



CRANBOURNE  
SECONDARY COLLEGE

reminder:  
 take care  
of yourself!

## Top tips for students whilst remote learning

### 1. We stay calm

It's important to acknowledge your feelings and choose what you will focus on.

Whilst it's easy to get caught up in worriers you may benefit from reminding yourself to stay focused more in the present – what can I achieve today? What do I need to focus on? Rather than entertaining too much thinking about what the future holds. Remind yourself all students are in the same position as you, beginning remote learning, so therefore your studies will not be disadvantaged. Concentrate on getting work done, as well as the other positives in your life

### 2. We practice self-care

It's important to look after yourself physically and emotionally whilst studying at home.

Ensure you get a good night's sleep, eat healthy and get outside for some exercise. Stretch between tasks. Self soothe by reassuring yourself that you will manage things a day at a time. Try using relaxation techniques like mindfulness, deep breathing or meditation to manage any worries. Figure out what types of activities help you to relax – drawing, music, journaling, watching videos, exercise – we all have different ways of taking care of ourselves.

### 3. We take breaks from social media and the news

Take a break from the news and social media, especially if you are already feeling overwhelmed. Avoid anything that adds to your worries. Rather think about what positives you can access on social media, like positive news stories and uplifting stories instead. Choose who you are relating to carefully. Speak with friends who reassure and calm you, rather than stress you.

### 4. We continue to socialise with our family and friends (Safe Relating)

Challenge yourself to ask "who can I safely relate to? What new methods can I use to relate to friends that keep me connected and feeling happy? What mediums are safe for me to use....? What should I avoid in order to keep negatively out of my day? It's very important to stay connected as we are all social beings. A quick chat with peers, a phone call, or a study chat group are all examples of staying connected for our wellbeing through the act of safely relating.

## 5. We are physically active each day

Try to maintain day to day activities as much as possible and add in activities that you enjoy to break up study and to allow your body to move. Stretch, use a punching bag, make up an exercise program, practice yoga, go for a run or bike ride if you are allowed, walk the dog. These activities will help you then refocus on the work that needs to be done.

## 6. We tell a trusted adult if we feel unsafe (we seek support)

If you are struggling or come across a problem, do not be afraid to ask for support or help. This could be from friends, family, school staff or other community organisations. We all, including adults, require support from time to time, especially in new situations and circumstances which are bound to challenge us.

**For students** - whilst we are not physically at school there are many supports available. Start by connecting with your Pastoral Care teacher, class teacher, or Year Level Coordinator and they will help you find the type of support you need.

**For parents** – if you have a query or concern, please either email your child's year Pastoral Care teacher, Year Level Coordinator or call the front office, who can pass on a message on your behalf to the Year Level Coordinator.

**FOOD BANK** – for students and families who require access to food please contact the college or your Year Level Coordinator.

# Who else can I contact IF I NEED SUPPORT?

## Emergency Services

If there is an immediate crisis or you need support, please contact emergency services or crisis hotlines:

- **Police, Ambulance and Fire departments:** 000
- **Lifeline:** 13 11 14 - a 24-hour service to support young people with a crisis or suicidal thoughts
- **Hospitals (Have an Emergency Department, open 24 hours a day, 7 days a week)**  
Casey Hospital - 62-70 Kangan Drive, Berwick PH- 8768 1200  
Dandenong Hospital – 135 David Street, Dandenong PH- 9554 1000
- **DHHS (Child Protection) after hours:** 13 12 78
- **Psychiatric Triage Service:** 1300 369 012 - if a young person is at risk of harm to themselves. 24 hour telephone service, with trained mental health workers
- **Emergency Housing:** WAYSS - 294-300 Thomas St, Dandenong PH- 9791 6111
- **South Eastern Centre Against Sexual Assault (SECASA) Crisis line:** 1800 806 292 - for afterhours counselling.

## **Other Community Supports**

### **Medical Clinics & General Practitioners (Doctors)**

- Call your regular Medical Clinic/General Practitioner (GP)
- Nurse On call – 1300 606 024
- After Hours GP Helpline - 1800 02 22 22

### **Counselling, psychological, disability and crisis support services**

- **Beyond Blue Support Service** – 1300 224 636. 24 hours, 7 days a week
- **Headspace** (Ages 12-25) – 1800 650 890. From 9am – 1am, 7 days a week
  - Headspace Narre Warren – 66 Victor Crescent Narre Warren Ph - 1800 367 968
  - Headspace Dandenong – 196 Lonsdale Street Dandenong Ph - 1800 367 968
- **Grief Line** – 9935 7400. Midday – 3am, 7 days a week
- **Drug and Alcohol** - YSAS (Youth Support & Advocacy Service) - Ph. 9415 8881
- **Monash Health Drug and Alcohol Service** (formerly SEADS) Ph. 1800 142 536
- **National Child Abuse Helpline** - 1800 99 10 99. From 9am – 5pm, Monday to Friday.
- **Department of Health and Human Services (DHHS)** Ph. 8765 5444
- **1800 RESPECT** – Sexual Assault, Family Violence - 1800 737 732. 24 hours, 7 days a week
- **Safe Steps Family Violence Response Centre** Ph. 1800 015 188 (24 Hour Support)
- **South Eastern Centre Against Sexual Assault (SECASA)** Ph. 1800 806 292 (toll free- 24 hour), Ph. 9594 2289 (crisis- 24 hour) 1 Dandenong Street, Dandenong South
- **National Disability Insurance Scheme (NDIS)** –1800 800 110

### **Parenting Support**

- **Windemere** – 48 Webb St, Narre Warren – 1300 946 337
- **Connections Uniting Care** – 55 Webb Street, Narre Warren – 9704 8377
- **Child First** – 9705 3939

## **Online Support Services**

- **eheadspace** – Available 9am – 1am, 7 days a week  
<https://www.eheadspace.org.au>
- **Beyond Blue Support Service** – Available 4pm to 10pm, 7 days a week.  
<https://online.beyondblue.org.au/WebModules/General/>
- **Cyberbullying and Sexting** - report cyberbullying or offensive/illegal content  
<https://esafety.gov.au>
- **Kids Help Line Web or Email Support** – Available 1pm-11pm Mon to Fri and 11am-11pm Sat and Sun  
[www.kidshelpline.com.au/teens/get-help/web-counselling](http://www.kidshelpline.com.au/teens/get-help/web-counselling)  
[www.kidshelpline.com.au/teens/get-help/email-counselling](http://www.kidshelpline.com.au/teens/get-help/email-counselling)

## **HEALTH AND WELLBEING APPS FOR YOUR BRAIN AND BODY**

**Some students may find the following apps helpful**

 1 GIANT MIND	FREE	Learn to meditate in 12 easy steps, and then take the 30 day challenge to make meditation a daily habit.
 REACHOUT WORRY TIME	FREE	Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut worrytime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day.

	FREE	SAM is a friendly app that offers a range of self – help methods for people who are serious about learning to manage their anxiety.
	FREE	Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate.
	FREE	The Smiling Mind guided meditation App is a free and simple tool to bring some calm into your life.
	FREE	A portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practise exercises to help users learn the stress management skill called diaphragmatic breathing
	FREE	Designed to help with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.
	FREE	A simple mindfulness meditation app that brings clarity and peace of mind into your life.
	FREE	Dormio helps you sleep easier and more deeply so that you wake up feeling refreshed and alive. Dormio is great for insomnia & restlessness.
	FREE	Support to quit smoking
	FREE	Support and guidance towards true mediation.
	FREE	Take back control of your sleep with relax melodies
	FREE	Alleviate stress and increase your health by doing some Yoga for beginners. Do this in the comfort of your own home.
	FREE	This app was designed to take the fear out of having a conversation with a friend who you think may be struggling. This is often not an easy discussion to have and this app provides the building block for this discussion, and guides you as to what to do if your friend does need support.