

## Mental Health and Wellbeing Supports:

### Smiling Mind

A non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. The Phone app for Smiling Mind is Free, and they have a COVID 19 Support page.

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

<https://www.smilingmind.com.au/covid19-support-page>

### Butterfly Foundation

Butterfly Foundation for eating disorders offers a multitude of services and programs that provide support, treatment, prevention, early intervention, education and training.

<https://thebutterflyfoundation.org.au/>

National Help Line on **1800 33 4673**

### headspace

headspace supports young people 12 - 25, with mental health, physical health, drug and alcohol support, and educational and vocational support.

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

#### **Ballarat Office:**

<https://headspace.org.au/headspace-centres/ballarat/>

Our drop in service is open from 9-4 Monday to Friday. It will be running via telehealth measures. The number to contact us on is 5304 4777.

- headspace is still taking referrals. You can complete a referral here <https://form.jotform.com/headsp.../new-headspace-referral-form> or contact us on 5304 4777.

#### **Melton Office:**

<https://headspace.org.au/headspace-centres/melton/>

Level 1 / 16 Brooklyn Road, Melton, Victoria 3338  
Phone [\(03\) 8065 5600](tel:(03)80655600)

[info-headspaceMelton@orygen.org.au](mailto:info-headspaceMelton@orygen.org.au)

## Be You

<https://beyou.edu.au/>

Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.

Be You has developed a resource to help educators respond to the mental health impact of the coronavirus (COVID-19) outbreak.

## Safeminds

The Victorian Government has partnered with headspace, the National Youth Mental Health Foundation to develop SAFEMinds: Schools And Families Enhancing Minds, a comprehensive learning and resource package that will enhance the capacity of school communities to effectively identify children and young people with early signs of mental health issues, offer school-based interventions and refer appropriately when needed.

Information available for schools and for families.

<https://deecd.tech-savvy.com.au/course/view.php?id=6&section=2>

## Disability Supports:

### Pinarc Parent Support Program

The Pinarc Parent Support Program will continue to operate! For now I am working from home. My work hours remain as Monday to Wednesday 9.15am to 2.45pm (although I do have some leave days planned next week). Messages from my work phone are being sent through so call anytime on 53291361 and I will get back to you during my work hours. Email is always a good option, and if you include your phone number I can respond by phone if you prefer.

Please contact:

#### **Rebecca Paton**

Parent Support Program Coordinator

Pinarc Disability Support

Ph: 5329 1361

Fax: 5333 4743

Days of work: Mon – Wed