



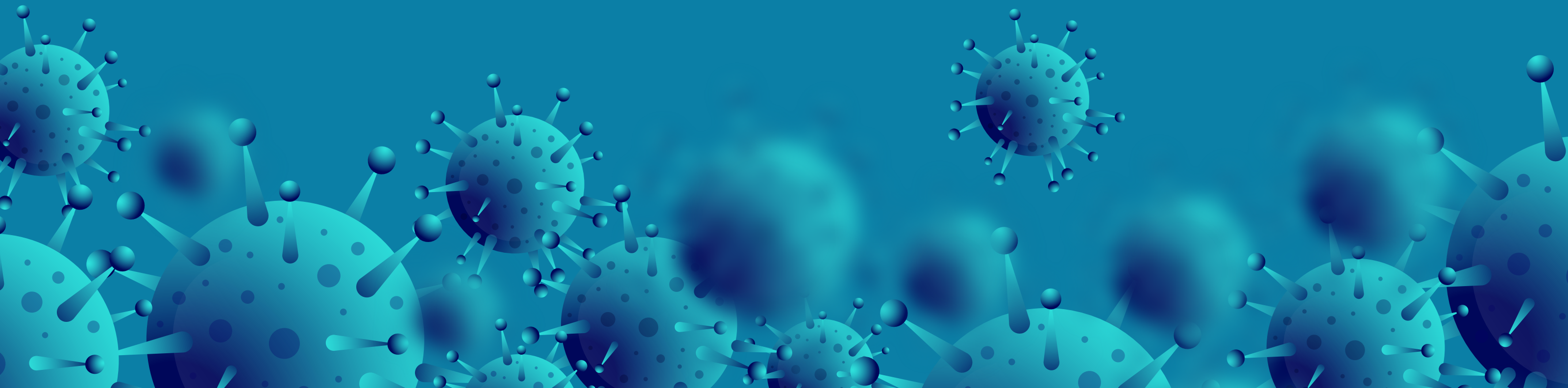
# **NESAY Youth Advisory Committee**

Feedback & tips from the NESAY YAC

**COVID-19**



NESAY caught up with our YAC individuals to see how they were responding to the COVID-19 health crisis and restrictions. They were also able to give insight into what trends they were seeing between their friends and young people alike.





### **These themes included:**

- Anxiety, fearing going out. How that effects people that are already isolated and now fear leaving the house
- Mental health. How to access doctors to get medication for mental health. Unable to see mental health practitioners
- Too much information- overwhelming and hard to decipher
- Too much time on phones, not sleeping and compounding concerns
- Concern about older family/friends, how many people will it affect.
- Concern over own health and working and being in public places
- Guilt of having a job/fear of having a job
- Concern over economy
- Stuck at home with young children, no playgrounds
- Stuck at home with people they don't get along with

**Some thoughts  
and ideas on  
coping for young  
people, from  
young people;**





- **Turn off news feed notifications and restrict social media.**
- **Change what you are doing online and restrict it to just staying in contact with family and friends.**



• **Find new hobbies that excite you**



- **Put plans into place on how you are going to manage over the coming weeks**



- **Create & follow a healthy schedule**

# Need support?

## Check out these useful links:

### ➔ 1800Respect

Confidential counselling, information and support for people impacted by sexual assault, domestic or family violence and abuse via phone or online chat.


 Call eheadspace on 1800 650 890

 Online at [www.headspace.org.au](http://www.headspace.org.au)

### ➔ Directline

Confidential alcohol and drug counselling and referral service.


**24 hours a day, 7 days a week**

 Call 1800 888 236

 Direct online counselling:  
[www.directline.org.au](http://www.directline.org.au)

### ➔ Beyond Blue

Offers practical advice and resources at [beyondblue.org.au](http://beyondblue.org.au). The Beyond Blue Support Service offers short term counselling and referrals.

 Call 1300 22 4636

 Webchat: [www.beyondblue.org.au](http://www.beyondblue.org.au)


### ➔ Headspace

 Call eheadspace on 1800 650 890

 Online at [www.headspace.org.au](http://www.headspace.org.au)

### ➔ Lifeline

Offers tips, resources and advice, as well as crisis and suicide support.

 Phone: 13 11 14 (24hrs/7days)  
Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights)

 Chat online: [www.lifeline.org.au/crisis-chat](http://www.lifeline.org.au/crisis-chat) (7pm - midnight, 7 nights)

### ➔ Switchboard Victoria

Telephone and web counselling, information, and referral service for LGBTQI people.  
**(3pm - 12am, 7 days a week)**

 Call 1800 184 527

 QLife Webchat: [www.qlife.org.au](http://www.qlife.org.au)

### ➔ Kids Helpline

 Call 1800 55 1800

 Online at [kidshelpline.com.au](http://kidshelpline.com.au)

### ➔ ReachOut

Online mental health organisation for young people and their parents.

 [au.reachout.com](http://au.reachout.com)

**For more information, please go to:**

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#who-to-call-to-get-help>





**[www.nesay.com.au](http://www.nesay.com.au)**

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