

YOUTH VIEWS

a resource booklet to help you get back on your feet.

By April Harrison, Megan Wall, Daniel Leadbeater
and Katitza Marinkovic Chavez

INTRODUCTION

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This resource booklet is aimed to help young adolescents to deal with trauma and disasters, share coping skills, and help share our youth views on issues. We aim to connect with the young adolescents and let them know they are not alone, that what they are feeling and going through is normal and that it is okay to be okay, to want help and to reach out. This resource booklet will contain information on coping skills, sharing personal experiences, building resilience, implications and outcomes, help around mental health and more resources for more specific areas of help.

This resource booklet has been created by young adults with the help of Katitza Marinkovic Chavez in hopes of providing more humble and connected views and experiences that come from people around the similar age of the young adolescents. The team have all experienced traumas and disasters and have grown up building resilience to combat and cope with the events and the effects that come as a result. Having this experience allows us to build and grow stronger connections not only with people we know but those who may have had a similar experience. This also allows us to share more emotional and understanding responses that will help our audience.





KATITZA MARINKOVIC CHAVEZ

Psychologist, Research Fellow and PhD Candidate at the Child and Community Wellbeing Unit, School of Population and Global Health, University of Melbourne. Kati is passionate about collaborating with children and young people to promote their right to have a say in matters that affect their lives, especially in areas related to the environment and disaster recovery.



APRIL HARRISON

April is a 19 year old studying a Bachelor of Science at The University of Melbourne. She is passionate about supporting the education of younger generations and using her experiences particularly the 2009 Black Saturday Bushfires, as an opportunity to help others. She is also extremely interested in animal welfare and artistic expression.



MEGAN WALL

A Graphic Designer from Kinglake who is enthusiastic about sharing tips and experiences to help people cope with different events and disasters in their life. Megan is passionate about helping others and about looking after your mental health.



DANIEL LEADBEATER

A metal fabricator from Kinglake, Daniel is someone who has experienced a lot in his few years of life. He is passionate about using what he has learnt and experience to help others, and sharing his point of view on topics to ensure that the best help and information is out there for other people who are or have been in a situation similar to him.

MEET OUR TEAM



Meet the team behind the creation of the resource booklet. This is the group of people who came together to share advice, experiences and coping skills to create this booklet in hopes of sharing what they have learnt and having it help others who may be struggling or going through the same thing out there.

LET'S TALK MENTAL HEALTH.



After a setback or traumatic event in your life, your mental health can sometimes take a back seat and be forgotten about until it starts to affect your life and how you feel. There are many mental health issues that can come out of a traumatic event and can affect for the rest of your life if not recognised and helped.

One of the most important things to remember during those times is to remember that you're not alone and now many how you feel, that it is important to reach out and talk about it to someone you trust. Whether you feel yourself struggling a lot or even thinking your feelings are insignificant, all your emotions are valid and if you find yourself struggling, don't be afraid to talk about it.

IT'S OKAY TO NOT BE OKAY

First let's talk about trauma and chronic stress and how they can work hand in hand. According to Australian Red Cross (2020) trauma emerges from stress that has been built up for a period of time or after a single event such as a natural disaster. Events such as disasters, accidents, deaths, war, domestic violence, abuse, serious illness, terrorism, climate change and pandemics.

These events can be quite traumatic in all ways and people can experience some terrifying things that create a big shock in their life and bring forward feelings of fear, sadness and loss of control. Trauma can also arise from a number of experiences that feel challenging and bring on large amounts of stress.

Chronic stress can come along after experiencing high levels of stress for a prolonged amount of time without any feelings of being able to escape or get some sort of relief. This can affect us not only our psychological wellbeing but also our physical and social wellbeing as we start to forget about taking care of ourselves and socialising and staying connected with those around us.

Some people might be fine, others may develop a stronger sense of resilience and some might really struggle to process what has

happened. Common responses can include challenges such as having little to no motivation, finding it hard to keep a routine or focus on anything, feeling less interested about aspects in your life, worried about the future, sleeping more or less and generally having no energy for anything in your life.

Get good rest, take time for yourself, create a routine in your life, take care of your physical health and stay connected to people. Don't isolate yourself and if you want to reach out and talk to someone whether it be a friend, family member or professional then do so and get the help you deserve. Be kind to yourself and acknowledge that your path is different to everyone else's, so move at a pace that makes you feel comfortable and supported. Do things that bring YOU joy and take your mind off of things, don't be hard on yourself, relax and take time for you whether that be watching your favourite movies, listening to your favourite songs, reading books, playing sports, doing something creative.

Taking care of your mental health after a traumatic experience is important to remember and can help your healing process and to assist you in building your resilience. Read more on this in the Coping Skills and Resilience sections of this booklet.

HERE ARE SOME TIPS:

Take care of yourself:

- Be kind to yourself and acknowledge that your path is different to everyone else's, so move at a pace that makes you feel comfortable and supported.
- Don't be hard on yourself, relax and take time for you whether that be watching your favourite movies, listening to your favourite songs, reading books, playing sports, doing something creative.
- Do things that bring YOU joy and take your mind off of things. Get good rest, take time for yourself, take care of your physical health.
- Taking care of your mental health after a traumatic experience is important to remember and can help your healing process and to assist you in building your resilience.
- Australian Red Cross also advises to avoid overloading yourself with social media and the news. They can be upsetting, and not all contents are based on facts. Watching the same horrible things over and over again can make you feel at danger even if you're safe now.

Connect to others and seek help when you need it:

- Don't isolate yourself and if you want to reach out and talk to someone whether it be a friend, family member or professional then do so and get the help you deserve.
- If you don't feel comfortable talking to a friend or family member there are plenty of helpful resources out there and people to talk to who can help you. The main places are Beyond Blue, Headspace, ReachOut, Lifeline and Kids Helpline however there are more options listed in the Resources section of this booklet. You can also read more on this topic in the Coping Skills and Resilience sections of this booklet.
- Everyone has their own individual ways of coping with things whether they feel big or small, so it is no different when it comes to dealing with a traumatic event such as a natural disaster. There is no right or wrong way to get through something and process your emotions, so it is important to remember that while something you read in a booklet may not help you, there are still other help options out there for you.
- Mental health is extremely important and acknowledging that all experiences and emotions are valid are crucial in making people feel accepted and comfortable.

With time, create a routine for your life:

- Recovery can happen fast and be straightforward and to the point, it can also take longer and feel complex and confusing or it might not kick in for years after you have experienced something traumatic. All options are valid and how you cope with something in personal and individual experience which is why there are so many helpful routes out there to take to get back on your feet.
- Australian Red Cross recommends to gradually return to a 'new normal' by reconnecting to things that are familiar and important to you, even if there have been changes. Be patient, recovery takes time.

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Mental health is extremely important and after a traumatic event it is more at risk. I struggled for years with my mental health after the fires and more recently, pandemic. However I found that reaching out to talk with people can really help and make you feel less alone. You'd be surprised how many other people feel the same way you do. - Megan. W

Beyond Blue: 1300 224 636 or beyondblue.org.au

Headspace: 1800 650 890 or headspace.org.au

ReachOut: reachout.com

Lifeline: 13 11 14 or lifeline.org.au

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Mental health is extremely important and acknowledging that all experiences and emotions are valid are crucial in making people feel accepted and comfortable.

This section of the booklet will help young people understand and accept the different implications and outcomes that may arise from experiencing a disaster. It focuses on the common reactions people go through. However, each person has a unique experience and therefore unique reactions and outcomes that affect them in a personal way. This section also provides advice on seeking help and guidance on how to deal with the implications of trauma not only in the immediate aftermath but in long term as well.

According to experts from the Australian Red Cross we can all experience loss and grief when we lose someone or something that is very important to us. It's a normal and healthy reaction, and everyone expresses their grief in different ways. Often, we experience feelings of sadness, yearning, uncertainty, fear, anger, disappointment or guilt. Sometimes, grief can make you feel like you don't care or want to do anything, or perhaps more withdrawn or irritable. It's important to know that you're not alone, and that it's OK to feel upset. Those feelings will last for some time, but you will feel better.

It's important to acknowledge that different people will be affected by different losses after a disaster (e.g. loved ones, home, material belongings, pets, school, the opportunity to do their favourite activities or see friends) and to different degrees. Sharing positive memories and treasured mementos with others, or carrying out a ritual or commemorative action can be helpful. You might also visit a GP or other health professional.

COMMON REACTIONS:

According to Australian Red Cross (2020) some common reactions include :

When to ask for help :

Please note: six weeks is a general time guide for most cases. If you are concerned about someone in your care, don't wait to seek help .

BODY:

- Sleep difficulties. (nightmares, difficulty falling asleep or staying asleep) .
- Changes in your appetite (you don't want to eat or you eat too much) .
- Experiencing physical problems (pains, fatigue, other symptoms) .

SEEK HELP IF :

- You continue to experience any of these symptoms, for a prolonged period of time.
- You develop new symptoms.
- You experience persistent accidents or illness.
- You feel as though you need external assistance in order to help deal with these symptoms .

EMOTIONS:

- Being easily startled, hyper-alert or hyper-active.
- Feeling unsafe or fearing something bad will happen again.
- Becoming depressed or anxious.
- Feeling emotionally numb.
- Feeling guilty about not being able to do more during the event.
- Avoiding things that remind you of what happened because they make you feel scared, anxious or upset .

SEEK HELP IF :

- The emotions experienced begin to impact in your daily life in a negative manner. Eg. feelings are preventing you from conducting daily activities. you develop feelings of hopelessness or despair.
- Seek help immediately if you develop feelings of suicide or experience suicidal thoughts .

RELATIONSHIPS WITH OTHERS :

- Struggling with family and peer relationships.
- Feeling scared or anxious about being alone.
- Becoming quiet, and perhaps withdrawn or isolated from friends and family .
- Becoming more aggressive, easily annoyed or irritable, having angry outbursts or starting fights.

SEEKING HELP :

- Seek help if struggles with family, school or work relationships continue over time.
- Seek help if you are feeling extremely isolated and alone, as though you are unable to relate to any one. Speaking from personal experience people may understand more than you know .

MIND:

- Having trouble concentrating, paying attention or remembering things .
- Questioning one's purpose in life .
- Having flashbacks about what happened .

SEEK HELP IF :

- You continue experiencing a loss of memory and/or concentration .
- You feel you've lost faith in yourself, your abilities or the world .
- You continue experiencing flashbacks .
- Seek help if you cannot perform normal routines.
- Seek help if your performance at school, work or home is affected.
- Seek help if you feel you are unable to perform certain activities due to the emotions you are feeling after the event .
- Seek help if you are engaging in risks behaviors or increased them (smoking, drinking, drugs, fights).

SCHOOL, WORK AND EVERYDAY LIFE:

- Difficulty finding routine again and managing previously 'normal' tasks .
- Increased stress levels due to work or study.
- Difficulty prioritising and/or managing work, study and social demands .
- Losing interest in school or other activities, or performing less than usual.

SELF-CARE:

- Taking less care of yourself, your safety or your appearance.
- Adopting risky behaviors including in relation to drugs, alcohol and sexual behaviour.

Everyone is unique and has their own unique experience and things they've been through in life and therefore we cannot assume that people will respond the same way to the implications and outcomes that occur after traumatic events.

ACTIVITY

This activity is designed to make you think of how different people with different life experiences might respond to the outcomes of trauma. Imagine you are a parent with 3 children in high school who also works 5 days a week and you have experienced a traumatic event. Now, think about the way you would respond to this event if you were a child in primary school or a young adult who lives alone. It would be completely different, not only because of the age but because of the current occurrences in your life, if you are a parent you needed to consider your children and you will most likely put your own feelings aside, if you are a young child you are likely to be extremely resilient and bounce back though you may experience evidence of traumatic stress later in life. And if you are a young adult who lives alone you may feel very isolated and alone and like you can't talk to anyone.

What did you take away from this activity?

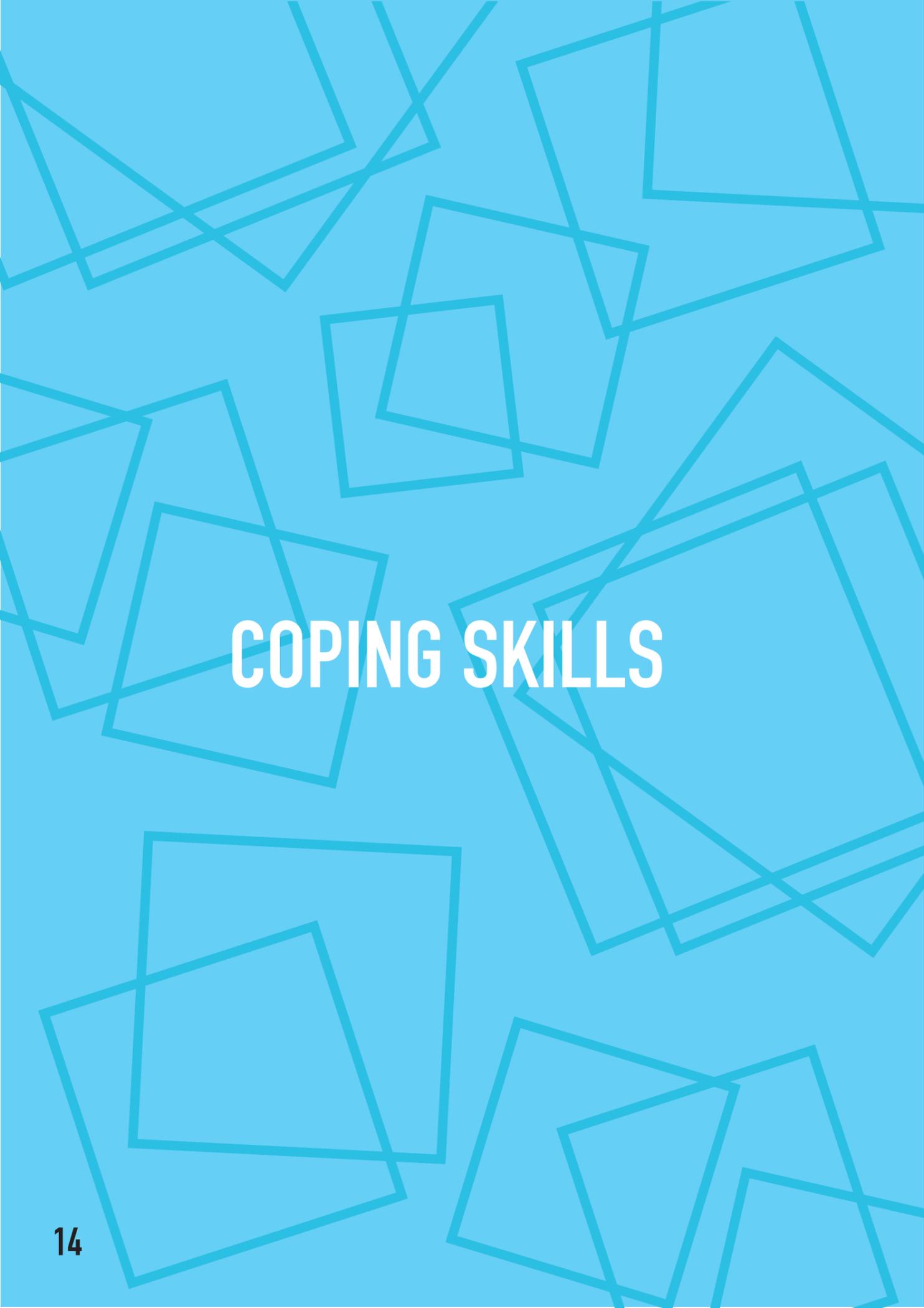
THE LESSON

Ensuring that you don't assume people's experiences is extremely important especially when having discussions around delicate topics such as trauma. Being open and non-judgemental is key to being supportive.

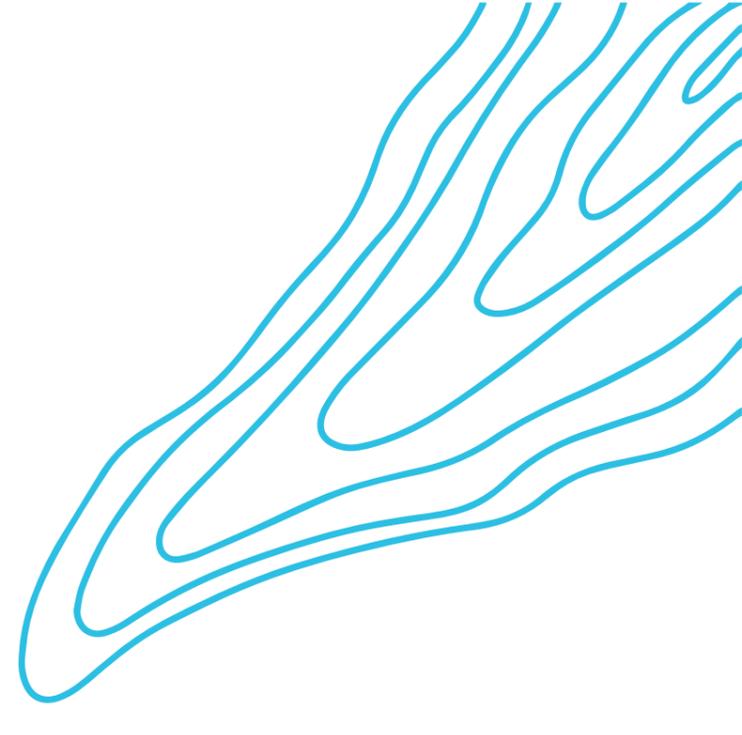
Personal experiences of trauma are different for every individual. Someone's past experiences, personality, home life and choices affect how they respond and deal with trauma and its effects. My personal experiences even if we went through the same or a similar event would differ from yours and the next person's.
- April. H

BE KIND TO PEOPLE





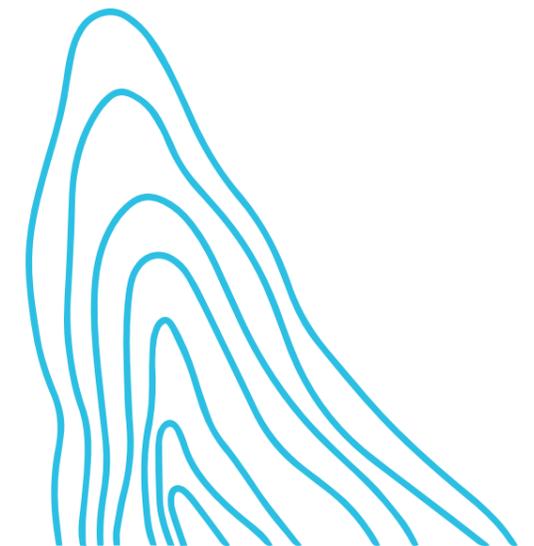
COPING SKILLS



COPING SKILLS:

Turning to friends, family, the community and professionals if needed to help cope with the trauma and its after effects which may be prolonging, is a coping skill implored by many who have gone through some form of trauma. There are however other strategies that can be used to help people cope with the many emotions they may be feeling in the aftermath of a disaster.

Everyone will have different things that help them cope, as every person is different and unique. Within this section we want people to acknowledge that there are many ways people cope with stress and trauma whether that be personal or in groups and that all are valid.



coping skills

Playing with or caring for animals

Playing with or caring for animals can help you feel more empathy and love towards others. It can also help increase self-esteem, reduce feelings of loneliness and even improve your relationships with others. It also introduces an element of responsibility for something that is dependent on you for food and shelter and therefore may bring a sense of purpose into one's life.

Animals possess no judgement and are simply devoted kind creatures who bring comfort to many people, especially those that need it.

Art / Getting creative

Art activities can be enjoyable and help you feel calm and more creative. Expressing yourself through art can give you some relief and help you explore and understand your feelings. You can use your art to communicate with others or keep it private, ultimately you have control over what you create and how you will use it.

Being creative is a great way to express emotions and feelings that may be hard for some people to put into words to talk about with others.

Some possibilities include: painting, drawing, making clothes, jewellery, sculpture, etc, photography, videography, digital art, murals, animation, theatre and performing arts.

Clubs / Groups

Participating in a club or group activities can help you get a sense of belonging, socialize with others, have fun in a group setting and establish a sense of connection with others after a traumatic event like a disaster.

You can also develop life skills, become a leader, mentor or a role model for others. Being part of a group or team involves sharing goals and achievements with others, which when shared are often more rewarding and exciting.

Youth groups are also a fantastic place to make connections with people similar to you or who have similar experiences.

You can find clubs in sports, music, dance, theatre, volunteering and many other things.

Gardening

Gardening can help you explore the natural cycles of life. Being in touch with nature can also help you reduce stress, enjoy the little things, enable you to be more in touch with the world around you and not so focused on internal ruminating feelings. It also introduces elements of physical activity, and can increase your hope and confidence. Being outside in nature is often very rewarding and relaxing for your mind and body.

Getting online

Digital platforms and other technologies can be important to connect with others. Using them can be fun and relaxing, or motivate your curiosity to learn and develop new skills. They can also help you feel freer to express your feelings, have fun and be creative.

You can play video games, blog, surf the net, use social media sites.

Games

Playing games can help bring people together, feel connected and have fun. Games can be challenging or easy, and help you develop skills for problem-solving.

You can play cards, board games, computer games, puzzles, ball games, etc.

Relaxation techniques

Relaxation techniques can help you feel more calm and rested, and are helpful for managing stress.

You can meditate, practice yoga, get or give yourself a massage, use breathing techniques, colouring books, etc. You can learn these activities from Apps such as Smiling Mind, professionals or guides.

Volunteering

Helping others can be very rewarding and help you feel more empowered and connected to others.

If your community was affected by a disaster, you can help in its recovery. You can also become a mentor and a role model for others. You can join groups at your school, join a charity, community group or collaborate with emergency services.

Reading or watching movies

Books (including comics, audio books, etc.), movies and series can be relaxing and increase your attention, imagination and creativity.

For some people books are a fantastic source of comfort and enjoyment, and escaping to a book for sometime brings people happiness.

Cooking

Cooking alone or with others can be very rewarding, fun, and can bring you a sense of achievement and satisfaction. It also gives you an opportunity to help out in your home and develop some new skills that will be used in the rest of your life. Additionally, it can help you have a healthier lifestyle.

Scrap-booking

Making a scrapbook can help you keep records, reflect on important moments of your life, and offer you a way of expressing your thoughts and feelings creatively. You can share your creations friends and family, or keep them private.

Writing

Writing can stimulate your imagination, creativity and give you a sense of relief. Writing can help you reflect about your thoughts and feelings, and express yourself. Your creations can be private or shared.

You can keep a journal, blog, create stories or songs, letters or poems.

Disaster preparedness

Preparing for a future emergency can help you feel more empowered, safe and connected to your family if you work on this together. Knowing that you are prepared for an emergency that may occur can bring a sense of safety and relief.

You can prepare an emergency kit, clean the area around your house, make a list of emergency contacts and develop an emergency plan with your family.

Seeing a psychologist

Seeing a professional who specialises in trauma or stress treatment can be extremely beneficial. They are there to listen to and help their patients, giving them a number of techniques they will be able to use within their own lives, in order to cope with feelings that arise after experiencing a traumatic event.

Seeing a psychologist may assist individuals who suffer from Post Traumatic Stress Disorder, helping them recover and work through the emotions and thoughts they may be feeling and thinking.

There are also free helplines that you can call when you feel the need to talk to someone about your problems and mental health, and websites that provide useful information for young people who are going through difficult times (see the Additional Resources section of this booklet for more information).

Connecting with others in times of Covid-19

Covid-19 has introduced an element of disconnection into the everyday life of many, making us feel estranged from friends and loved ones. Here are a few strategies and activities that people might use in order to feel more connected during these isolating times. Video calling with friends and family, individually or as a group can help you feel more connected. Both hearing someones' voice and seeing their faces is more effective at making others feel connected than a simple phone call or message.

Writing and sending letters to your friends may bring an element of joy into your life during these tough times, not only does it allow you to be creative it is also exciting to receive letters and have a pen pal. Self care is also extremely important in times of loneliness. Ensuring that you take time for yourself and reflect on your own feelings and emotions.

Online gaming with friends may include an element of fun and connectedness.

hey! you've got this

ACTIVITY TIME

Take this time to choose one of the suggested coping strategies in the table previously shown, (that you are able to do at this moment) and have a go at working your way through it. You can also choose some to do in your own time and reflect on them outside this workshop.

You can relate it to whatever aspect of your life you like or simply be creative with it.

You can choose to work individually or in groups and feel free to share your work if you feel comfortable.

Work on this strategy for 20-30 minutes or until everyone feels comfortable to return to the next section within the booklet.

There are many coping strategies that people use not only when overwhelmed with memories or feeling of trauma but in everyday life, so try implementing one or two into your daily life it could be to help manage school stress or simply for the purpose of giving something a go and see if it helps keep you grounded and maintain better control over your emotions.

Personally, I have implemented different coping strategies into my own life in order to overcome and deal with feelings of stress and anxiety following a traumatic event. One that I have found extremely beneficial is seeing a psychologist that gave me specific coping techniques to use in times of extreme stress. I have also turned to caring for animals and cooking as activities used for coping. - April. H

ONE SIZE
DOES NOT
FIT ALL

everyone deals with trauma in their own way.

RESILIENCE
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We as humans are complex beings and aren't all programmed the same way, some think differently and we all deal with stress in different ways. However you deal with things, it is important that you are able to do so and gain back your life which is where resilience comes in. Resilience is about progress and bouncing back after difficult or tough situations like trauma or disaster. It is important to be able to recognise hard times and when you are struggling but even more so to be able to build yourself back up and keep moving forward.

There are different ways of understanding resilience. In Australia, a team of experts who developed a virtual coach to build resilience proposed 6 basic domains for developing your resilience. These steps can help you get back to life after you have experienced a disaster or trauma.



Vision - purpose, goals & compliance. After dealing with something stressful or traumatic, it is easy to fall into a slum and lose sight of your future. You may have no motivation in life and feel like nothing may be important, this is where vision becomes crucial. This is about your purpose and goals in life, your drive, motivation and the way you are able to cope and be decisive when facing tough times. It will help guide you and achieve what you want in life, to get back on the horse and keep going when times get tough.

Composure - regulate emotions, interpretation bias, calm and in control. Keeping composure when facing conflict, or sudden change is about being able to control your response, your emotions and staying calm and in control. To face uncertainties without panic and to think critically, not only in the moment but also leading up to so that you are able to hold your head up and face it with bravery.

Reasoning - problem solving, resourcefulness, anticipate and plan. Going hand in hand with vision and composure, being able to reason, anticipate and plan will allow you to keep your cool and clear head during a difficult time that may challenge you mentally and emotionally. Problem solving and resourcefulness lets you be more efficient and effective in your life, and makes more forward easier.

Health - nutrition, sleep and exercise. Good health not only physically but mentally to can help with your emotional and mental performance, allow you to process different struggles and to take care of yourself in a time of need. Getting lots of nutrients by eating healthy, exercising and getting sleep to keep up your mental health and performance play a crucial part in resilience and keeping it up so that you keep going.

Tenacity - persistence, realistic optimism, bounce back. When times get tough, we need to keep going. Try to stay motivated, look after yourself, stay healthy and be persistent in your pursuit of recovery. Learn from your mistakes and don't lose focus, have realistic optimism that you will be okay and keep working towards your goals with passion.

Collaboration - support networks, social context, manage perceptions. It is important to remember in all of this, that you are not alone in your process of resilience building. Others are also experiencing what you are, feeling the emotions you are and are also facing tough times and struggles and are in the pursuit of working through them. For this reason, and remembering that you are not alone, it is vital that you know that you are not alone and that it is okay to reach out. This is what collaboration is about! Reaching out, seeking support through networks or social context, to share experiences and tips and to find help when you need it. It also plays into keeping things in your life constructive and to build healthy relationships in your life, which will help you get the support you need in life.

These are all ways to help build your resilience and easily bounce back after a trauma or disaster, to find different ways to build yourself and your resilience back up after experiencing a setback in your life. It is important to remember to take time for yourself and to care for your mental, emotional and physical well-being, but also knowing that there are tips and help out there to get you back on your feet and back on track with your life; to continue to live and breathe.

You can also watch 'Looking Back: Flowers from the Ashes.' In this video, April shares about her own journey to resilience after the 2009 Black Saturday Bushfires.

Looking for a video resource to share some inside on resilience and continuing life after trauma or traumatic event? This video created from April Harrison is a great example.

Looking Back 'Flowers from the Ashes'

April Harrison



Young children are thought to be extremely resilient, however this doesn't mean that their experiences are any less real. My personal experience in regards to adjusting to a temporary school and home after the fires was challenging, however my community, especially the school community, was supportive of every person, allowing people to come together and lean on each other. - April



RESOURCES & REFERENCES

The following lists of resources for people affected by disasters have been recommended by Australian Red Cross. We sorted them according to whether they are aimed at teenagers and young people, or to people of other ages (children and adults).

Resources made for teenagers and young people

Agency	Resources
Australian Red Cross https://www.redcross.org.au/stories/podcasts/after-the-emergency	After the emergency podcast and website to help people cope with emergencies.
Phoenix Australia (Centre for Posttraumatic Mental Health) https://www.phoenixaustralia.org/wp-content/uploads/2015/03/Phoenix-Teenager-Brochure.pdf	What the? – Trauma, Stress & Teenagers This booklet was designed to help young people understand PTSD. It includes: What is a traumatic event? / Normal reactions following trauma / What is PTSD? / Getting help / Strategies to help relax and feel more in control.
Reach Out https://au.reachout.com/	ReachOut Australia provides young people with tools and information to support their mental health.
Beyondblue 1300 22 4636 https://www.beyondblue.org.au/who-does-it-affect/young-people	Information and support for young people (12 - 25 years old) across a range of mental health topics, including depression, anxiety and recovery from crises.
Headspace http://www.headspace.org.au https://headspace.org.au/young-people/life-issues/	Mental and health wellbeing support, information and services to young people and their families across Australia.
Kids Helpline 1800 55 1800 http://www.kidshelp.com.au	Telephone and online counselling for young people aged 5-25.
Lifeline 13 11 14 http://www.lifeline.org.au	24-hour telephone crisis support. For more information or to download mental health and suicide prevention resources, visit Lifeline's website.

Resources for children and adults

Agency	Resources
Australian Red Cross www.redcross.org.au/resourcesforparents	Coping with a major personal crisis booklet • RediPlan booklets • Speaking to children about emergencies factsheet.
Phoenix Australia (Centre for Posttraumatic Mental Health) https://www.phoenixaustralia.org/resources/disaster-resources/	Mental health and wellbeing resources, including information about traumatic events.
Australian Centre for Grief and Bereavement http://www.grief.org.au	Information and support for people experiencing loss and/or grief.
Emerging Minds https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/	A toolkit containing resources to help and support adults and children before, during and after a disaster traumatic event
Reach Out https://au.reachout.com/collections/dealing-withstress-from-the-drought	A digital drought care package to help people cope and stay hopeful.
Australian Child and Adolescent Trauma, Loss and Grief Network http://www.earlytraumagrieff.anu.edu.au	For people involved in the care of children/ youth and interested in the potential impact of trauma, loss and grief experiences.
Better Health Channel http://www.betterhealth.vic.gov.au	Many healthy eating, exercise and relationship tips, for all ages.
Beyondblue 1300 22 4636 http://www.beyondblue.org.au	Information and coping strategies for all ages across a range of mental health topics, including depression, anxiety and recovery from crises.
Headspace http://www.headspace.org.au	Mental and health wellbeing support, information and services to young people and their families across Australia.
Lifeline 13 11 14 http://www.lifeline.org.au	24-hour telephone crisis support. For more information or to download mental health and suicide prevention resources, visit Lifeline's website.
Parentline 1300 30 1300 http://www.parentline.com.au	Information, advice and a listening ear for parents with any concerns about their children or parenting.

Resources for younger children

Agency	Resources
Australian Red Cross www.redcross.org.au/resourcesforparents	• After the emergency kids booklet (Ages 5-8) • Get ready! kids booklet.
Sesame Street https://www.sesameworkshop.org/what-we-do/traumatic-experiences and https://www.youtube.com/watch?v=IXPzyQpT50	Support young children through tough times with a range of activities and videos from Sesame Street.
Emerging Minds https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/	A toolkit containing resources to help and support adults and children before, during and after a disaster traumatic event.
Kids Helpline 1800 55 1800 http://www.kidshelp.com.au	Telephone and online counselling for young people aged 5-25.

Resources for younger children

Australia Red Cross (2020) Helping children and young people cope with crisis: information for caregivers. Pages 42-45 available at: <https://www.redcross.org.au/getmedia/83e409b3-27db-4902-9f05-7dfdb2aee9b8/Helping-Children-and-Young-People-Cope-with-Crisis-2020.pdf.aspx>

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