



Dear Westmead PS families,

We know that this lockdown period is a challenge for many of us and our families as we juggle working and learning from home whilst keeping the safety of our families and community as our highest priority. We thank you for the support you provide our school in engaging with provided home learning and in keeping children at home (where this is possible). We want to take this moment to acknowledge the importance of maintaining mental health during a pandemic.

Below are some translated resources NSW Health has provided (click on them to view the webpage) and a link to our Community Hub's Facebook page full of opportunities to connect in the community. These are just a small amount of the NSW Health translated resources relating to COVID 19. For more visit this [website](#).

We hope to share more broader resources with you in the coming days. Please don't hesitate to reach out if you need help via Google Classroom, SeeSaw or emailing the school.

COVID-19

> Look after your mental health during the COVID-19 (coronavirus) pandemic

1. Stay active

Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

2. Eat healthy

Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

3. Stay Connected

Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

4. Take a break from the news and social media

Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

5. Stick to a routine

Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

6. Monitor your mental health and wellbeing

It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

7. Seek support

Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020



COVID-19

> COVID-19 新冠肺炎大流行期间
关注您的心理健康

Malayalam

Anu Bobby
Transcultural Mental Health Centre

0:04 / 2:56

Hindi

Seema Khare
TRANSCULTURAL MENTAL HEALTH CENTRE

My name is Seema Khare and I am a mental health clinician at the Transcultural Mental Health Centre.

0:02 / 1:43

COVID-19

< اعتن بصحتك العقلية خلال أزمة
جائحة COVID-19 (فيروس كورونا) >

COVID-19

> Curate la vostra salute mentale durante la pandemia del COVID-19 (coronavirus)

COVID-19

> கோவிட்-19 (கொரோனா வைரஸ்)
கொள்ளைநோயின் போது உங்கள் மன
ஆரோக்கியத்தைக் கவனித்துக் கொள்ளவும்



Community hubs
Connect. Share. Learn.



CommunityHub Westmead
(Communityhub Westmead P. School)