org/article/what-is-odd-oppositional-defiant-disorder/">https://childmind.org/article/what-is-odd-oppositional-defiant-disorder/</a>
  - <a href="https://www.weareteachers.com/students-with-odd/">https://www.weareteachers.com/students-with-odd/</a>
- Australian ADHD Professionals Association (webinars): <a href="https://aadpa.com.au/webinars/">https://aadpa.com.au/webinars/</a>
- 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: <a href="https://www.health.gov.au/contacts/national-coronavirus-helpline">https://www.health.gov.au/contacts/national-coronavirus-helpline</a>
- NSW Health Printable Resources: <a href="https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx">https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx</a>
- NSW Health: <a href="https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/your-mental-health-and-wellbeing">https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/your-mental-health-and-wellbeing</a>
- COVID-19 Information: <a href="http://www.patientinfo.org.au/">http://www.patientinfo.org.au/</a>
- Healthdirect: https://www.healthdirect.gov.au/covid-19-and-mental-health
- COVID information and advice for Aboriginal people and communities: <a href="https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aboriginal-health.aspx">https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aboriginal-health.aspx</a>
- 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: <a href="https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/news-and-events/covid-19-and-culturally-diverse-communities">https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/news-and-events/covid-19-and-culturally-diverse-communities</a>
- Practical tips for dealing with home isolation for young people: <a href="https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-tips-home-isolation.aspx">https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-tips-home-isolation.aspx</a>
- ReachOut: <a href="https://schools.au.reachout.com/covid-19">https://schools.au.reachout.com/covid-19</a>
- Be You: https://beyou.edu.au/resources/news/covid-19-supporting-schools
- Beyond Blue: https://coronavirus.beyondblue.org.au/
- Macquarie University: <a href="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.</a>
- Emerging Minds: <a href="https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/">https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/</a>
- Digital Lunchbreak: <a href="https://www.digitallunchbreak.nsw.gov.au/">https://www.digitallunchbreak.nsw.gov.au/</a>
- 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: <a href="https://www.health.nsw.gov.au/Infectious/diseases/Documents/covid-19-childrens-book.pdf">https://www.health.nsw.gov.au/Infectious/diseases/Documents/covid-19-childrens-book.pdf</a>

# **Culturally and Linguistically Diverse Families – Mental Health Resources**

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

## **Drug and Alcohol**

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

#### **Eating Disorders**

- InsideOut: <a href="https://insideoutinstitute.org.au/">https://insideoutinstitute.org.au/</a>
- 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): <a href="https://emergingminds.com.au/resources/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/</a>
- Myrtle Oak Clinic & Optimum Intake Ph: 4362-3443 Web: <a href="https://myrtleoakclinic.com.au/">https://myrtleoakclinic.com.au/</a>
- READ clinic: https://www.thereadclinic.com/
- Nourish Nurture Blossom (dietician) <a href="https://nourishnurtureblossom.com.au/">https://nourishnurtureblossom.com.au/</a>

#### **Gaming Resources**

- headspace: <a href="https://headspace.org.au/assets/download-cards/22-Understanding-Gaming-headspace-fact-sheet-WEB-V2.pdf">headspace-fact-sheet-WEB-V2.pdf</a>
- Information for parents: <a href="https://www.esafety.gov.au/parents/big-issues/gaming">https://www.esafety.gov.au/parents/big-issues/gaming</a>
- eSafety resources for Educators: <a href="https://www.esafety.gov.au/educators">https://www.esafety.gov.au/educators</a>
- Internet gaming addiction and the effects on mental health ( MHPN webinar): https://youtu.be/elVrAQOp9XY
- Escaping video game addiction (TEDx Talks): <a href="https://youtu.be/EHmC2D0\_Hdg">https://youtu.be/EHmC2D0\_Hdg</a>

#### **Intellectual Disability and Mental Health**

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

## LGBTIQ+

- Transcend Guide For Schools: <a href="https://transcendaus.org/wp-content/uploads/2020/10/Transcend">https://transcendaus.org/wp-content/uploads/2020/10/Transcend</a> A-Guide-for-Schools-1.pdf
- Teacher workshops: <a href="https://www.minus18.org.au/workshops/schools">https://www.minus18.org.au/workshops/schools</a>
- Educators resources: <a href="https://www.transhub.org.au/allies/educators">https://www.transhub.org.au/allies/educators</a>
- Supporting trans and gender diverse children and their families (webinar):
   <a href="https://emergingminds.com.au/resources/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/</a>
- Maple Leaf House: <a href="https://www.hnekidshealth.nsw.gov.au/childrens">https://www.hnekidshealth.nsw.gov.au/childrens</a> 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: <a href="https://www.pridetraining.org.au/">https://www.pridetraining.org.au/</a>
- 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: <a href="https://www.orygen.org.au/">https://www.orygen.org.au/</a>
- MHPN webinars: <a href="https://www.mhpn.org.au/webinars">https://www.mhpn.org.au/webinars</a>
- Emerging Minds webinars: https://emergingminds.com.au/resources/format/webinar/
- WellMob: <a href="https://wellmob.org.au/">https://wellmob.org.au/</a>
- Head to Health general information: https://headtohealth.gov.au
- iBobbly social and emotional wellbeing app:
  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a>
- Recovery Orientated Language Quick Reference: <a href="https://www.mhcc.org.au/wp-content/uploads/2021/10/Recovery-Oriented-Language-Guide-Quick-Reference.pdf">https://www.mhcc.org.au/wp-content/uploads/2021/10/Recovery-Oriented-Language-Guide-Quick-Reference.pdf</a>

#### 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:
- <a href="https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare">https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare</a>
- 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: <a href="https://mindhealth.org.au/">https://mindhealth.org.au/</a>
- https://headspace.org.au/headspace-centres/headspace-gosford/
- <a href="https://headspace.org.au/headspace-centres/lake-haven/">https://headspace.org.au/headspace-centres/lake-haven/</a>
- 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: <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>
- ReachOut coaching service: https://parents.au.reachout.com/one-on-one-support
- Benevolent Society Family & Par Relationships Australia Family Services:
   <a href="https://www.relationshipsnsw.org.au/support-services-category/family-relationships/">https://www.relationshipsnsw.org.au/support-services-category/family-relationships/</a>
- Deadly Tots: <a href="http://deadlytots.com.au/">http://deadlytots.com.au/</a>
- Parentline NSW: https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you
- Family Relationship Advice Line: <a href="https://www.familyrelationships.gov.au/talk-someone/advice-line">https://www.familyrelationships.gov.au/talk-someone/advice-line</a>
- Mensline Australia: <a href="https://mensline.org.au/">https://mensline.org.au/</a>
- Carer Gateway: https://www.carergateway.gov.au/
- MyTime: <a href="https://mytime.net.au/">https://mytime.net.au/</a>
- CatholicCare Parenting and Support: <a href="https://www.catholiccare.org/family-and-Individual-services/parenting-and-support/">https://www.catholiccare.org/family-and-Individual-services/parenting-and-support/</a>

#### **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': <a href="https://youtu.be/Y6\_mivc-h1U">https://youtu.be/Y6\_mivc-h1U</a>

#### **Research:** Education and Schools

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

#### **School Programs or Resources**

- The STARTTS Schools Program (Service for the Treatment and Rehabilitation of Torture and Trauma Survivors): <a href="https://www.startts.org.au/services/children-and-young-people/schools">https://www.startts.org.au/services/children-and-young-people/schools</a> -
- Kids Helpline School Programs: <a href="https://kidshelpline.com.au/schools/kids-helpline-school">https://kidshelpline.com.au/schools/kids-helpline-school</a>
- Project Air: https://www.uow.edu.au/project-air/educator/
- Black Dog: <a href="https://www.blackdoginstitute.org.au/education-services/schools/">https://www.blackdoginstitute.org.au/education-services/schools/</a>
- Be You: <a href="https://beyou.edu.au/">https://beyou.edu.au/</a>
- 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: <a href="https://headspace.org.au/13reasonswhy/">https://headspace.org.au/13reasonswhy/</a>
- EquiEnergy Youth: <a href="https://eeyouth.org.au/">https://eeyouth.org.au/</a>
- Allied Health Partnerships workshops for staff: <a href="https://alliedhealthpartnerships.com.au/workshops-staff-development-and-demonstration-days/">https://alliedhealthpartnerships.com.au/workshops-staff-development-and-demonstration-days/</a>

## **School Refusal**

- Australian Psychological Society recorded webinar "Supporting child and adolescent mental health during times of extraordinary change: Responding effectively to school refusal": <a href="https://www.psychology.org.au/Event/21546">https://www.psychology.org.au/Event/21546</a>
- 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: <a href="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">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</a>
- NSW School-Link resource: <a href="https://www.health.nsw.gov.au/kidsfamilies/youth/Documents/forum-speaker-presentations/2017/webster-greenberg-sr-booklet.pdf">https://www.health.nsw.gov.au/kidsfamilies/youth/Documents/forum-speaker-presentations/2017/webster-greenberg-sr-booklet.pdf</a>

#### **Self-Harm:** General Information

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

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

- eSafety Toolkit for Schools: <a href="https://www.esafety.gov.au/educators/toolkit-schools">https://www.esafety.gov.au/educators/toolkit-schools</a>
- Orygen chatsafe: <a href="https://www.orygen.org.au/chatsafe">https://www.orygen.org.au/chatsafe</a>

## **Service Directories**

- Patientinfo: http://www.patientinfo.org.au/
- Central Coast Youth Interagency: Youth Directory
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The\_Central\_Coast\_Youth\_Interagency</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://cdn.centralcoast.nsw.gov.au/sites/default/files/The</a>
   <a href="https://cdn.centralcoast.nsw.gov.au/sites/default/files/The">https://
- Central Coast COVID-19 Emergency Relief Services: <a href="https://thecccc.org.au/wp-content/uploads/2020/05/Central-Coast-Covid19-response-community-information-080520.pdf">https://thecccc.org.au/wp-content/uploads/2020/05/Central-Coast-Covid19-response-community-information-080520.pdf</a>
- Counselling and Support Services: <a href="https://www.esafety.gov.au/about-us/counselling-support-services">https://www.esafety.gov.au/about-us/counselling-support-services</a>
- Family Connect and Support: <a href="https://www.familyconnectsupport.dcj.nsw.gov.au/">https://www.familyconnectsupport.dcj.nsw.gov.au/</a>
- Ask Izzy: <a href="https://askizzy.org.au/">https://askizzy.org.au/</a>
- 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: <a href="http://www.conversationsmatter.com.au/">http://www.conversationsmatter.com.au/</a>
- 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: <a href="https://lifelinedirect.org.au/hunter/training/course?eventtemplate=1-asist-applied-suicide-intervention-skills-training">https://lifelinedirect.org.au/hunter/training/course?eventtemplate=1-asist-applied-suicide-intervention-skills-training</a>
- Suicide ideation in primary school-aged children (MHPN webinar): https://youtu.be/JbLrgaOFUUQ
- Project Air, Understanding Self-harm and Suicidal Thinking: <a href="https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow247517.pdf">https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow247517.pdf</a>

#### **Suicide and Social Media**

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

## **Vaping and E-Cigarettes**

- Positive Choices one-hour webinar recording on e-cigarettes and vaping delivered by Professor Hayden McRobbie: <a href="https://positivechoices.org.au/teachers/webinar-vaping">https://positivechoices.org.au/teachers/webinar-vaping</a>
- Positive Choices vaping factsheet for teachers:
   <a href="https://positivechoices.org.au/teachers/electronic-cigarettes-and-vaping-factsheet">https://positivechoices.org.au/teachers/electronic-cigarettes-and-vaping-factsheet</a>
- Positive Choices vaping factsheet for parents: https://positivechoices.org.au/parents/electronic-cigarettes-and-vaping-factsheet
- DARTA factsheet for teachers: <a href="http://darta.net.au/wordpress-content/uploads/2015/01/TEACHERS-E-CIGARETTES.pdf">http://darta.net.au/wordpress-content/uploads/2015/01/TEACHERS-E-CIGARETTES.pdf</a>
- Paul Dillon for The Catholic Weekly with an article written in August 2020 for parents:
   <a href="https://www.catholicweekly.com.au/vaping-sorting-out-fact-from-fiction-for-those-parents-struggling-with-the-issue/">https://www.catholicweekly.com.au/vaping-sorting-out-fact-from-fiction-for-those-parents-struggling-with-the-issue/</a>
- 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