

Hi families and students,

We wanted to touch base with all of you to provide some contact information for services, if you or someone else you know needs some extra support during the holiday period.

It is important to keep informed of the COVID-19 situation, new information and any restrictions, however, we also encourage you to have a break from the news and focus on physical, mental, social, emotional and spiritual wellbeing and what you can do; exercise, garden, cook, read, craft, sing, dance, play a board game, be in the moment and mindfulness activities.

Be calm and reassure each other, and *be prepared to ask for help if you need it*. Remember that children learn by watching the adults around them and are very attune to the emotional climate. This is an opportunity to show them resilience and kindness.

As this is an unprecedented time, during the break, you can reach out to members of the *Wellbeing team* by email, particularly if you need assistance with or are having difficulty accessing supports in the community.

Matthew - pearce.matthew.d@edumail.vic.gov.au

Sharyn - burnett.sharyn.a@edumail.vic.gov.au

Megan - haddon.megan.m2@edumail.vic.gov.au

Thank you for your patience and support as well.

Matt, Sharyn and Megan

Big Hill Primary Wellbeing Team

List of Services

For Emergency Support

Urgent Ambulance, Fire or Police assistance **Call Triple Zero (000)**

- If someone is seriously injured and in need of urgent medical attention,
- If you have just witnessed a serious accident or crime,
- In case of fire.

For medical information and advice

- Phone your doctor or the hotline 1800 675 398 if you need medical attention they will tell you what to do,
- Phone Bendigo Hospital Emergency Department, Drought Street, Bendigo 5454 6000,
- Mental Health Regional Triage 24 hour service 1300 363 788.

24 hour counselling services (Australia-wide)

- Lifeline – 13 11 14 www.lifeline.org.au
- Mensline – 1300 789 978 www.mensline.org.au
- Kids Helpline – 1800 551 800 www.kidshelpline.org.au
- Beyond Blue – 1300 22 4636 www.beyondblue.org.au

For local (Bendigo) support for assistance such as essential items

- Bendigo DHHS, 74-78 Queen St, Bendigo, Mon to Fri 8:45am–5pm, 5434 5555,
- Salvation Army, 65-71 Mundy St, Mon to Fri 9am-5pm, 5440 8410, 5440 8431, facebook.com/BendigoSalvos, corpsofficer.bendigo@aus.salvationarmy.org
- Uniting Care Emergency Relief centres
 - 25 Forest St, **Bendigo** 5443 4972 Mon-Friday (not Wed) 10am to 12pm and 1pm to 3:45pm
 - Corner of Church and Camp Streets **Kangaroo Flat** Tues and Fri 10am to 1pm
- St Vincent de Paul Assistance Ctr, 16 Hopetoun St, Bendigo, Mon-Fri (not Wed, 10am-1:30pm, 5443 5688
- Baptcare, 259 Hargreaves St, Bendigo, Mon-Fri, 10am–4pm, 5441 1404
- Anglicare Children and Family Services, 175-187 Hargreaves St, Bendigo, Mon-Fri 9am-5pm 5440 1100
- St Lukes, 10 Mundy St, Bendigo, Mon-Fri 9am-5pm, 5434 3922
- Bendigo and District Aboriginal Cooperative, 119 Prouses Rd, North Bendigo, Mon-Thurs 9am-5pm, Fri 9am-4pm, 5442 4947