

ATHOL ROAD PRIMARY SCHOOL
Tips for supporting children to cope with coronavirus anxiety



- Avoid exposing your child or yourself to a lot of negative information about the coronavirus. Excessive negative messages will increase anxiety and is not a helpful coping strategy.
- Ensure that you follow approved government information and stick to the facts by avoiding social media or ill-informed reports on the impact of the virus.
- Children are like sponges and will absorb the information and mood that is around them. Research shows that being open and honest with children is the best way to help them cope with serious situations.
- Sharing information prevents children from imagining worst case scenarios or blaming themselves for things that are out of their control.
- Try not to overload children with too many details by giving them small amounts of information. Make sure you give them the chance to ask questions and provide them with factual responses aimed at reassuring them rather than creating more anxiety.
- Maintain a calm and practical approach. Keeping good hygiene and following government guidelines will provide the best protection for you and your family.

If you need further support to manage the impact of the Coronavirus, please contact the relevant support services listed here.

Health and Community Support Services and Resources

Beyond Blue

Mental health support around dealing with the Coronavirus or any other mental health issue. Open 24 hours, 7 days a week.

Phone: 1300 22 4636

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

Kids help line

Information and support for children and parents around a wide range of wellbeing related issues.

Ph: 1800 551 800

Website: <https://kidshelpline.com.au/>

Raising Children

A website with information about a range of parenting and children's health topics, including supporting children's mental health.

Website: <https://raisingchildren.net.au/>

Parentline

Assistance with any issue to do with parenting and your relationships with your child.

Phone: 13 22 89

Website: <https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx?Redirect=2>

1800 Respect

Family violence counselling and referral. 24 hours, 7 days a week.

Ph: 1800 737 732

Website: <https://www.1800respect.org.au/>

Safe Steps

Family violence support service. 24 hours, 7 days a week.

Phone: 1800 015 188

Website: <https://www.safesteps.org.au/>

MensLine Australia

A telephone and online support, information and referral service helping men to deal with relationship problems in a practical and effective way

Ph: 1300 78 99 78

Website: <https://mensline.org.au/>

Head to Health

An innovative website that can help you find free and low cost, trusted online and phone mental health resources

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

Relationships Australia Victoria

A provider of relationship support services for individuals, families and communities

Phone: 1300 364 277

Website: <https://www.relationshipsvictoria.com.au/>