



Week One



Links to useful websites:

Family Activities at Home

Topic	Link
National Gallery of Victoria	https://www.ngv.vic.gov.au/kids/
Melbourne Museum	https://www.timeout.com/melbourne/kids
Melbourne University	https://pursuit.unimelb.edu.au/articles/five-tips-for-keeping-kids-learning-at-home
Education Department	https://www.education.vic.gov.au/Documents/school/teachers/teachingresources/discipline/english/literacy/LiteracyandNumeracyTipstoHelpYourChild_Final.pdf
Things To Do With Kids	https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855
Fun At Home Activities	https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/
Fun Things To Do At Home	https://www.todayparent.com/family/activities/fun-things-to-do-at-home/

Health Contacts

Topic	Link	Phone
COVID-19	https://www.dhhs.vic.gov.au/coronavirus	1800 675 398
Department of Health And Human Services	https://www.dhhs.vic.gov.au/	1300 650 172
Maternity and Child Health	https://www2.health.vic.gov.au/primary-and-community-health/maternal-child-health	13 22 29
Nurse On call	https://www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service	1300 60 60 24
Doctor On call	https://www.healthdirect.gov.au/after-hours-gp-helpline	1800 022 222



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Links to useful websites:

Family Help Contacts

Topic	Link	Phone
Carers Victoria	https://www.carersvictoria.org.au/	1800 514 845
COTA (assistance for people over 50)	https://www.cotavic.org.au/	1300 13 50 90
Relationships Victoria	https://www.relationshipsvictoria.com.au/services/childrens-services/	1800 022 222
Family Support	https://raisingchildren.net.au/	
Parentline Victoria	https://www.betterhealth.vic.gov.au/health/serviceprofiles/parentline-service	13 22 89

Family Support Contacts

Topic	Link	Phone
Family Violence Support Centre	https://www.safesteps.org.au/	1800 015 188
White Ribbon	https://www.whiteribbon.org.au/find-help/domestic-violence-hotlines/	
DHHS	https://services.dhhs.vic.gov.au/family-support	1300 650 172
Domestic Violence Resource Centre Victoria	https://www.dvrcv.org.au/support-services/victorian-services	03 8346 5200
Victorian Government	https://www.vic.gov.au/family-violence-support	



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Links to useful websites:

Personal Support Contacts

Topic	Link	Phone
Lifeline	https://www.lifeline.org.au/	13 11 14
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/	1300 659 467
Beyond Blue	https://www.beyondblue.org.au/	1300 22 4636
Kids' Help Line	https://kidshelpline.com.au/	1800 55 1800
Men's Help Line	https://mensline.org.au/	1300 78 99 78

Other Websites

Topic	Link
5 Ways to Well Being	https://5waystowellbeing.org.au/
Wellbeing Tools for You	https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you
Recommended Mental Health Websites	https://schools.au.reachout.com/articles/recommended-mental-health-websites
Health Direct	https://www.healthdirect.gov.au/mental-health-and-wellbeing
Wellbeing Australia	https://www.wellbeingaustralia.com.au/
House of Wellness	https://www.houseofwellness.com.au/