

Mental health and wellbeing resources for students and parents

**Maximising student wellbeing
during their time at Nossal**

Introduction

Nossal High School students are resourceful and resilient. However, they are still young people, adolescents, working at bridging the gap from childhood to adulthood.

The adolescent brain functions quite differently to the adult brain; e.g. research shows its ability to control impulses and make rational decisions is underdeveloped.

Nossal students must grapple with life's challenges and dilemmas just like other young people. **They make mistakes**—‘opportunities for learning’—like everyone else.

They need support from parents and other adults to find their way through life's challenges and dilemmas. Nossal High School's wellbeing team is here to help, but **parents and family are a student's first and best personal wellbeing resource.**

Sometimes the challenge is too much for all to bear and both parents and students need professional help.

The Nossal wellbeing team produced this resource booklet to help you help your son or daughter.

The resources listed here are in no way an exhaustive list. They are the best, the most relevant, accessible, and user-friendly known to us. We highly recommend those services and sites highlighted in blue.

Some are hard to put under one heading alone as they offer services, advice and information that sits in more than one area. Surf till you find what works best for you.

If you can't find what you need here, call the school (8762 4600) and ask to speak the student wellbeing counsellor.

NOSSAL WELLBEING RESOURCES

Mental health

www.headspace.org.au

Headspace is Australia's national youth mental health foundation that helps young people going through a tough time.

www.eheadspace.org.au

eheadspace provides phone and online counselling 24 hours a day for young people and their families via this website or **1800 650 890**.

www.sane.org

SANE's fact sheets are a great place to find basic information about mental illness.

www.kidshelp.com.au/teens

This is the website but a young person can phone **1800 55 1800** for counselling about any problem.

www.itsallright.org

Stories of teenagers dealing with the challenge of living with mental illness in their families

www.oyh.org.au

Orygen Youth Health is a specialist clinical youth mental health service based in Melbourne.

www.inspire.org.au

Inspire's ReachOut program helps young people to get the help they need for their mental health.

www.mentalhealthonline.org.au

Mentalhealthonline is a clinical service that enables someone to undertake a psychological assessment and then either self-help or begin online therapy with a clinician.

Panic and anxiety

www.arcvic.org.au

The Anxiety Recovery Centre provides all kinds of support for people and families living with a wide variety of anxiety disorders: call **1300 ANXIETY**.

www.ecouch.anu.edu.au

ecouch is a good example of a site (and service) that offers a lot more than just support about panic and anxiety.

NOSSAL WELLBEING RESOURCES

Depression

<https://moodgym.anu.edu.au/welcome>

moodGYM is a self-help site where people can learn cognitive behaviour therapy skills for preventing and coping with depression.

<http://www.beatingtheblues.co.nz/>

Prefer a Kiwi version of moodGYM?

<http://www.biteback.org.au/>

BiteBack is specifically for young people with mood disorders like depression.

www.blackdoginstitute.org.au

Black Dog is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

<http://www.blackdoginstitute.org.au/healthprofessionals/map/overview.cfm>

Black Dog's mood assessment program (MAP) helps identify depressive sub-types, and lifestyle and environmental factors contributing to depressive illness.

www.ecouch.anu.edu.au

ecouch offers support about panic, anxiety and depression.

Bullying

There are countless bullying and anti-bullying websites and programs. We are listing just one as it is a collective effort.

www.bullyingnoway.gov.au

Bullying No Way! is managed by a national collective of peak bodies in education, representing all state and territory governments, and Catholic and independent schools.

GLBTI (mental) health

www.switchboard.org.au

Confidential, anonymous telephone counselling, referral and information for gay, lesbian, bisexual, transgender and intersex (GLBTI) people online or **9663 2939** (Melbourne) or **1800 184 527** (country).

Mindfulness

There are downloadable books on mindfulness specifically for young people. Use your favourite browser to find them.

- *Fully present* by Susan Smalley and Diana Winston
- *The mindful child* by Susan Kaiser Greenland

NOSSAL WELLBEING RESOURCES

Anger management for teenagers

<http://www.stride.org.au/revved-up.aspx>

The Stride Foundation's *Revved Up* program deals specifically with anger in boys, but Stride's programs are for all students.

www.liferesolutions.com.au/we-help-people-with/anger-management

Life Resolutions is a network of specialising psychologists, anger management being one speciality. Go to the website or call **1300 637 450**.

<http://www.angermanagement.com.au/teen-anger-management.html>

Anger Management run courses. Go to the website or call **1300 300 579**.

<http://www.cyh.com.au/Search/SearchResults.aspx?p=88&site=0&s=anger>

The links on this page of the Women's and Children's Health Network website should get you to the most relevant information on managing anger at all ages.

For children whose parents have separated or divorced

<http://au.reachout.com/Dealing-with-divorce-and-custody>

This page on the Reachout Australia website leads to other useful links about separation and divorce.

www.chatfirst.com.au

The site has areas for children, teens and parents to help when parents divorce.

www.familyrelationships.gov.au/BrochuresandPublications/Pages/ChildrenAndSeparationBooklet.aspx

This Australian Government website information page will tell you everything official about separation and children.

Sexual assault

www.secasa.com.au

The 'SE' in SECASA stands for South-Eastern (Melbourne) and this is the site for anything and everything to do with sexual assault; SECASA Youth can be contacted on **9594 2289**.

www.burstingthebubble.com

The website's sponsor is not identified, but it's about domestic violence and abuse, including child abuse and sexual abuse.

Disabilities and homelessness

www.wesley.org.au

For someone without a bed for the night, Wesley is the first port of call in Melbourne.

Suicide prevention

The Cities of Casey and Cardinia have borne more than their fair share of youth suicides in recent years. Suicide contagion specific to areas of prevalence has been acknowledged for some time. The following websites and phone numbers are important resources.

www.sayft.net

A suicide awareness toolkit for parents, professionals, and young people

www.suicideprevention.com.au and www.aftersuicide.com.au

These sites are presented by the Australian Suicide Prevention Foundation.

www.suiceline.org.au

A Victorian government initiative that provides immediate counselling on 1300 651 251.

www.lifeline.org.au

This is the website when someone is considering suicide; they can call **13 11 14** for crisis support.

www.livingisforeveryone.com.au

This site is the national clearinghouse—research, resources and information—on suicide and self-harm.

www.suicidepreventionaust.org

Suicide Prevention Australia is the national peak body for the suicide prevention sector in Australia.

Apps

Apps for tablets and smartphones are designed for just about everything to do with mental health and wellbeing. By their nature they are tools and resources for immediate use.

Some apps are available for both iPhone and Android, some for only one platform. Things change rapidly; check for both. You never know.

Stress, anxiety and panic

calm.com is described as a sanctuary in your pocket. It's all about relaxation and meditation using visual imagery and calming sounds. (Free)

Smiling mind describes itself as modern meditation for young people. Its aim is calm, clarity and contentment. (Free)

Worry box, anxiety self-help is a virtual box to contain your worries. It's like an interactive diary, but it also asks questions about whether the worry is controllable or important. (Free; Android only)

Let panic go is an app for use by someone having a panic attack. (Free)

Anxiety free relies on more than meditation: hypnosis. It provides 30 minutes of audio used to place your mind in an ultimate relaxed state. (Free; iPhone only)

Breathe2Relax is diaphragmatic breathing exercises for anyone who feels a panic attack coming on. It's also recommended for anxiety, anger management, and mood stabilisation. (Free; iPhone and Android)

Depression

MoodKit offers CBT 'homework' for young people to improve their mood, recording events and feelings, and rating their mood along the way.

Better sleep

Relax melodies is 46 pieces of music to help those who can't sleep, or are anxious about getting to sleep, to do it better. (Free; iPhone and Android)

Nature sounds relax and sleep has a wide selection of nature-inspired sounds like waterfalls and ocean waves to take your focus away from anxious behaviours and lure you to sleep. (Free; Android only)

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Calming music to simplicity is a music app designed to relieve stress and encourage sleep using nine ancient balancing tai chi practices and related Chinese music. (Free; Android only)

DeepSleep incorporates guided meditation to help overcome insomnia It can be customised and has an alarm for waking up.

Sleep Time estimates rapid eye movement (REM) sleep cycles while you sleep to help someone gain a better understanding of their sleep habits.

Medication

Pillboxie reminds reminders for people to take their medication.

Mindfulness

So many we don't where to start. See the *Stress, anxiety and panic* apps above for starters.

Brain games

Simply type **apps to develop brain agility** into a search engine and see what you turn up.

Body image

Body Beautiful promotes positive body image and self-esteem among women and girls.

Self-injury

iCope, developed by mental health nurses, offers alternatives to deliberate self-harm by providing practical and easy steps to distract, displace and seek-help. (Free; iPhone only)

iCounselor

This a range of apps for iPhone, each focusing on a particular condition. They include:

- anger management
- obsessive-compulsive disorder
- eating disorders

Resilience

SuperBetter is an online game that supports young people to achieve health-related goals by increasing resilience.

Youtube

Youtube is a resource that that wellbeing staff at Nossal have just begun to explore. Youtube contains an almost infinite number and variety of clips, information, and misinformation about health and wellbeing. As we find clips we might recommend to you, we will do so.

You can do your own research by typing any of headings on the above Apps pages into the Search box on Youtube.

The following have been recommended to us from a trusted and reputable source.

- www.youtube.com/watch?v=YW-TDOgstSE (Mindfulness Meditation)
- www.youtube.com/watch?v=1jByfWOLmjo (Squirrels Video for Coping Step Plans and Support Teams)
- www.youtube.com/watch?v=4GO2xz0L9gQ (Michael Mc Intyre – Children Leaving the House in the Morning)
- www.youtube.com/watch?v=-JLOXg6YTIk (Helpful and Unhelpful Thoughts, Problem Solving and Adaptive Coping)