

## **Information and Support for Families and Young People regarding Corona Virus (COVID-19)**

There is a great deal of information circulating about the current situation. We encourage everyone to look after themselves and their loved one. To help with caring for yourselves and others, we have collated a list of resources and reliable sources of information.

### **Parents/Carers**

A couple of good websites to support you in talking to children about coronavirus (COVID-19)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

This clip gives information to parents about how to talk about the virus with their children.

[https://www.youtube.com/watch?v=WhVad8ToCiU&feature=emb\\_logo](https://www.youtube.com/watch?v=WhVad8ToCiU&feature=emb_logo)

### **Young people**

Headspace has put together a great resource for young people about how to cope with stress related to COVID-19 [Headspace Resources](#)

### **Adults**

Beyond Blue has good resources for adults to help manage their own anxiety.

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

### **Autism Spectrum Disorder**

The Autism Association in the UK has information about the Corona Virus (COVID -19) for family members with an autism spectrum disorder. The webpage includes a social story and easy to read information to download.

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

### **LGBTI-Q**

Rainbow Network is an agency that support services to provide inclusive services for young LGBTIQ+ Victorians. They have put together the following resource. [Rainbow Network Resource](#)

### **Accurate Information**

The following websites have accurate information about the Corona Virus (COVID-19)

Information for the general public is available on the Victorian State Government Health and Human Services Website. <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

World Health Organisation: <https://www.who.int/health-topics/coronavirus>

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