UYSC Wellbeing Resources

Upper Yarra Secondary College Wellbeing Resources is a **wellbeing resource list** designed for our school community. **Students and parents** can access these resources to **support themselves or others.** Explore different categories and **click on the links** for websites, videoes, fact sheets, or apps.

Emergency Services
Ph: 000
Non-urgent: 131 444

Lifeline
www.lifeline.org.au
Ph: 13 11 14

Kids Helpline
Ph: 1800 55 1800
www.kidshelpline.com.au

Eastern Health Triage
www.easternhealth.org.au
Ph: 1300 721 927

DFFH - Child Protection
Ph: 1300 360 391

Family Violence Support
1800respect.org.au
Ph: 1800 737 732
Interpreter: 13 14 50

DISCLOSURE OF ABUSE
- Reporting Child Abuse
- What is Child Abuse?
- Domestic Violence and What You Can Do About It?
- Safe Steps

SELF-HARM
- What you need to know about Self-Harm
- Self-Harm Fact Sheet
- Self-Harm Info
- Self-Harm & Teenagers

SEXUAL ASSAULT
- Sexual Assault Info
- Reporting sexual offences
- Challenging misconceptions: Vic Pol

SUICIDAL IDEATION
- What to do if you're having suicidal thoughts
- Understanding and dealing with suicide
- Suicide & Teenagers
- Suicide Ideation Mythbuster
- How to make a Safety Plan
- Safety Plan App: BeyondNow
- Safety Plan App: Reminder

ALCOHOL & OTHER DRUGS
- Alcohol and drugs
- How to tell if you have a drug addiction
- Alcohol, smoking, vaping and other drug use: How to help teenagers
- What is cannabis?
- AOD: How can you support your young person
- Partying safely: Tips for teenagers
- Helping a drunk friend
- Vaping

ANGER MANAGEMENT
- Understanding anger
- 8 ways to deal with anger
- Managing anger: Ideas for parents

ANXIETY
- What is anxiety?
- Understanding anxiety
- Understanding anxiety: For Friends & Family
- Anxiety & how to manage it: For Parents

GAMBLING
- Gambling support
- Each - Yarra Junction
- Department of social services

BULLYING
- Bullying: KidsHelp Line
- I'm being bullied
- Cyberbullying: General Info
- Cyberbullying: Advice sheet for parents
- Bullying: 10 Tips for parents
- Bullying & the Law

EATING DISORDERS
- Eating Disorders in Children & Young People
- Eating Disorders: Tips for Parents
- Body Project

GRIEF & LOSS
- Supporting a child through grief & loss
- Coping with death
- Adolescents and grief
- Supporting someone who is grieving

LEGAL SUPPORT
- 'Am I old enough?' - Common legal issues for young people
- Your legal rights - YouthLaw Facts Sheets

DEPRESSION
- Depression & young people: Fact Sheet
- Understanding depression: For Friends & Family
- Self-help for depression
- Depression in young people

SCHOOL REFUSAL
- Understanding school refusal
- How to cope if you're feeling anxious about going to school
- School refusal: Parent tips
- Attendance & missing school
- What is the Navigator Program?

PARENTAL MENTAL HELATH
- Getting help when your parent is living with a mental illness
- Will my parent get better?
- Families where a parent has a mental health illness

TRAUMA
- Trauma: Fact Sheet
- Trauma and mental health in young people
- Traumatic events: First response to help teenagers
- Experiencing Trauma

CALD SUPPORT
- Your cultural identity
- Support services for CALD young people

CENTRELINK
- Payments you can get
- Financial help for families
- Youth allowance for students and apprentices

DISABILITY
- Disability and school
- Support for children with disability: (non-NDIS funded)

EMOTIONAL REGULATION
- Smiling Mind
- Strategies for you mental & emotional health
- Social & emotional changes in teenagers
- X-Halr (breathing tool)

ESAFETY
- Fake news & misinformation
- General internet safety
- Protecting yourself against scams

FIRST NATIONS
- Oonah: Aboriginal health and community services
- Boorndawan Willam Aboriginal healing services
- Mullum Mullum

HEALTH

EATING
- Nutrition and health food for teenagers
- How to make healthy food choices

SEEING A GP
- Getting help from a GP
- Teenagers seeing the GP alone

MENSTRUATION
- Menstruation: General info
- Periods: Info for parents

MENTAL HEALTH
- Mental health in pre-teens & teenagers
- What do psychologists do?

SLEEPING
- Getting enough sleep
- How to get a good nights sleep

SEXUAL HEALTH
- Understanding sex and sexual health
- Relationships & romance
- Consent

EXERCISE
- Yarra Centre
- Physical activity for pre-teens & teenagers
- Ways to exercise that don't feel like exercise

LGBTQIA+
- Why are there so many queer identities?
- The difference between gender, sex & sexuality
- Trans 101: Friends & Family
- Rural Rainbows

RELATIONSHIPS

DATING
- Dating: General info
- Teens & romantic relationships
- Sex & the law
- Getting into a relationship
- Signs of a healthy relationship
- Coping with a break up
- Consent

FAMILY
- Families: General support for teens
- Families: General support for parents
- 5 ways to get your parents to listen to you
- Conflict management with teenagers
- Active listening with teenagers

FRIENDS
- How healthy is your friendship group - Quiz
- How to tell your friend they've hurt you
- Dealing with a toxic friendship
- Friends and friendships: Parenting strategies

NEURODIVERSITY
- Autism & mental health
- Autism & adolescence

RESILIENCE & ADVERSITY
- Developing your resilience
- Resilience in teenagers
- Overcoming obstacles: Video

SELF-ESTEEM
- 10 tips for improving your self-esteem
- How to build self-confidence
- Confidence in teenagers

TRANSITIONING TO HIGH SCHOOL
- Supporting your child transitioning from PS to HS
- Transitioning to high school
- Tips for starting high school

Q-Life
www.qlife.com.au
Ph: 1800 184 527

eHeadspace
eheadspace.org.au

Nurse On Call
Ph: 1300 60 60 24

13 Yarn
www.13yarn.org.au
Ph: 13 YARN

Find a helpline
findahelpline.com.au