

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/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>



From the Child Protection Unit
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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: <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

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