

## Resources to promote help seeking in the lead up to the school holidays

### **For All**

- Be You support services infographic access [here](#)

### **For all students**

- headspace [How to stay healthy over the holidays](#)
- headspace [Tips for a healthy headspace](#)
- headspace [Healthy headspace Action Plan](#)
- headspace [How to help a friend going through a tough time](#)
- Reach Out [Helping friends](#)
- Reach Out [Ways to chill for cheap](#)
- If your friend is not okay click [here](#)
- e-headspace flyer click [here](#)
- How to handle a tough times, [PDF here](#).
- You can find a variety of other headspace factsheets [here](#).
- [13YARN](#) Aboriginal and Torres Strait Islander Support – Crisis line

It can also be useful to have some information available about what to expect when receiving support online or phone, such as:

- Reach Out's video about [‘What happens when I call a helpline?’](#)
- Reach Out's factsheet [‘How to call a helpline’](#)

### **Work and Study Support**

- headspace Work and Study Programs support 15-25-year-olds to plan a career, find employment or work towards further education access here: [Work and Study Program](#) and [Career Mentoring Program](#).

This information would also be helpful for parents of Yr. 12 students

### **For all parents**

- Headspace [Keeping healthy over the holidays - for friends and family](#)
- Telephone support: Parentline NSW 1300 1300 52- Information relating to older children [can be found here](#)
- [Parentline](#) has tips and advice around a range of topics that can assist parents in supporting young people

- [Head to Health](#) is a go to place to help you find information, services and resources to help yourself or your young person.
- Reach Out has [tips to support teenager wellbeing](#)
- BeyondBlue has some tips on [Supporting healthy home and habits](#)
- [Beyond Blue](#) also has some practical tips on how to start conversations when you are worried about your young person

### **Grief resources for students and parents**

- Adolescents and Grief for parents and carers click [here](#)
- Telephone support: [Grief line](#) 1300 845 745
- Understanding Grief and Loss click [here](#)

### **For Staff**

- Staff Grief – [Supporting self and others](#)
- Reminder of EAP supports available and how to access during the holidays