

# COVID-19 Resources for Parents

If you or your child is feeling mentally distressed and needs to contact someone urgently for support, please call the **AccessLine** on **1800 800 944**. In case of an emergency call **000**.



Provides free, reliable, and up-to-date information to help families grow and thrive together. Funded by the Australian Government.

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



The eSafety Commissioner (eSafety) is Australia's national independent regulator for online safety.

<https://www.esafety.gov.au/>



Official government website on Covid 19

<https://www.nsw.gov.au/covid-19>



Non-judgemental and evidence-based support by professionals for any parent or carer

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

**1300 1300 52** Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm

## Family Connect and Support

Free service linking families with the most appropriate community based service or supports for their individual needs

Website Link

**1300 180 891**



Coronavirus Mental Wellbeing Support Service

<https://coronavirus.beyondblue.org.au/>

**1800 512 348** 24/7



Organisation dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families.

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

## ARTICLES

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID-19](#)

[Physical distancing and family wellbeing](#)

[Home schooling \(and keeping kids busy during COVID-19\)](#)

[How to talk to kids about the coronavirus pandemic](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

## Official Corona Virus Information

### NSW COVID-19 Website

[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

**Australian Government's National Coronavirus Helpline: 1800 020 080 (24 hour help line)**

## Useful Contacts

**Domestic Violence Line** 1800 65 64 63

**Mental Health AccessLine** 1800 800 944

**Lifeline** 13 11 14

**Mensline** 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency