

Some Resources and Tips for Parents

This information has been put together to assist you in supporting your young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Please keep this sheet handy.

Here's a link where you can find some ideas for activities and stress breakers during the holidays.

www.community.nsw.gov.au/docs_menu/parents_carers_and_families/parenting/school_holiday_parent_kit.html

Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

(From 'Support your young person during the school holidays')

Here are some resources and services that you or your young person can access:



These factsheets contain some very helpful information:

'Support your young person during the school holidays' headspace School Support Factsheet:
www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'If your Friend is not okay' - a resource for young people to encourage them to seek help if they are worried about a friend.

www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and in live WebChat. **Telephone: 1800 55 1800** or www.kidshelpline.com.au

The **Kids Helpline website** has separate sections for kids 5-12 years old (including dealing with holiday hassles), for teens 13-25 (including managing relationships; what happens after school; if you are concerned about suicide and someone you know), and for parents and carers (including understanding grief and loss).

-
- **Lifeline**
24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au
 - **Suicide Call Back Service**
24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au
 - **e-headspace**
Online counselling for young people 12 to 25 years – www.eheadspace.org.au
 - **Mindhealthconnect**
Website aggregates mental health resources and content from the leading health organisations
www.mindhealthconnect.org.au
 - **beyondblue: National depression initiative**
24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au



The Mental Health Line is a single number, state-wide 24 hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief (www.goodgrief.org.au/assistance) - information on children and grief, young people and grief, and supporting someone who is grieving.



Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.