

Support for Children, Adolescents and Families

COVID – 19 Information and Support	Contacts
<p>Queensland Health <i>Queensland Health is leading the response to COVID-19 in Queensland and should be your first source for accurate, up to date information.</i></p> <p>Head to Health <i>Head to Health helps you find mental health information, resources, and services that most suit your needs. Whether you want to improve your overall sense of wellbeing, or you need help with something that is concerning you, or you are helping someone you care about—Head to Health can point you to great online mental health resources.</i></p>	<p>https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry/resources-and-fact-sheets-for-industry/covid-19-cleaning-and-disinfection-recommendations</p> <p>https://headtohealth.gov.au/</p> <p>COVID-19 Specific information and support https://headtohealth.gov.au/covid-19-support</p>
<p>Beyond Blue <i>Looking after your mental health during the coronavirus outbreak</i></p>	<p>https://www.youthbeyondblue.com/</p>
Youth and Family Assistance	Contacts
<p>Lifeline</p>	<p>13 1114</p>
<p>Kids Helpline</p> <p>Kids Helpline for Parents</p>	<p>1800 55 1800</p> <p>1300 301 300</p>
<p>Youth Beyond Blue</p>	<p>1300 224 636 https://www.youthbeyondblue.com/</p>
<p>Online Counselling Support for Students</p> <ul style="list-style-type: none"> - Headspace (12 to 25 years old, friends and families) - Kids Helpline Webchat Counselling - Youth Beyond Blue 	<p>https://www.eheadspace.org.au/</p> <p>Kids Helpline Webchat Counselling</p> <p>YouthBeyondBlueChatOnline</p>