

Wellbeing News



Dear Families,

We are thinking of each and every one of you at this time.

As a Wellbeing Team, we are busy planning for how we can best support students, teachers and families during this crisis and as we head into an extended break and unknown times.

We are here to support, and have filtered through the abundance of information online to share some practical and accessible resources you may like to read or watch to support your child's wellbeing, and your own, at this time.

We have also included links to Mental Health and Wellbeing services that will still be available as a local or phone service.

We are incredibly fortunate to live in an amazing community, please look out for one another and reach out when you need to.

We can get through this together.

Best wishes,

The KICE Wellbeing Team

Heidi, Louise, Cameron and Hannah



Resources for Talking with Your Child

World Health Organization: [Helping children cope with stress during the 2019-nCoV outbreak](#)
Hey Sigmund Video for Talking about a Crisis <https://www.heysigmund.com/how-to-help-children-feel-calm-during-a-global-crisis-talking-to-kids-teens-about-covid-19-and-other-gobal-trauma/>

Resources to Support Feelings of Anxiety and Stress

Hey Sigmund is a website with articles and videos to support wellbeing and mental health.
<https://www.heysigmund.com/what-happens-in-your-brain-and-body-during-anxiety/>
<https://www.heysigmund.com/help-kids-feel-calm/>

Headspace (for young people): [how to cope with stress related to Novel Coronavirus \(COVID-19\)](#)

Calm Kid Central Video – Talking about Worries Covid 19 <https://www.calmkidcentral.com/covid-19/>

Resources to Support Mental Health

Beyond Blue: [looking after your mental health during the coronavirus outbreak](#)

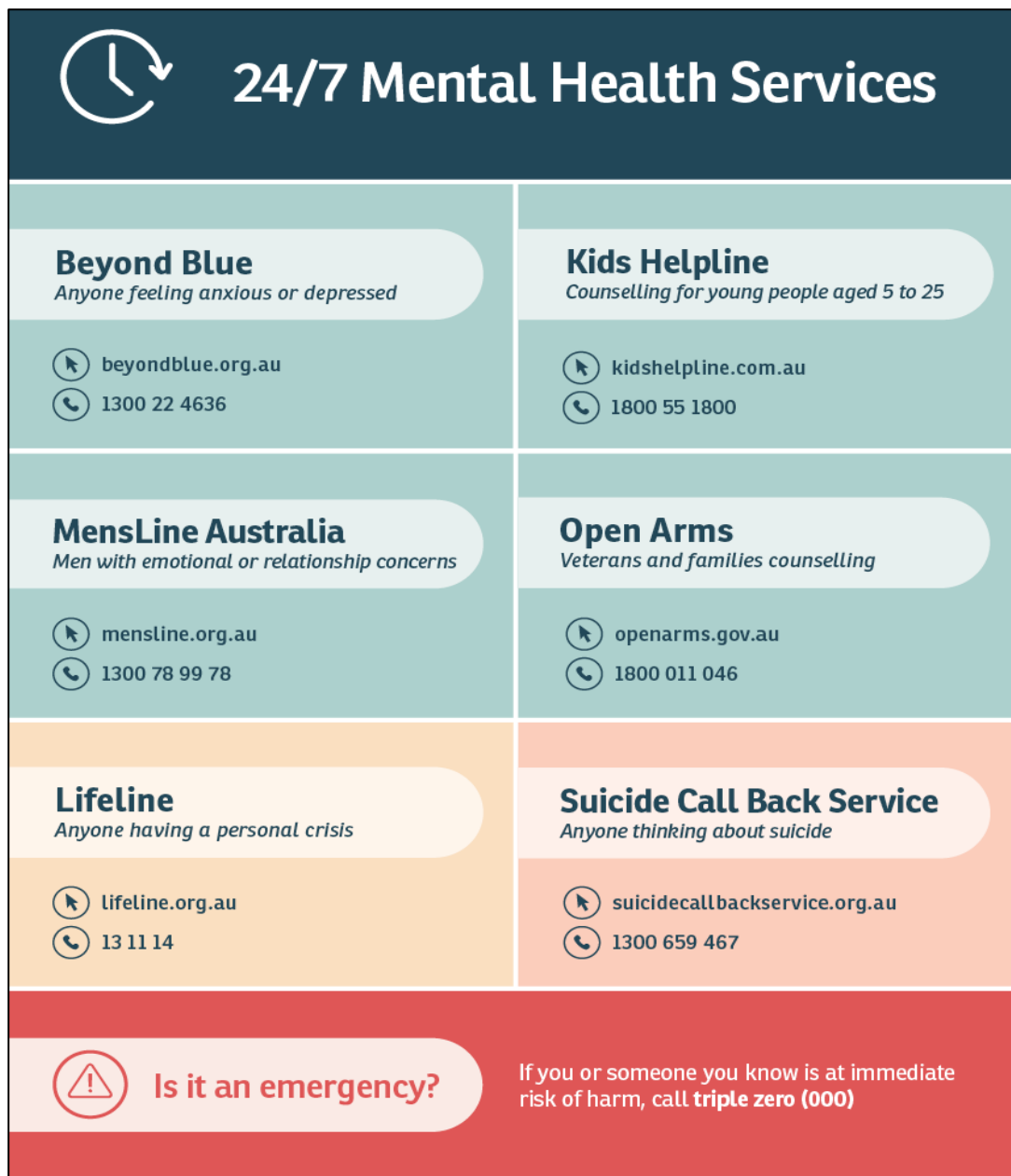
Beyond Blue (online forum): [coping during the Coronavirus outbreak](#)

The Australian Psychological Society: [advice about maintaining positive mental health during the outbreak](#)

Local Services and Phone Support

It is OK to not be OK. If you need support or are worried for someone, you can phone the following local numbers for mental health and crisis support.

- Kangaroo Island Medical Clinic – ☎ 08 8553 2037
- Cook Community Health Centre – Mental Health Team ☎ 08 8553 4231
- Kangaroo Island Health Services (Hospital) ☎ 08 8553 4200
- Junction Australia – Community Services, Domestic Violence and Crisis Help – ☎ 08 8553 2877
- Uniting Communities – Family Mental Health Support service - ☎ 08 8202 5200 (off Island Service)



The infographic is titled "24/7 Mental Health Services" and features a clock icon. It is organized into a grid of colored boxes, each representing a different service. The services listed are: Beyond Blue (light blue), Kids Helpline (teal), MensLine Australia (light blue), Open Arms (light blue), Lifeline (orange), and Suicide Call Back Service (orange). Each service box includes the service name, a brief description, a website icon and URL, and a phone icon and number. At the bottom, a red box contains a warning icon and the text "Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)".

24/7 Mental Health Services	
Beyond Blue <i>Anyone feeling anxious or depressed</i>	Kids Helpline <i>Counselling for young people aged 5 to 25</i>
🌐 beyondblue.org.au ☎ 1300 22 4636	🌐 kidshelpline.com.au ☎ 1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i>	Open Arms <i>Veterans and families counselling</i>
🌐 mensline.org.au ☎ 1300 78 99 78	🌐 openarms.gov.au ☎ 1800 011 046
Lifeline <i>Anyone having a personal crisis</i>	Suicide Call Back Service <i>Anyone thinking about suicide</i>
🌐 lifeline.org.au ☎ 13 11 14	🌐 suicidecallbackservice.org.au ☎ 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	

KICE Wellbeing Leader Contacts

Your Campus Wellbeing Leader will continue to provide wellbeing support for students, their families and staff and we welcome you getting in touch.

- Heidi Grieg (Parndana Campus) ✉ heidi.grieg329@schools.sa.edu.au
- Louise Snowball (Penneshaw Campus) ✉ louise.swinneysnowball990@schools.sa.edu.au
- Hannah Morgan (Kingscote Campus Reception to Year 5) ✉ hannah.morgan92@schools.sa.edu.au
- Cameron Stewart (Kingscote Campus Year 6 – Year 12) ✉ cameron.stewart16@schools.sa.edu.au