

COVID-19 Resources for Students

If you or a person you know 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**.



Kids Helpline is a free and confidential counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat messenger, phone or email anytime for any reason. The website also has loads of great resources to help with things like anxiety, stress, cyberbullying and much more.



Beyond Blue provides information and support to help all Australians no matter their age. They have a great website with lots of resources. They provide free and confidential counselling via phone, email and online chat. Beyond Blue has Online Forums to chat and connect with other people in similar situations (all forums are regulated by staff).



Create an account with eHeadspace to access group chats, online communities and one-to-one direct support with eHeadspace professionals. Just like the other websites, Headspace has some great articles to learn more about mental health.

1800 55 1800

[Check out the WebChat here](#)

[Look at the website home page here](#)

1300 22 4636

[Check out the Online Chat here](#)

[Look at the website home page here](#)

[Click here to Create an Account with eHeadspace](#)
1800 650 890

Links to Useful Articles



[How to Cope with Stress Related to Coronavirus \(COVID-19\)](#)



[COVID-19: Anxious About Health](#)



[Ways to Look After Your Mental Health Amid the Coronavirus Pandemic](#)



[Coping During Coronavirus \(COVID-19\)](#)

Important Phone Numbers

Cootamundra High School: 6942 2711

Cootamundra Vinnies: 6234 7455

Cootamundra Salvations army: 69421424

Mental Health AccessLine: 1800 800 944
24/7

Lifeline: 13 11 14 (24/7)

Domestic Violence Line: 1800 656 463