



Professional development resources

Supporting people impacted by COVID-19

This resource provides a summary of the various tools, fact sheets, and professional development opportunities available to support people impacted by COVID-19, both practitioners and people accessing services.

It includes professional development resources, as well as tools and resources that have been designed to support specific populations, or designed for use by specific sectors.

For additional information about any of the resources, please liaise directly with the provider.

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Resource name	Resource type	Description	Provider	Link
Aboriginal and Torres Strait Islander				
<i>Professional development – education, training and resources</i>				
COVID-19 resources for Aboriginal and Torres Strait Islander Health Professionals	Information pack	An information pack including tips and information for Aboriginal and Torres Strait Islander Health Professionals to help care for themselves and their communities.	National Aboriginal and Torres Strait Islander Health Worker Association	natsihwa.org.au/sites/default/files/temp/covid-19_resource_toolkit_for_aboriginal_and_torres_strait_islander_health_professionals.pdf
COVID-19 updates and information	Website	Maintains updates relevant to Aboriginal and Torres Strait Islander people and COVID-19.	Australian Indigenous Health/InfoNet	healthinonet.ecu.edu.au/learn/health-topics/infectious-conditions/covid-19-updates-and-information/
Self-care toolkit	Toolkit	Self-care for workers – not COVID-19 specific however relevant for Indigenous health workers in this space.	Aboriginal Health and Medical Research Council of NSW	n8p4t5m5.stackpathcdn.com/wp-content/uploads/2020/02/AHMRC_SelfCare_toolkit_200128.pdf
Aboriginal and Torres Strait Islander				
<i>Tools and resources to support service users</i>				
Coronavirus (COVID-19) resources for Aboriginal and Torres Strait Islander people and remote communities	Radio, video, posters, newsletters, infographics, guidance	A collection of resources, including videos, posters, newsletters and other guidance to support Aboriginal and Torres Strait Islander people, and remote communities.	Australian Government Department of Health	www.health.gov.au/resources/collections/coronavirus-covid-19-resources-for-aboriginal-and-torres-strait-islander-people-and-remote-communities#guidance
Coronavirus (COVID-19) – community information	Website	Outlines how people can protect themselves, Elders, family and community from Coronavirus. Includes an AUSLAN video.	First Peoples Disability Network Australia	fpdn.org.au/covid19/
Staying healthy and strong during the coronavirus outbreak	Website, posters	Information and resources to maintain Aboriginal and Torres Strait Islander health and connection during the Coronavirus outbreak.	Gayaa Dhuwi (Proud Spirit) Australia	www.gayaadhuwi.org.au/coronavirus/
Stop the spread - COVID-19 resources for Aboriginal and Torres Strait Islander people	Website, social media tiles and	NACCHO has developed some COVID-19 specific graphics to help promote healthy messaging to help stop the spread of the COVID-19 in First Nations communities.	National Aboriginal Community Controlled	www.naccho.org.au/home/aboriginal-health-alerts-coronavirus-covid-19

Torres Strait Islander communities	banners, posters, sector resource		Health Organisation (NACCHO)	19/stop-the-spread-of-coronavirus-covid-19/covid-19-resources/
Suite of culturally appropriate resources to support working with Aboriginal and Torres Strait Islander communities	Posters, factsheets, booklets	QAIHC have developed a suite of culturally appropriate resources to support your work with Aboriginal and Torres Strait Islander communities.	Queensland Aboriginal and Islander Health Council (QAIHC)	www.qaihc.com.au/resources/covid-19-coronavirus-resources?p=1

Resource name	Resource type	Description	Provider	Link
Alcohol and other drugs				
<i>Professional development – education, training and resources</i>				
Supporting clients during COVID-19 – tip sheet for AOD workers	Tip sheet	Tip sheet for workers containing suggestions and strategies for supporting AOD clients during COVID-19 using a trauma-informed approach.	Insight – Centre for Alcohol and Other Drug Training and Workforce Development	insight.qld.edu.au/shop/supporting-clients-during-covid-19-tips-for-alcohol-and-drug-workers
Orientation to telephone counselling for alcohol and other drug workers	eLearning	Aims to assist AOD workers to increase their knowledge, confidence and capacity to use Telephone Counselling as part of their treatment and support, as well as preparing workers for the opportunities and challenges associated with this counselling modality.	Insight – Centre for Alcohol and Other Drug Training and Workforce Development	insight.qld.edu.au/training/orientation-to-telephone-counselling-aodworkers/detail
COVID-19 – harm reduction advice for people who use substances	Factsheet	Insight and Adis Qld have assembled a factsheet containing basic harm reduction advice for clients / patients who drink and/or use drugs in Queensland. The resource draws advice from multiple harm reduction resources across Australia and the globe and is designed for distribution at NSPs, opioid clinics and treatment agencies.	Insight – Centre for Alcohol and Other Drug Training and Workforce Development Adis – 24/7 Alcohol and Drug Support	insight.qld.edu.au/shop/covid-19-coronavirus-harm-reduction-advice-for-aod
COVID-19 aka Coronavirus: some things you should know for people who use drugs or are on Pharmacotherapy	Website, factsheets	Links to information around the virus, tips and tricks for people who use drugs, and planning for people who are dependent on substances.	Harm Reduction Victoria	www.hrvic.org.au/covid19-you
Coping with stress and uncertainty during COVID-19	eLearning	Developed to help AOD workers cope with stress and uncertainty during COVID-19. It explores the factors that make coping difficult and outlines a variety of helpful tips and strategies to support workers to look after themselves. NB: requires the creation of an Account to participate.	NSW Users and AIDS Association (NUAA)	elearning.nada.org.au/
Conversations of change	Webinar	These webinars contain interviews with people within the AOD sector in Victoria, interstate and also across other related community sectors, regarding their responses to the current COVID-19 crisis. The aim is to create a greater sense of connection and support within and across the AOD (and other) sectors, along with broadening perspectives and sharing practical strategies and supports to ensure effective, safe and compassionate service provision is maintained.	Victorian Alcohol and Drug Association (VAADA)	www.youtube.com/channel/UCjDyKSD3LRXJZX60HLss99g/

Resource name	Resource type	Description	Provider	Link
Alcohol and other drugs				
<i>Tools and resources to support service users</i>				
COVID-19 information, resources and advocacy for people who use drugs	Website	Provides links to resources including harm reduction, opioid replacement therapies and cannabis.	NSW Users and AIDS Association (NUAA)	www.nuaa.org.au/covid19
Pivot Point – information on substance use and impacts on PLWHIV	Website	The ACON has compiled a range of information for people living with HIV (PLWHIV) and smoking and other drug use.	AIDS Council of NSW (ACON)	pivotpoint.org.au/

Resource name	Resource type	Description	Provider	Link
Children and young people				
<i>Professional development – education, training and resources</i>				
Working with children and families during the Coronavirus (COVID-19) outbreak. 30 April 2020	Webinar	Panellists: Dr Andrew Leech (General Practitioner, Western Australia) Nicola Palfrey (Psychologist, South Australia) Julianne Whyte (Social Worker, New South Wales) Facilitator: Professor Stephen Trumble (General Practitioner, Victoria).	Mental Health Professionals Network (MHPN)	Working with children and families during the Coronavirus (COVID-19) outbreak
Supporting trans and gender diverse children and their families. 23 April 2020	Webinar	Panellists: Associate Professor Michelle Telfer (Paediatrician, Victoria) Ms Susanne Prosser (Youth Worker, Victoria) Ms Janet Brown, (Child and Family Partner, Victoria) Dr Nicholas Brayshaw (General Practitioner, Victoria) Facilitator: Mr Daniel Moss (Workforce Development Manager, Emerging Minds, South Australia).	Mental Health Professionals Network (MHPN)	Supporting trans and gender diverse children and their families
Children and young people				
<i>Tools and resources to support service users</i>				
Supporting children during the COVID-19 pandemic	Factsheets, podcast and videos	This selection of resources will assist parents and caregivers in supporting their children’s mental health through the COVID-19 pandemic. They are designed to help parents to talk with their children about what they are seeing and hearing, develop new routines, and focus on the strategies that their family already uses to get through tough times.	Emerging Minds	d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/05/01111231/Emerging-Minds-COVID-19-Resources.pdf
What can you do to fight stigma associated with COVID-19?	Video	Discusses how words matter and the impacts of stigma on health care seeking and self-care. Aimed at young people.	World Health Organization (WHO)	www.youtube.com/watch?v=vinh0lIG1p0
Birdie and the virus	Storybook for children	‘Birdie and the Virus’ is part of the Birdie’s Tree storybook series developed by Children’s Health Queensland through the Queensland Centre for Perinatal and Infant Mental Health. ‘Birdie and the Virus’ has been specifically designed to support the mental health and emotional wellbeing of babies and young children, their parents and families, during the COVID-19 pandemic.	Children’s Health Queensland through the Queensland Centre for Perinatal and Infant Mental Health	www.childrens.health.qld.gov.au/c/hq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/

Interdisciplinary project in Victoria supports clients living with eating disorders	News article	Article discussing Morwell Adult Mental Health Network in Victoria recently brought together three partners working for and with clients living with eating disorders, to host their first online network meeting.	Mental Health Professionals Network (MHPN)	https://www.mhpn.org.au/NewsArticle/744/Interdisciplinary-project-in-Victoria-supports-clients-living-with-eating-disorders
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Resource name	Resource type	Description	Provider	Link
Culturally and linguistically diverse communities				
<i>Professional development – education, training and resources</i>				
Multi-lingual COVID-19 information	Videos	Translated information and advice about Coronavirus in a range of languages.	SBS	www.sbs.com.au/ondemand/coronavirus-explained-in-your-language
Multi-lingual COVID-19 information	Factsheets	The Australian Special Broadcasting Service (SBS) have Coronavirus information in 63 languages available.	SBS	www.sbs.com.au/language/coronavirus
Coronavirus	Website, factsheets	Translated information about health and wellbeing including COVID-19. This page links to 58 resources translated into various languages.	Victorian Government	healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentEnglishResourceAll?Open&x=&s=Coronavirus
Culturally and linguistically diverse communities				
<i>Tools and resources to support service users</i>				
Translated resources - coronavirus disease (COVID-19)	Factsheets, promotional material	COVID-19 translated information for people from culturally and linguistically diverse backgrounds, health professionals and industry.	Department of Health and Human Services Victoria	www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19
Coronavirus (COVID-19) translated resources	Factsheets	Plain language access for people with a disability in the CALD communities.	Women With Disabilities Australia	wwda.org.au/coronavirus-covid-19-translated-resources/

Resource name	Resource type	Description	Provider	Link
General practitioners				
<i>Professional development – education, training and resources</i>				
e-Mental health in practice	Online training	e-Mental Health in Practice, or eMHPrac, is a suite of online training modules, webinars and e-resources designed to introduce health professionals to online programs and tools, and to demonstrate how e-mental health technologies can be integrated into primary care. The eMHPrac programs are evidence-based, low-intensity and Australian-made online treatment programs, which are mostly free.	Black Dog Institute	www.blackdoginstitute.org.au/education-services/e-mental-health-in-practice/
COVID-19 coronavirus in Australia	Online training	Coronavirus disease 2019 (COVID-19) is a respiratory illness rapidly spreading in Australia and internationally, and primary care is at the forefront of patient screening, diagnosis and management. This continuously updating module provides crucial information on the primary care response to this disease, incorporating practical recommendations from the Department of Health, World Health Organisation, RACGP and other leading bodies.	Think GP	www.thinkgp.com.au/education/covid-19-coronavirus-australia
General practitioners				
<i>Tools and resources to support service users</i>				
Coronavirus mental wellbeing support service	24/7 support line and website	Beyond Blue has launched this service to support people who are feeling concerned about their wellbeing during the COVID-19 pandemic. Callers can access trained counsellors 24/7 for support and information to support their mental wellbeing. The website provides information on a range of topics including: Living with OCD during the pandemic; dealing with the financial impact of being out of work; updating your suicide safety plan to current restrictions.	Beyond Blue	Telephone counselling service: 1800 512 348 Website: coronavirus.beyondblue.org.au/

Resource name	Resource type	Description	Provider	Link
General resources and useful documents				
COVID-19 roadmap to recovery – a report for the nation	Roadmap	Roadmap to recovery prepared by a collection of health professionals, epidemiologists, infectious disease consultants, mental health and well-being practitioners, Indigenous scholars, economists... from the Group of Eight universities.	Group of Eight Australia	go8.edu.au/research/roadmap-to-recovery?fbclid=IwAR0VKN18O3I2mmGLTEBKyEMJb0AKb-MxZfk9SJLknDVCuptgtxHCjXQkV8w
Caring for people with COVID-19	Communique	Supporting Australia's healthcare professionals with continually updated, evidence-based clinical guidelines.	National COVID-19 Clinical Evidence Taskforce	covid19evidence.net.au/
COVID-19 infection control training	Webinar	30-minute online training module is for health care workers in all settings. It covers the fundamentals of infection prevention and control for COVID-19.	Australian Government Department of Health	www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training
Cleaning in the workplace	Information sheet	An information sheet with guidance about environmental cleaning and disinfection principles for health and residential care facilities for coronavirus (COVID-19).	Australian Government Department of Health	www.health.gov.au/resources/publications/coronavirus-covid-19-environmental-cleaning-and-disinfection-principles-for-health-and-residential-care-facilities
10 psychological tips for coping with coronavirus (COVID-19)	Information Sheet	Describes practical psychological skills to help people cope with anxiety and worry about infectious diseases.	MindSpot	mindspot.org.au/assets/pdf/10_Tips_for_Coping_with_Infectious_Diseases.pdf

Resource name	Resource type	Description	Provider	Link
Intellectual impairment / disability / mental illness				
<i>Professional development – education, training and resources</i>				
Coronavirus COVID-19	Website	Information about the virus and support sites for PLWD.	Women With Disabilities Australia	wwda.org.au/coronavirus-covid-19/
Blind citizens happy hour	Zoom	Keeping Australians who are blind or vision impaired connected during the COVID-19 pandemic.	Blind Citizens Australia	www.bca.org.au/2020/03/12/information-on-coronavirus-covid-19/
Coronavirus (COVID-19) information and support	Website	Latest advice and updates from NDIS around COVID-19 for service providers and recipients.	National Disability Insurance Scheme (NDIS)	www.ndis.gov.au/coronavirus
COVID-19: AUSLAN video	Video	Video in AUSLAN outlining information about COVID-19 and prevention measures.	Deaf Can: Do	www.youtube.com/watch?v=5kX4FkFiouA&feature=youtu.be
Intellectual impairment / disability / mental illness				
<i>Tools and resources to support service users</i>				
Disability and chronic illness	Social media	A group for people with disability and/or chronic illness to share information about how to respond to the current COVID-19 public health emergency in Australia.	Facebook	www.facebook.com/groups/203265080936033/?ref=group_header
My Coronavirus story	Online book	Plain language online book using picture symbols to describe Coronavirus transmission and infection control.	Illinois Autism Partnership	www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html
COVID-19 Coronavirus: stay informed	Website, video	Plain language information for people with intellectual disability.	Council for Intellectual Disability	cid.org.au/covid-19/
Accessible resources	Website	Provides links to information in a range of formats including Auslan, easy read, for people with visual impairment and for First Nations people with disability.	People with Disability Australia	pwd.org.au/covid-19-hub/accessible-resources/

Resource name	Resource type	Description	Provider	Link
LGBTIQ+ communities				
<i>Professional development – education, training and resources</i>				
LGBTI organisations and policy: COVID-19	Website	Central place for LGBTI organisations (full members of the National LGBTI Health Alliance) that are working to support LGBTI people throughout the changing COVID-19 environment.	National LGBTI Health Alliance	lgbtihealth.org.au/resources/lgbti-and-health-sector-support-covid-19/
Coronavirus (COVID-19) information hub	Website, factsheets	Provides up to date and concise local and international information on the impact of COVID-19 on AFAO's members and communities.	Australian Federation of AIDS Organisations	www.afao.org.au/our-work/coronavirus-covid-19/
COVID-19 and trans, gender diverse and non-binary communities	Website, FAQ	Information on COVID-19 including access to support, rights, and wellbeing.	Thorne Harbour Health	thorneharbour.org/covid19/tgdcovid19/
COVID-19: impacts for LGBTIQ communities and implications for services	Briefing paper	Summary of current knowledge around impacts of Coronavirus on the gender and sexually diverse communities.	Rainbow Health Victoria	www.afao.org.au/wp-content/uploads/2020/04/rainbow-health-victoria-research-briefing-paper-covid-19.pdf
LGBTIQ+ communities				
<i>Tools and resources to support service users</i>				
COVID-19 and LGBTIQ women	Website	Information to support women identifying as LGBTIQ during the COVID-19 outbreak.	Thorne Harbour Health	thorneharbour.org/covid19/lgbtiqomencovid19/
Intersex people and COVID-19	Website	Outlines specific risks and concerns for people with intersex variations.	Intersex Human Rights Australia (IHRA)	ihra.org.au/36340/intersex-people-covid19/
Navigating COVID-19 and chest binding	Booklet	Information on COVID-19 for trans and non-binary people regarding respiratory health and chest binding.	Gender Centre (NSW)	gendercentre.org.au/resources/health-resources/transgender-health-opinion?download=967:covid-19-chest-binding-info

Resource name	Resource type	Description	Provider	Link
Mental health practitioners				
<i>Professional development – education, training and resources</i>				
COVID-19 response update for mental health practitioners	Webinar	COVID-19 Response Update for Mental Health Practitioners. This webinar is part of a series to update mental health practitioners on the COVID-19 response. A panel of experts provides an update, and responds to questions – held 6 May 2020.	Australian Government Department of Health	www.health.gov.au/resources/webinars/covid-19-response-update-for-mental-health-care-practitioners-6-may
Privacy checklist for telehealth services	Checklist	The Australian Government Department of Health has prepared this checklist to assist you to comply with your privacy obligations when delivering telehealth services. It provides high level privacy guidance only and should not be relied upon as a substitute for your own legal advice.	Australian Government Department of Health	www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TelehealthPrivChecklist
Importance of self-care planning – COVID-19 mental health and wellbeing resources	Factsheet and planning template	Factsheet covering self-care and its importance, creating a self-care plan, and personal planning templates.	Black Dog Institute	www.blackdoginstitute.org.au/news/the-importance-of-self-care-planning-during-coronavirus/
10 tips for managing anxiety during COVID-19	Webinar	Dr Jill Newby, Associate Professor of Psychology at UNSW shares tips for managing Coronavirus-related anxiety.	Black Dog Institute	youtu.be/AX5iQxW8zqs
COVID-19 – reassuring young people about the unknown	Webinar	Dr Aliza Werner-Seidler, Senior Research Fellow and Clinical Psychologist at the Black Dog Institute shares some useful tips and strategies to reduce anxiety in children and explains how to support their wellbeing during this time.	Black Dog Institute	youtu.be/bGKaRfu0Phs
Tips and strategies in using technology for mental health consultations. Monday 18 May, 2020 What Time: 7:15 pm - 8:30 pm Sydney Time (AEST)	Webinar	Join this webinar to better understand the opportunities, challenges and risks in conducting mental health consultations by telephone and/or videoconferencing, and to learn practical strategies for improving outcomes for both practitioner and client - including establishing and maintaining a therapeutic relationship with clients via this technology. Join this webinar to better understand the opportunities, challenges and risks in conducting mental health consultations by telephone and/or videoconferencing, and to learn practical strategies for improving outcomes for both practitioner and client - including establishing and maintaining a therapeutic relationship with clients via this technology.	Mental Health Professionals Network (MHPN)	kapara.rdbk.com.au/landers/522df8.html

Resource name	Resource type	Description	Provider	Link
Mental health practitioners				
<i>Tools and resources to support service users</i>				
Coronavirus mental wellbeing support service	24/7 Support line and website	Beyond Blue has launched this service to support people who are feeling concerned about their wellbeing during the COVID-19 pandemic. Callers can access trained counsellors 24/7 for support and information to support their mental wellbeing. The website provides information on a range of topics including: Living with OCD during the pandemic; dealing with the financial impact of being out of work; updating your suicide safety plan to current restrictions.	Beyond Blue	Telephone counselling service: 1800 512 348 Website: coronavirus.beyondblue.org.au/

Resource name	Resource type	Description	Provider	Link
Older people and people in residential aged care facilities				
<i>Professional development – education, training and resources</i>				
Residential aged care COVID-19 webinar	Webinar	Webinar for residential aged care providers and their staff, on COVID-19 preparedness and prevention. Includes discussion on preparing for outbreaks, when an outbreak is suspected and confirmed, and declaring an outbreak over – held 8 May 2020.	Australian Government Department of Health	www.health.gov.au/resources/webinars/residential-aged-care-covid-19-webinar-8-may-2020
Coronavirus (COVID-19) guidelines for outbreaks in residential care facilities	Guideline	National guidelines for the prevention, control and public health management of COVID-19 outbreaks in residential care facilities in Australia.	Communicable Diseases Network Australia	www.health.gov.au/resources/publications/coronavirus-covid-19-guidelines-for-outbreaks-in-residential-care-facilities
Coronavirus (COVID-19) wearing personal protective equipment in aged care	Video	Demonstration of how to wear personal protective equipment (PPE) for aged care workers.	Australian Government Department of Health	www.health.gov.au/resources/videos/coronavirus-covid-19-wearing-personal-protective-equipment-in-aged-care-video
Coronavirus (COVID-19) guidelines for infection prevention and control in residential care facilities	Guideline	National guidelines for COVID-19 infection prevention and control in residential care facilities in Australia.	Australian Government Department of Health	www.health.gov.au/resources/publications/coronavirus-covid-19-guidelines-for-infection-prevention-and-control-in-residential-care-facilities
Coronavirus (COVID-19) environmental cleaning and disinfection principles for health and residential care facilities	Factsheet	Information sheet with guidance about environmental cleaning and disinfection principles for health and residential care facilities for coronavirus (COVID-19).	Australian Government Department of Health	www.health.gov.au/resources/publications/coronavirus-covid-19-environmental-cleaning-and-disinfection-principles-for-health-and-residential-care-facilities
Older people and people in residential aged care facilities				
<i>Tools and resources to support service users</i>				
Coronavirus (COVID-19) - tips for carers, families and friends of people living with dementia	Website, factsheet	Information for carers, family and friends.	Dementia Australia	www.dementia.org.au/resources/coronavirus-covid-19-helpsheets/tips-for-carers-families-and-friends-of-people-living-with-dementia

Resource name	Resource type	Description	Provider	Link
Perinatal and infant mental health				
<i>Professional development – education, training and resources</i>				
e-Cope directory: information for health professionals	Website	To help consumers and referring health professionals identify timely, appropriately qualified professionals with experience in perinatal entail health, COPE has developed the e-COPE Directory.	Centre of Perinatal Excellence (COPE)	www.cope.org.au/getting-help/e-cope-directory/e-cope-directory-information-for-health-professionals/
Special notice on the COVID-19 Crisis	Online journal	This landing page has links to free access to articles relevant to supporting early development in times of crisis. There is also other links to support parents and practitioners.	Infant Mental Health Journal	onlinelibrary.wiley.com/page/journal/10970355/homepage/covid-19_special-notice
IMHJ's response to COVID-19	Online journal	Contains free full access articles to assist parents, caregivers, and practitioners working to promote child and family well-being during COVID-19.	Infant Mental Health Journal	onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1234-5678.COVID-19-response?
Coronavirus (COVID-19) information hub	Website	The College communicates the most up-to-date information to members, and patients. Their statements also provide guidance on a broad range of relevant matters. Information is curated from Australia, New Zealand and around the world.	The Royal Australian and New Zealand College of Obstetricians and Gynaecologists	rancog.edu.au/statements-guidelines/covid-19-statement
Perinatal and infant mental health				
<i>Tools and resources to support service users</i>				
COVID-19 and your child's health	Website	Created with the help of child health specialists, this page shares information, service updates and advice about COVID-19 and what it means for child healthcare in one handy place.	Children's Health Queensland Hospital and Health Service	www.childrens.health.qld.gov.au/covid-19/
Coronavirus (COVID-19) and children in Australia	Website	Contains a broad swathe of information about COVID-19, treatment and management, and talking to children about coronavirus.	Raising Children: the Australian parenting website	raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-and-children-in-australia
COVID-19 updates for pregnant women, children and parents	Website	Contains information about reducing transmission and also ways to manage anxiety over the coronavirus.	Centre of Perinatal Excellence (COPE)	www.cope.org.au/getting-help/self-help/covid-19-updates-for-pregnant-women-children-and-parents/
COVID-19 breastfeeding information	Website	Provides detailed information for breastfeeding.	Australian Breastfeeding Association	www.breastfeeding.asn.au/bfinfo/covid-19

Resource name	Resource type	Description	Provider	Link
Self-care for health professionals				
<i>Professional development – education, training and resources</i>				
Managing your mental health at home: information about working from home during COVID-19	Video	Black Dog Institute	Black Dog Institute	youtu.be/CyAWnFfIKmU
Managing health anxiety – Information for healthcare workers during COVID-19	Fact sheet	Fact sheet covers information regarding: impact of pandemics on mental health; tips to manage worries about health; and where to get more help.	Black Dog Institute	www.blackdoginstitute.org.au/wp-content/uploads/2020/05/COVID-19_Managing-health-anxiety.pdf
A weekly mental health check in – COVID-19 mental health resources for healthcare workers	Fact sheet	Fact sheet covers information regarding: six ways to check in on your mental health; and what to do if you are not coping.	Black Dog Institute	www.blackdoginstitute.org.au/wp-content/uploads/2020/05/Weekly-mental-health-check-in-during-Coronavirus.pdf

Resource name	Resource type	Description	Provider	Link
Suicide prevention				
<i>Professional development – education, training and resources</i>				
Connect 2020 – a mental health and suicide prevention webinar series	Webinars	Connect 2020 is Suicide Prevention Australia’s webinar series that provides a unique opportunity to connect and learn from mental health and suicide prevention leaders. The webinars will explore a range of topics including mentally healthy workplaces, men’s health, carers and postvention.	Suicide Prevention Australia	www.suicidepreventionaust.org/connect-2020/
LivingWorks Start	Online training	Brisbane North PHN is funding the LivingWorks Start online training program for 100 carer and support professionals to assist them to feel better skilled to identify and manage people at risk during the COVID-19 pandemic. LivingWorks Start will help you to: <ul style="list-style-type: none"> • Identify that someone may be considering suicide • Safely and confidently ask about thoughts of suicide • Connect someone at risk of suicide to resources that can assist • Support friends and colleagues • Have peace of mind knowing you’re ready to help. 	Brisbane North PHN and LivingWorks Start	To express interest in the free course, please email MHAOD@brisbanenorthphn.org.au . For more information on LivingWorks Start, visit www.livingworks.net/start
Responding to the needs of a person presenting with suicidality. Recorded 23 March 2020. Available on demand	Webinar	Panellists: Dr Lyn O’Grady (Community Psychologist, Victoria) Dr Graham Fleming (General Practitioner, South Australia) Professor Tim Wand (Nurse Practitioner, New South Wales) Facilitator: Ms Nicola Palfrey (Psychologist, South Australia).	Mental Health Professionals Network (MHPN)	Responding to the needs of a person presenting with suicidality
Being well in difficult times	Blog	Black Dog Institute has dedicated their Being Well blog to a series called Being Well in Difficult Times, in response to COVID-19. Listen to three health professionals on how they stay well during the pandemic.	Black Dog Institute	medcast.com.au/blogs/being-well-in-difficult-times-margot
Suicide prevention				
<i>Tools and resources to support service users</i>				
Coronavirus mental wellbeing support service	24/7 support line and website	Beyond Blue has launched this service to support people who are feeling concerned about their wellbeing during the COVID-19 pandemic. Callers can access trained counsellors 24/7 for support and information to support their mental wellbeing. The website	Beyond Blue	Telephone counselling service: 1800 512 348

		provides information on a range of topics including: Living with OCD during the pandemic; dealing with the financial impact of being out of work; updating your suicide safety plan to current restrictions.		Website: coronavirus.beyondblue.org.au/
Beyond Now	App	Beyond Now enables a person at risk of suicide to develop their own safety plan to support them through difficult times. Available from App Store and Google Play.	Beyond Blue	Read more about the app here: coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/suicide-safety-planning-during-the-coronavirus.html