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# WELL-BEING DURING COVID-19

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Resources to assist every member of the family during lock-down isolation



2020

DISCLAIMER: The writer of this document has collated from other available resources, information and knowledge of other creators and does not claim to own anything within the document.

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## INTRODUCTION

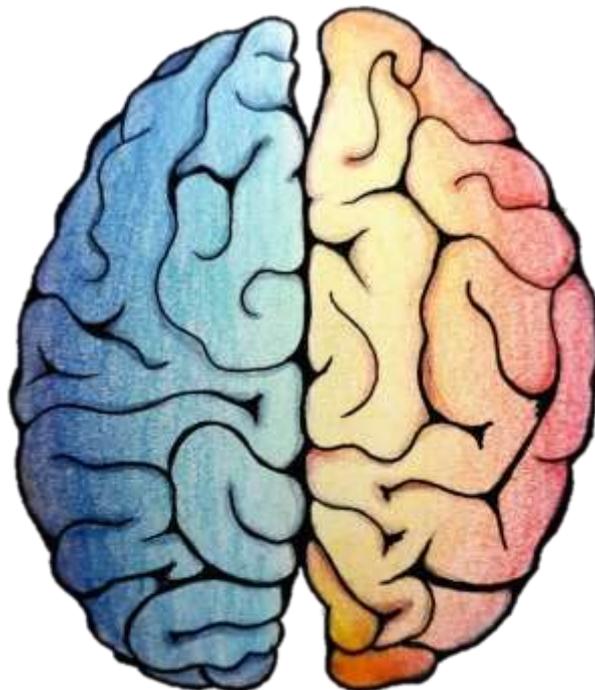
By now we all have all heard our fair share of COVID-19, what it is and its impact on our health and wellbeing.

This portfolio has been created to collate, collaborate and share helpful links and most importantly tips and tricks to having an OK wellbeing within this weird time of isolation and lock-down in a global pandemic.

To start just a little reminder what you are feeling is valid; this is a weird time that no-one was fully ready for, so being unsure, confused and frustrated are all valid feelings to be having. You are likely not alone in thinking and feeling the way you do. As lonely as you may be feeling right now it is likely there is someone out there feeling the same and in that we remember we are not alone.

The last portion of this document includes some extra resources and contacts of different organisations, services and hotlines that are available to assist in the best ways they can.

Enjoy the activities and resources within this portfolio, it is not designed to fix all your problems (if only) but rather to be a handy go-to document of different ideas, tips and tricks for both families and individuals. Just use the ctrl key on the keyboard whilst clicking the links to open them in web-browsers.



## PARENTS

By looking after yourself you are also looking after your children, no matter how old. Below are some of the areas that are important to ensure you explore for both self and your family.

### Sleep

Sleep is a fundamental to ensure one's mental health and wellbeing and allows for the mind to create a positive outlook and maintain perspective.

It is not about the length of your night's sleep but rather the amount of good quality "deep sleep" a person is able to get. Getting this much needed sleep can be affected by things like stress and anxiety, which currently is an issue for most of us.

Here are some ideas to help you get that much needed deep sleep:

#### **Calming exercises:**

This could be a good time to practice mindfulness or explore breathing exercises. This can be begun hours before bed with simple things like limiting nicotine, caffeine and alcohol, as well as limiting screen time.

#### **Consistent bedtimes:**

Routine, routine, routine! This will be discussed further later in the document, but routines allow for regulation of sleep and many other mental health and wellbeing factors.

#### **Getting out of bed:**

It is recommended not do anything other than sleep whilst in your bed. Being able to separate bedtime from other activities can assist in ensuring a good night's sleep.

You can find out more about these tips below:

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/tips-for-getting-a-good-nights-sleep.html>



## Stress

Some stress is a normal valid response to what is going on, but when it becomes consuming it can reduce your mental health and wellbeing.

Beyond blue discuss the 7 ways to reduce stress:

1. Postpone major life change
2. Resolve personal conflicts
3. Do the things you enjoy
4. Control your workload
5. Exercise regularly
6. Get support
7. Remember to relax

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/ways-to-reduce-stress-during-the-coronavirus-pandemic.html>

## Relaxation

So how does someone relax with everything going on?

There are different exercises you can do to help relax. Sometimes other activities can also help you to relax, such as physical activities (yoga, Tai Chi etc.) mindfulness, art activities or even finding a new hobby that suits your personal interests. Even if you aren't good at it, practice makes perfect!

Beyond Blue using a technique called "box breathing" linked below

<https://youtu.be/woQPHciR5ec>

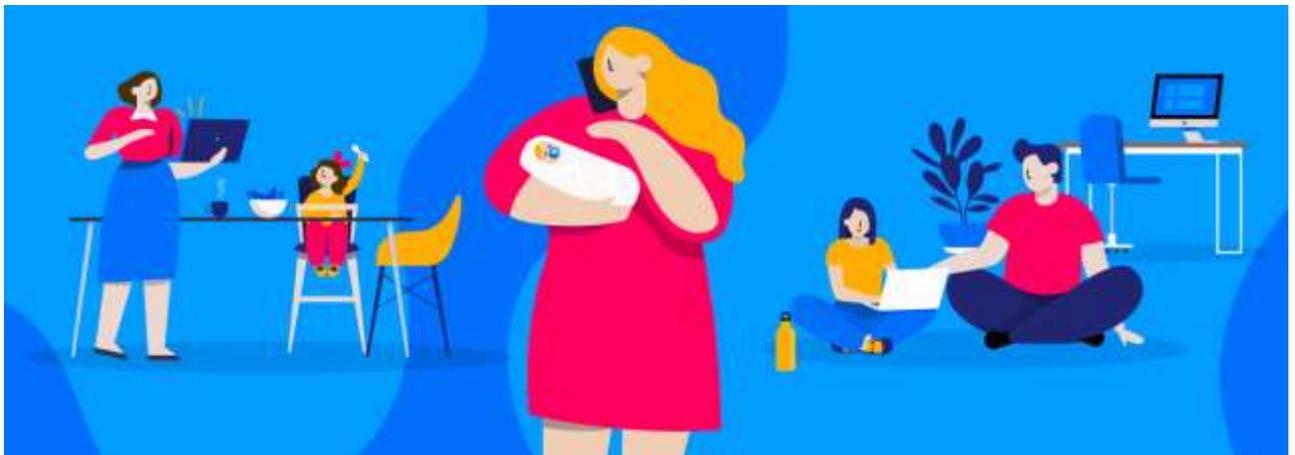


<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/relaxation-exercises.html>

### WFH as a carer/ parent

Working from home (WFH) during this pandemic can be overwhelming and raise unique challenges within the household. This can be magnified by having children at home who are doing distance learning and require attention through-out the workday. Balancing your workload and your children is a challenge. Below is a link from Beyond Blue that gives a few tricks you can use to start to adapt to working from home for you and your family:

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/working-from-home-as-a-parent-or-carer.html>



Another recommended suggestion is to put in place positive reinforcements for your children to ensure productivity and effective work and school days. By celebrating small wins, it can boost morale in the household.

Reward charts are a great way of doing this with children possibly up to 11 years of age (could be adapted to accommodate older age groups) and at a minimal cost (depending on how you wish to go about it). You are then able to decide the activities/ chores/ behaviours that are rewarded. When a certain amount is completed at the end of a time period a larger reward is given. Below are links that further explain this strategy:

<https://positivepsychology.com/parenting-positive-reinforcement/>

The following page is a visual example of many different templates. They are free to download using the following link:

<https://templatelab.com/reward-charts/#How to make a reward chart>

TIP: Before you write on this page, make a few photocopies to keep.

# MY REWARD CHART



THIS CHART  
BELONGS TO:

.....  
.....



**TASK**

Mon Tues Wed Thurs Fri Sat Sun **TOTAL**

	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							

<p>When I reach my goal of _____ smiley faces, my reward will be:</p> <input style="width: 100%; height: 50px;" type="text"/>	<p>When I reach my goal of _____ smiley faces, my reward will be:</p> <input style="width: 100%; height: 50px;" type="text"/>	<p>When I reach my goal of _____ smiley faces, my reward will be:</p> <input style="width: 100%; height: 50px;" type="text"/>	<p>When I reach my goal of _____ smiley faces, my reward will be:</p> <input style="width: 100%; height: 50px;" type="text"/>	<p>When I reach my goal of _____ smiley faces, my reward will be:</p> <input style="width: 100%; height: 50px;" type="text"/>
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Young children do better with immediate rewards. For example, if you're taking them for ice cream as a reward, give them a coupon with "Out for ice cream" written on it.   
Trudy Coetzee, teacher at Prestwich Primary, Cape Town.



**parents' guide to using a reward chart**

This is a parenting tool you can use to praise your kids and encourage them to do chores or homework without having to nag. Here's how to use it most effectively:

- Involve your child** before you start using a reward chart – s/he must want to do the task and understand how the chart is going to work.
- List your child's** daily chores in the "Tasks" column. You can use a reward chart to tackle everyday activities, from tidying up to doing homework. Make sure each task is simple, specific, measurable and achievable.
- Draw stars or smiley faces** or use stickers in the corresponding boxes to show when a task is complete. If it hasn't been done, draw a sad face ☹ or make a cross.
- Rewards should be** small treats – just think how excited kids get over the free toys found in some cereal boxes, for example.
- Stay positive and** focus on praising success. Never take away stickers or rewards.

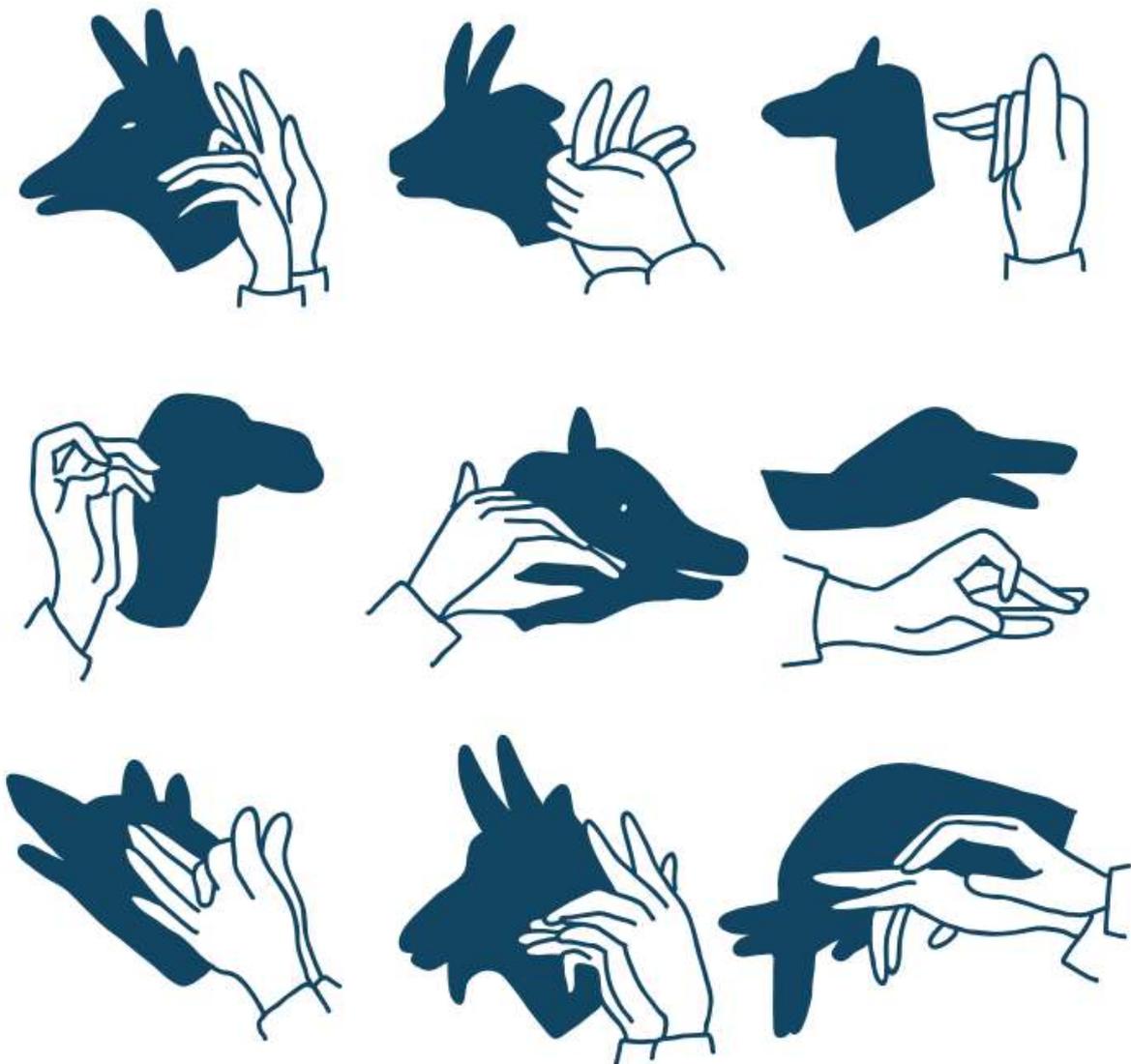
## Activities and games to play as a family

Most activities and suggestions within this document can be adapted so that all members of the family can participate together, but here are some more ideas for full family fun- especially if you have both teenagers and children in your household; both inside and outside:

<https://www.banyuleyouth.com/free-things-do-online>

<https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Evacuation-activities-for-children-and-adolescents.pdf>

An example of this is playing "shadow puppets" using a dark room/ space with a single torch. You manoeuvre your hands to try to create animals or other shapes for the family to guess similar to charades or Pictionary.



## YOUTH

Here are some links to youth specific resources relating to dealing with COVID-19 as a young person:

- <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- <https://au.reachout.com/articles/connecting-during-coronavirus>
- [https://studentvoicehub.org.au/blog/faq-covid19-and-term-2/?utm\\_source=YACVic+newsletters&utm\\_campaign=95c466453a-EMAIL\\_CAMPAIGN\\_2020\\_03\\_30\\_11\\_21\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_8ad3196cbd-95c466453a-103191701](https://studentvoicehub.org.au/blog/faq-covid19-and-term-2/?utm_source=YACVic+newsletters&utm_campaign=95c466453a-EMAIL_CAMPAIGN_2020_03_30_11_21_COPY_01&utm_medium=email&utm_term=0_8ad3196cbd-95c466453a-103191701)

## CHILDREN

Keeping your child entertained whilst confined inside the house can be difficult. Here are some resources providing ideas that you may not have thought of as yet. These resources relate to distance learning, activities to keep them entertained and organisations/ locations providing online activities:

- <https://raisingchildren.net.au/guides/activity-guides>
- <https://education.abc.net.au/home#!/home>
- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-can-i-keep-my-children-entertained-nav-title>
- [https://www.natgeokids.com/au/category/discover/?\\_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19](https://www.natgeokids.com/au/category/discover/?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19)
- [https://museumsvictoria.com.au/scienceworks/at-home/play/?\\_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19](https://museumsvictoria.com.au/scienceworks/at-home/play/?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19)
- [https://raisingchildren.net.au/newborns/play-learning/play-ideas/why-play-is-important?\\_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19#preschoolers-play-ideas-to-encourage-development-nav-title](https://raisingchildren.net.au/newborns/play-learning/play-ideas/why-play-is-important?_cldee=ZnljY29tbXVuaXR5c3VwcG9ydEBwb3J0cGhpbGxpcC52aWMuZ292LmF1&recipientid=contact-6a4f535be904ea11a811000d3a795728-286f42eed5104e72b5469d567ac2091a&esid=6957772c-3ac2-ea11-a812-000d3a795c19#preschoolers-play-ideas-to-encourage-development-nav-title)
- <https://www.itsybitsychef.com.au/> (at cost)

## ART

Art activities are a great way to keep preoccupied inside both alone and with the whole family. They can be used as mindfulness activities, bonding activities or just to stop boredom. The best thing about art is that you can adapt it to fit an individual and the materials you have available. Below are links to classes for all ages as well as ideas and examples of art projects:

- <https://www.banyuleyouth.com/art-home>
- <https://www.banyuleyouth.com/all-about-art>
- <https://www.ngv.vic.gov.au/learn/>

- <https://www.ngv.vic.gov.au/courses/>
- <https://www.ngv.vic.gov.au/channel/>
- <https://www.gallery247.com.au/art-classes>
- <https://www.fatherly.com/play/online-art-classes-kids-drawing-painting-crafts/#:~:text=Skillshare%20Online%20Art%20Classes,cat%20and%20a%20puppy%20dog.>
- <https://artventure.com.au/>
- <https://www.kitchentableclassroom.com/online-art-classes-for-kids/>
- <https://www.parents.com/fun/arts-crafts/free-virtual-drawing-classes/>
- <https://artfulparent.com/taking-online-art-classes/>
- <https://www.thoughtco.com/free-online-drawing-classes-1098200>



## PHYSICAL ACTIVITY

Staying active may be hard during isolation but it is important for a person's wellbeing to get some physical activity in to burn off built up energy. Any type of movement is recommended but below are more ideas for everyone to get their heartrate going:

- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-do-i-keep-my-children-active-nav-title>
- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/how-to-stay-active-during-a-pandemic.html>

- <https://www.beyondblue.org.au/get-support/staying-well/keeping-active/>
- <https://www.banyuleyouth.com/fitness-home>
- <https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>

One great indoor/outdoor activity that allows for movement and increase in heart rate is yoga. Yoga can be done at any level of ability, by individuals and groups and equipment is not needed. Below is an example of how to relate yoga to children:

## OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



**I am a dolphin.**  
DOLPHIN POSE



**I am a crab.**  
TABLE TOP POSE



**I am a turtle.**  
TORTOISE POSE

© Kids Yoga Stories.

## FOOD

### Mindful Eating

Mindful eating is an alternative way to practice mindfulness, allowing you to check in with your body and self, whilst eating some of your favourite foods. Smiling mind provide steps in how to practice mindful eating:

<https://blog.smilingmind.com.au/how-to-practice-mindful-eating-in-5-steps>

## Recipes

Being home and needing to cook more often can cause complaints and repetitive food choices, and leading to bad food choices. Below are explanations of the importance of eating well during isolation and multiple recipes to check out to ensure variety and healthy options that you do not need to go searching for hours for:

- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/the-importance-of-eating-well-during-the-coronavirus.html>
- <https://www.eatforhealth.gov.au/guidelines>
- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-do-i-help-my-children-to-keep-eating-well-nav-title>
- <https://headspace.org.au/blog/the-best-foods-for-mental-health/>
- <https://foodandmoodcentre.com.au/resources/>
- <https://www.banyuleyouth.com/healthy-eating-cooking-home#toc-seven-recipes-you-can-make-in-five-minutes>
- <https://www.banyuleyouth.com/healthy-eating-cooking-home>

Making food fun and exciting for your kids can entice them into eating things they normally would not. Here is an example of how you can adapt this to suit your family (even get the kids involved in making themselves):



### **Apple Monsters!**

*Using:*

- Cut up Apples of your choice
- Grapes sliced into multiple round pieces
- Red Grapes sliced longways
- Chocolate chips
- Peanut butter (or similar spreads) used to stick pieces together
- Puffed rice cereal (or oats)

## Routine

Creating structure can be linked to supporting both your and your children's mental health. Raising Children has provided some great resources to enable behaviour management and tools to create routine within the household:

<https://raisingchildren.net.au/toddlers/behaviour/behaviour-management-tips-tools/routines>

This can be tied back to the positive reinforcement discussed previously with the behaviour chart. Another example is a daily task chart that can be ticked off as the day goes. This can be done at the start of the week or beginning of each day. Some samples of how these charts can look below:



Morning Routine for \_\_\_\_\_

	Wake up!	
	Get dressed	
	Eat breakfast	
	Brush teeth	
	Wash face	
	Comb hair	
	Pack bag	

Courtesy of Priceless Parenting, <http://www.PricelessParenting.com/>



More free printable routine charts available at <https://www.pricelessparenting.com/chart-for-kids>

# MY GREAT DAY CHECKLIST



## MY MORNING ROUTINE

- I made my bed.
- I brushed my teeth.
- I ate a healthy breakfast.
- My backpack is packed, ready and by the door.
- My mantra to have a great day is: \_\_\_\_\_

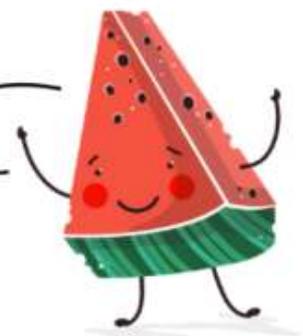
## AFTER SCHOOL



- Tonight's homework/practice is: \_\_\_\_\_
- Chores I need to do today are: \_\_\_\_\_
- I will make time to move my body by: \_\_\_\_\_
- I will spend some screen-free creative/quiet/reading time at: \_\_\_\_\_

## CHECKING IN WITH MYSELF

- Today I feel/felt: \_\_\_\_\_
- This was a positive about my day: \_\_\_\_\_
- This was a kindness I did or witnessed today: \_\_\_\_\_
- My goals for tomorrow are: \_\_\_\_\_
- My gratitudes today are:
  - Gratitude #1: \_\_\_\_\_
  - Gratitude #2: \_\_\_\_\_
  - Gratitude #3: \_\_\_\_\_



- I will reflect on my gratitudes right before I sleep.



FIND MORE FREE RESOURCES AT [THEROOTEDFAMILY.COM](http://THEROOTEDFAMILY.COM)

## Media/ Information Overload

Stay informed by reputable sources instead of opinions and perspectives of others. Get the information you need to stay informed and prepared for restrictions without the extra concerns and worries that can add to the anxiety of you and your family.

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/avoid-news-overload-with-the-sift-technique.html>

## Staying Connected

Staying connected socially with people outside your household and workplace can be difficult during this pandemic. Similar to traumatic experiences, being in isolation creates barriers to social interactions that were never considered before. It can also be that you just don't have the energy after a busy day with the kids, schooling or work to interact with others, but staying engaged with others in your life is important to helping feel supported and part of the community.

Phoenix Australia has a little clip that talks a little more about social connectivity:



<https://www.recoveryonline.org.au/connection>

The resources within this document also lead to organisations that can assist further in remaining socially connected. There are online forums and other suggestions to not only connect with people you already know but with others that may be going through similar situations as yourself.

Face-to-face interactions may be limited now but Telehealth is a great substitute for the moment. Telehealth is the word professionals and organisations are using to explain how interactions with these health professionals are carried out. Telehealth can include phone conversations, video calling and all other forms of technology to replace these face-to-face appointments.

## CONFLICT MANAGEMENT

Being locked up in one place with the same people can cause an increase in conflict and tension. This is normal with an increase of emotions for those living under

one roof. Below are some resources to help explore resolutions and tips to reducing these family conflicts:

- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation#how-can-i-manage-sibling-conflict-nav-title>
- <https://childmind.org/article/parenting-disagreements-during-covid/>
- <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/working-from-home-as-a-parent-or-carer.html>

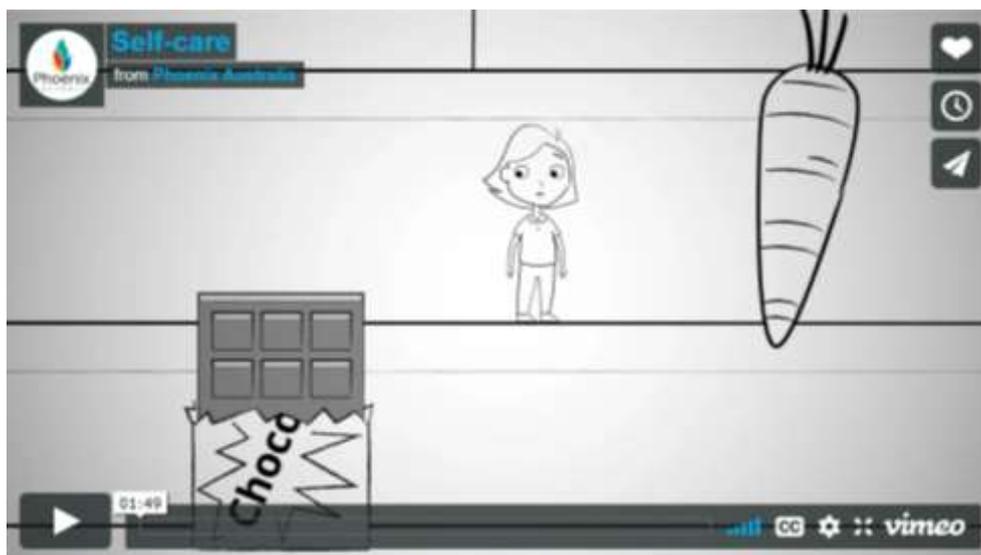
## SELF-CARE/ CHECKING IN WITH SELF

### What is self-care?

Self-care is all about taking a moment to check in with yourself, nurturing both your physical and mental wellbeing. Self-care can be whatever works for you, from 10minutes of mindfulness breathing to physical exercise. It can be anything that will promote your own personal wellbeing.

When people hear “Self-care” people are likely to automatically think of meditation and breathing exercises. These can be a good option and there are different varieties aimed towards different people and lifestyles. There may be mindfulness activities that you don't normally think of. Below are different links to a variety of different types of self-care and mindfulness.

First check out this video from Phoenix Australia that discusses self-care post-trauma and recovery:



<https://www.recoveryonline.org.au/self-care>

A little self-care activity to look at is creating a **Self-care box** with things you already have at home. This can be done on your own or as an activity for each member of

the family. Decorating the box or things that go into can make it feel more like something individual to the person.



Examples of this can be quotes that motivate you, tea, craft materials, soft toys etc. It can be anything that makes you feel good and helps relax you to be able to check in with yourself.

Below is a link that further explores this activity along with other ideas:

<https://www.banyuleyouth.com/wellbeing-self-care>

There are multiple apps and websites that can assist with whatever self-care activity you decide works for you. Here are 10 tips from Reach out that can assist in taking care of yourself during COVID-19:

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

## Mindfulness

As mentioned, Mindfulness in all its different forms can be ideal ways to self-care and ensuring you are checking in with your mental and physical health. How you practice your mindfulness and self-care is a personal preference, so it is important to have plenty of options to find what suits best. It can be something as simple as noticing your breath, to drawing a whole picture.

Child mind explores this further in the below link:

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

## Mindfulness Apps-

### **Smiling mind-**

interactive games and images relating to mindfulness targeted towards young people and adults

<https://www.smilingmind.com.au/smiling-mind-app>

### **Insight Timer**

Free app focusing on assisting with sleep, anxiety and stress including playlists, timers and activities for kids.

<https://insighttimer.com/>

### **Stop, Breathe & Think**

Mindfulness activities to relieve stress, assist with sleep and to calm emotions

Adults: <https://my.life/>

Kids: <https://www.stopbreathethink.com/kids/>

### **Breethe**

Meditation app with guided meditations, music, personalised recommendations and a program to learn how to start meditating

<https://breethe.com/>

### **Buddhify**

A meditation app designed to fit into a modern lifestyle, categorised to fit by what you are doing and or feeling at the time

<https://buddhify.com/>

### **Headspace (for adults and kids)**

Interactive guides to everything assisting in a healthy mind.

<https://www.headspace.com/>

## RESOURCES/ CONTACTS

### General Wellbeing

Local council's Facebooks/ websites/ youth services have further information on online events, groups, activities, resources and programs in your area.

Local libraries along with state and national libraries also have handy resources, activities and tips/ tricks for families of all ages.

### **Berry Street**

Providing extra tips and tricks to help young people and children during COVID-19. Links for further resources.

<https://www.berrystreet.org.au/covid-19-resources>

**Beyond blue**- fact sheets, resources, support groups/ forums

### **beyondblue.org.au**

<https://coronavirus.beyondblue.org.au/i-need-support-now.html>

<https://www.beyondblue.org.au/get-support/newaccess>

### **Phoenix Australia**

<https://www.phoenixaustralia.org>

**Reach Out**- fact sheets, resources, forums etc.

<https://au.reachout.com/>

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

**Black Dog Institute**- fact sheets, resources, forums etc.

<https://www.blackdoginstitute.org.au/education-services/>

### **World Health Organisation (WHO)**

[https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706\\_2](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_2)

### **Head to Health**

<https://headtohealth.gov.au/>

### **Mind Spot**

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

### Apps & Programs

<https://divethru.com/> Journaling app

<https://preventionunited.org.au/programs-and-resources/pip/>

Free, online parenting program. Protect your teenager's mental wellbeing and reduce their risk of experiencing depression and anxiety.

### Parents & Families

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

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

## COVID-19

### **Coronavirus Health Information Line**

1800 020 080

### **Coronavirus hotline**

1800 675 398

### **Health direct & GP hotline**

1800 022 222

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## Domestic Violence/ Abuse

### **Safe steps**

24/7 crisis service on 1800 015 188. Or email [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au).

The safe steps web chat support service is available Monday to Friday, 9am to 9pm

<https://www.sacl.com.au/>

### **Sexual Assault Crisis Line**

1800 806 292

<https://www.withrespect.org.au/>

## Emergency Numbers & Healthcare Child Protection

### West Division Intake

1300 664 977

### After Hours

13 12 78

### **Crisis & Emergency Accommodation**

1800 825 955

### **Nurse on Call**

1300 606 024

### **Psychiatric triage**

1300 363 746

### **Translating and Interpreting Service**

13 14 50