



**COVID-19 has impacted our children
and young people's mental health
- what can we do to help?**

**NATIONAL
CHILD
PROTECTION
WEEK 2021**

NAPCAN PREVENT
CHILD ABUSE
& NEGLECT

TURNING CONVERSATION INTO ACTION

Speakers:

- Tracy Adams, yourtown (Kids Helpline)
- Ali Fogarty, Murdoch Children's Research Institute
- Elizabeth Seeley-Wait, Clinical Psychologist and Director Children's Psychology Clinic

In this webinar on **Friday 10 September 2021** we discussed:

- What impact has COVID-19 had on the mental health of children and young people?
- What are the strategies that we can use to support children, families and each other, at a time when many of us are already overwhelmed.

The theme for National Child Protection Week (5 - 11 September 2021) was **Every child, in every community, needs a fair go.**

To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

But not every family has these resources.

This is why we need to support every child, family and community according to their needs. This will create a healthier, fairer Australia for all children.

During the week a series of webinars was curated to explore this theme. The following sheet provides links to resources and topics that were mentioned in the above webinar, to help us **turn this conversation into action.**

To rewatch the webinar go to
www.youtube.com/watch?v=a432H6LZIVA





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Information relevant to this webinar includes:

Stronger Future CRE:

- Mothers' and Young People's Study including findings related to the impact of the COVID-19 pandemic on young people's mental health and the broader work of Stronger Futures CRE

www.strongerfutures.org.au/mothers-and-young-peoples-study

Parentlines for free parenting advice and support:

- ACT – (02) 6287 3833
- NSW – 1300 1300 52
- NT & QLD – 1300 30 1300
- SA – 1300 364 100
- TAS – 1300 808 178
- VIC – 13 22 89
- WA – 1800 111 546 (country areas) or (08) 9368 9368

Helplines:

- Lifeline - 13 11 14
- Kids Helpline - 1800 551 800
- MensLine Australia - 1300 789 978
- Suicide Call Back Service - 1300 659 467
- Beyond Blue - 1300 22 46 36
- Headspace - 1800 650 890
- QLife - 1800 184 527
- 1800 RESPECT - 1800 737 732
- Sexual Assault Helpline - 1800 010 120
- DVConnect Womensline - 1800 811 811
- DVConnect Mensline - 1800 600 636
- For a full list of helplines visit the AIFS website
www.aifs.gov.au/cfca/publications/cfca-resource-sheet/helplines-and-telephone-counselling-services-children-young-people





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Other online sources of information and support for families:

- Yourtown www.yourtown.com.au
- Raising Children Network www.raisingchildren.net.au
- Head to Health www.headtohealth.gov.au
- ReachOut www.au.reachout.com
- Emerging Minds www.emergingminds.com.au
- Headspace www.headspace.org.au
- Bright Tomorrows App www.brighttomorrows.org.au
- eSafety Commission www.esafety.gov.au/parents
- ThinkUKnow Campaign www.thinkuknow.org.au
- True Relationships www.true.org.au
- Back to school resources from NSW Government
[www.education.nsw.gov.au/covid-19/wellbeing-for-students-and-families/
helpful-tips-for-parents-and-carers-to-support-children](http://www.education.nsw.gov.au/covid-19/wellbeing-for-students-and-families/helpful-tips-for-parents-and-carers-to-support-children)

National Children's Mental Health and Wellbeing Strategy:

- www.mentalhealthcommission.gov.au/Mental-health-Reform/Childrens-Mental-Health-and-Wellbeing-Strategy

Message from Maggie Dent:

- To watch the Maggie Dent message that was played at the end of the webinar www.youtube.com/watch?v=YLDr6BuuyNk

Framing research:

This year's National Child Protection Week theme and campaign were based on the latest Australian research on how to frame communication around child wellbeing including:

- The *Core Story for Early Childhood Development and Learning* at www.telethonkids.org.au/projects/HPER/core-story - and learn more with the eLearning module here www.corestory.talentlms.com
- The *Reframing Parenting* project at www.parentingrc.org.au/programs/reframing-parenting
- **Passing the Message Stick** gives clear advice about how to use language to help change the story on self-determination and justice for





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Aboriginal and Torres Strait Islander people

www.passingthemessagestick.org

Related campaigns to join:

- Every Child - www.everychild.co
- Family Matters - www.familymatters.org.au
- Everybody's Home - www.everybodyshome.com.au
- Raise The Rate - www.raisetherate.org.au
- Australia Together - www.australiatogether.org
- Ending Loneliness Together - www.endingloneliness.com.au

Upcoming Weeks in October:

- Anti-Poverty Week (2021 theme is focused on children) 17 - 23 October
www.antipovertyweek.org.au
- Children's Week 23 - 31 October www.childrensweek.org.au

Include the voices of children in your work:

- For advice about how to include the voices of children in your work contact your State or Territory Children's Commission.
- For ideas about using art to talk to children about their communities, see NAPCAN's Art Activity page www.napcan.org.au/art-activity/ and watch the short video compilation of artworks at www.youtube.com/watch?v=qtudlb0oO9A&t=1s

For more information, contact:

NAPCAN National Stakeholder Manager, Madelene McGrath,

madelene.mcgrath@napcan.org.au.

**Thank you for your commitment to ensuring every
child in every community has a fair go.**

