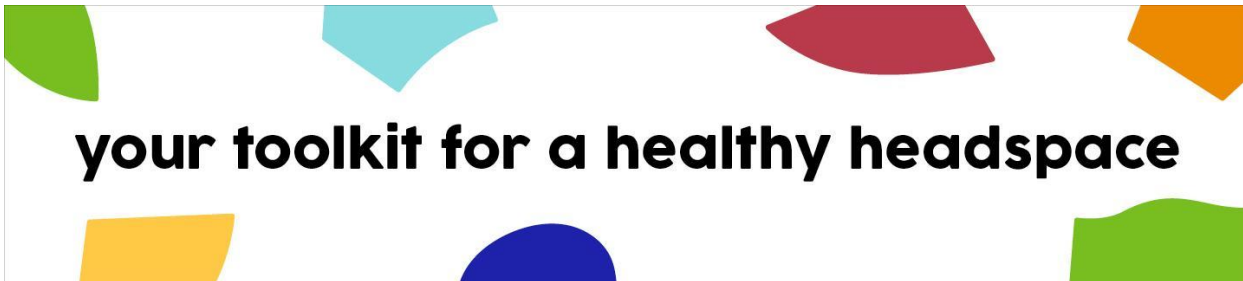


<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/?stage=Live>



<https://headspace.org.au/tips/>

Headspace Narre Warren – phone consults Monday to Friday

Face to face consultations by appointment only -

10am to 4pm Mondays and 11am – 5pm Tuesday – Friday

### **National 24/7 Crisis Services**

Lifeline: 13 11 14 or [lifeline.org.au](http://lifeline.org.au)

Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

beyondblue: 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au)

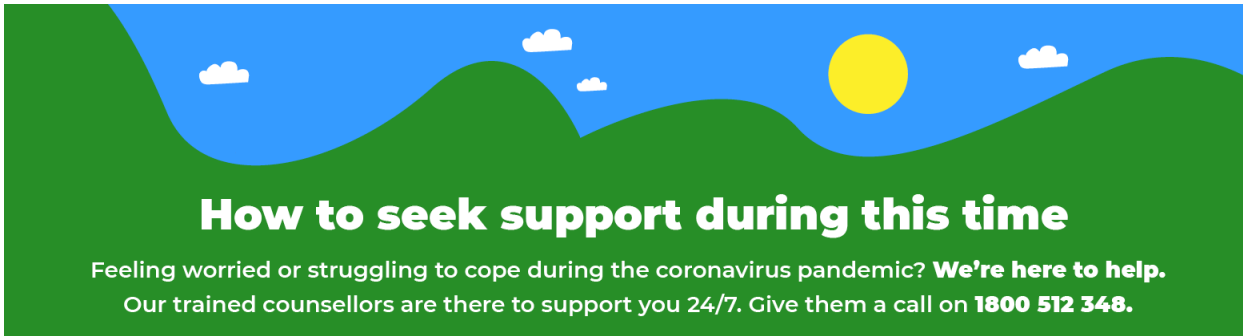
### **Additional youth support services**

headspace: visit [headspace.org.au](http://headspace.org.au) to [find your nearest centre](#) or call [ehespace on 1800 650 890](tel:1800650890)

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)

ReachOut: [reachout.com.au](http://reachout.com.au)

SANE Australia: 1800 187 263 or [sane.org](http://sane.org)



## How to seek support during this time

Feeling worried or struggling to cope during the coronavirus pandemic? **We're here to help.**  
Our trained counsellors are there to support you 24/7. Give them a call on **1800 512 348.**

[https://coronavirus.beyondblue.org.au/?utm\\_campaign=hp\\_banner](https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner)

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/managing-your-mental-health-while-in-self-isolation-or-quarantine.html>



The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care. We've put together this list of self-care activities that you can do from home:

- Stay active (indoor exercise)
- Take 10 to be zen
- Chat with your mates
- Check out our forums
- Make a homemade meal
- Take a break from the news
- Make a music playlist
- Declutter for five minutes
- Watch or read something uplifting
- Learn something new.

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



South East Community Links (SECL) have critical support funding to provide a once-off payment to Asylum seekers and individuals and families of migrant and refugee backgrounds experiencing hardships.

The catchment areas for the critical support funding are: Glen Eira, Port Phillip, Stonnington, Frankston, Kingston, Casey, CGD and Cardinia

The money can be used for the following:

- *Medical expenses including medication*
- *Household goods such as blankets, heaters etc.*
- *Moving costs for those on SHEV who are moving to regional area*
- *Support for clients at risk of homelessness – up to one month rent*
- *Utility bills*
- *New car tyres*
- *Cost associated with setting up a business (as this will support them in becoming financially mobile)*
- *Cost of driving test covered for a single parent who was experiencing family violence*

Please call (03) 9791 8344 OR (03) 9546 5255 if you know of a member of the community experiencing hardships and in need of these supports.



## **SMRC still delivering services**

*For the safety of our clients, staff and community during the COVID-19 pandemic, you can contact us via the following:*

General enquiries - call us **9767 1900** or email [reception@smrc.org.au](mailto:reception@smrc.org.au)

Diverse Care - call us **9767 1909** or email [diversecare@smrc.org.au](mailto:diversecare@smrc.org.au)

Access and Support - call us **9767 1900** for an appointment



<https://mailchi.mp/11043a401cde/smrc-staff-news-1-draft-2602436>

<https://smrc.org.au/smrc-services/youth-services/>



Finding food in Casey, Cardinia and Greater Dandenong

<https://enliven.org.au/finding-food-in-casey-cardinia-and-greater-dandenong/>

Mental health and youth resilience

<https://enliven.org.au/home/mental-health-and-youth-resilience/>



Restrictions on community centres mean all City of Casey youth information centres are closed. Counselling support staff are still working and are available to chat over the phone.

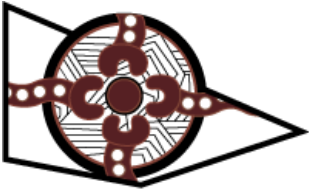
To speak with a Youth Counsellor call [9792 7279](tel:97927279) or text [0417 347 909](tel:0417347909) to start the conversation.

In the meantime, we encourage young people to keep a look out on the City of Casey Youth Services Facebook page <https://www.facebook.com/caseyyouthservices/> -

Where they can find updates and take part in awesome opportunities.

In addition, our online mental health and wellbeing service will be dedicated to focused content supporting young people and their families during this difficult and unprecedented time.

<https://conversations.casey.vic.gov.au/mental-health-and-wellbeing>



Dandenong and District Aborigines Co-operative

Family Services worker

Sivan Barak

(She-Her) 0419 887 078

Incorporating Bunurong Health Service

22 / 87-91a Hallam South Road, Hallam, 380

Ph: 8752-9133

<https://www.vaccho.org.au/om/our-membership/members/dandenong/>



Support for LGBTQI –

To access LGBTI peer support services for young people in Victoria contact:

- [Youth Affairs Council Victoria](https://www.youthaffairs.vic.gov.au/) Tel (03) 9267 3799
- [Minus18](https://www.minus18.org.au/) – this national organisation for LGBTI youth provides peer support and mentoring to young LGBTI people wanting to make a change
- [headspace](https://www.headspace.org.au/) Tel. 1800 650 890
- [Ygender](https://www.ygender.org.au/) – is a peer-led support and advocacy organisation for trans and gender diverse young people.

LGBTQI Support - Cardinia Shire Council is running a virtual meeting on a Thursday afternoon from 4pm. If a young person is wanting to get involved, they can call or email. We can provide them with the online details for future meetings. Contact mobile is 0477 388 960 or [M.Luck@cardinia.vic.gov.au](mailto:M.Luck@cardinia.vic.gov.au)



**Miranda Luck** | Youth Diversity Officer | Cardinia  
Shire Council  
Phone: +61 3 5945 4307 | Web:  
[www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au)  
PO Box 7 Pakenham 3810 | Customer Service:  
1300 787 624



Family Violence  
Response Centre

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



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

<https://www.1800respect.org.au/help-and-support/self-isolation-and-covid-19>



<https://www.smilingmind.com.au/>

<https://www.smilingmind.com.au/thrive-inside>



- Tel : [03 9705 6699](tel:0397056699)
- Email : [cnciss@caseynorthciss.com.au](mailto:cnciss@caseynorthciss.com.au)

<https://www.caseynorthciss.com.au/emergency-relief>

<https://www.caseynorthciss.com.au/counselling>



## Exercise to boost mental health and wellbeing

We all know how important exercise is for keeping us physically healthy. But did you know that exercise can also help keep you mentally healthy?

Research shows that people who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness.

Taking up exercise seems to reduce the risk of developing mental illness. It also seems to help in treating some mental health conditions, like depression and anxiety. For example, for mild depression, research suggests physical activity can be as effective as antidepressants or psychological treatments like cognitive behavioural therapy

<https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health>

P.E. with Joe

<https://youtu.be/Rz0go1pTda8>