

## RESOURCES EFFECTIVE PARENTING WITH TEENAGERS FOR FAMILY WELLBEING DURING COVID-19 & BEYOND

**WAYS Youth and Family** is a community based non-government organisation whose mission is to work with young people aged 9-24 years and their families to create successful and meaningful pathways to the future.

**WAYS Counselling** offers short and long term individual and family counselling. Contact Luke or Courtney on 9365 2500 or email [psychology@ways.org.au](mailto:psychology@ways.org.au)

**WAYS Information and Helpline** can assist young people and their families access the support they need and includes family and relationship concerns, assisting with school disengagement and trouble staying on top of work during the pandemic, mental health concerns or a supportive chat to any young person or parent who may be feeling lonely or isolated Milo 9am – 1pm on 0420 499 776 and Christina 1pm – 5pm on 0424 553 187. Or email Milo [milo@ways.org.au](mailto:milo@ways.org.au)

### Phone and internet information and support

- **WAYS Links & Tips** <https://ways.org.au/blog/>
- **Raising Children** contains parenting resources for parents of pre-teens: <https://raisingchildren.net.au/pre-teens> and information and resources for parents of teenagers: <https://raisingchildren.net.au/teens> ; <https://raisingchildren.net.au/grown-ups/looking-after-yourself/parenting/parenting-teenagers>
- **Beyond Blue – Healthy Families** contains mental health and wellbeing resources for families <https://healthyfamilies.beyondblue.org.au/>
- **Youth Beyond Blue** contains mental health resources for young people 12 – 25 <https://www.beyondblue.org.au/who-does-it-affect/young-people>
- **Reach Out** effective communication with teens <https://parents.au.reachout.com/skills-to-build/connecting-and-communicating/effective-communication-and-teenagers>
- **Parentline** offers online information and resources <https://www.parentline.org.au/> and out of hours phone counselling 8am – 10pm, 7 days a week 1300 30 1300
- **Kids Helpline** – support via phone counselling or web chat for children and young people <https://kidshelpline.com.au/> or 1800 55 1800. Available 24/7

### Using social media safely

- The **e-Safety Commission** provides a range of helpful information to empower people of all ages to stay safe online <https://www.esafety.gov.au/>
- **Kids Helpline** provides information for parents <https://kidshelpline.com.au/parents/issues/social-media-and-safety> and for young people <https://kidshelpline.com.au/teens> ; <https://kidshelpline.com.au/young-adults>

### Transition back to school

- **Beyond Blue** offers advice on helping your teenager transition back to onsite learning <https://coronavirus.beyondblue.org.au/i'm-supporting-others/Children-and-young-people/how-to-help-your-teenager-transition-back-to-on-site-learning>