

## Archdiocesan Child Protection Unit Newsletter Staying Connected during COVID-19, Keeping Our Children and Young People Safe Second Edition

In this edition: Self-Care - looking after your mental health is important, it helps to support and protect the wellbeing of children in your care as best as you can.

Please find below a range of tips and resources for looking after your own mental health.

## Tips to looking after yourself during times of isolation and social distancing.

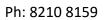
- Remind yourself that this is a temporary period of isolation
- Remember that your effort is helping others in the community
- Stay connected with friends, family and colleagues via email, social media, or phone
- Engage in healthy activities that you enjoy and find relaxing
- Keep regular sleep routines and eat healthy foods
- Try to maintain physical activity
- For those working from home, try to maintain a healthy balance by allocating specific work hours, and taking regular breaks
- Avoid news and social media if you find it distressing

For more tips from Beyond Blue click this link

here: https://www.beyondblue.org.au/thefacts/looking-after-your-mental-health-duringthe-coronavirus-outbreak



From the Child Protection Unit Sally, Imbi, Lili and Kath





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As we are working remotely please leave a message and a member of the team will get back to you as soon as possible, emails are checked and responded to daily.



## If you or anyone you know needs help or is feel overwhelmed

Please encourage them to seek support from a health professional. Contact your GP for a referral to a free mental health plan or call any of the following services directly:

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- MensLine Australia on 1300 789 978
- Beyond Blue on 1300 224 636
- Headspace on 1800 650 890
- South Australian Mental Health triage Service on 13 14 65
- Centacare COVID-19 phone counselling on 8215 6700.
- Child Protection Unit for support and guidance on 8210 8159

## Helpful Reading in Uncertain Times:

A free guide on 'Living with worry and anxiety amidst global uncertainty' (available in various languages) can be downloaded via the website: <a href="https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/">https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/</a>

Advice from the **SA Mental Health Commission** at <a href="https://samentalhealthcommission.com.au/covid-19-advice-from-the-sa-mental-health-commission/">https://samentalhealthcommission.com.au/covid-19-advice-from-the-sa-mental-health-commission/</a>
Follow their latest newsletters and social media posts regarding COVID-19 at:

https://samentalhealthcommission.com.au/newsevents/facebook-posts/