



WELLBEING

MENTAL HEALTH MATTERS



AUGUST 2021 • ISSUE ONE



WHAT'S INSIDE

Podcast: Mental health in schools with Kristen Douglas

Mental health resources

Upcoming events



CONNECT

What makes you feel good?



10 ways to care for yourself.
Find practical tips [HERE](#)



Supporting educators, children & young people during COVID-19





PODCAST: BUILDING MENTAL HEALTH LITERACY IN SCHOOLS WITH KRISTEN DOUGLAS

As New South Wales has been forced into a statewide lockdown, the mental health issues of students, parents & teachers is a major concern. Kristen Douglas (National Director, HeadSpace Schools) talks about the importance of mental health literacy & how HeadSpace Schools can help!

Listen to the podcast **[HERE](#)**

Contact service@csnsw.catholic.edu.au if you have issues accessing the podcast.

MENTAL HEALTH RESOURCES



COVID-19: Supporting educators, children & young people
CLICK [HERE](#)



COVID-19: Supporting early learning communities
CLICK [HERE](#)



Tips to get back into life during COVID-19
CLICK [HERE](#)

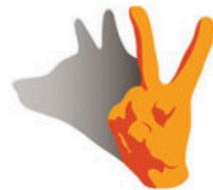


How to cope with stress related to COVID-19
CLICK [HERE](#)

UPCOMING EVENTS

Leading the Way to Mentally Healthier Schools - The Next Frontier

Thursday 26 August 2021 | 9:30am – 3:30pm



**Black Dog
Institute**

[CLICK HERE](#)



Webinar 5 - Respecting childrens' rights
National, state and territory perspectives on
responding to harmful sexual behaviour

Friday 8 September 1pm – 2pm

[REGISTER HERE](#)



1800 512 348

**Coronavirus Mental Wellbeing
Support Service [HERE](#)**