

Rebecca Petrie, College Psychologist has recommended the following sites:

<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources#find-the-facts>

<https://www.psychologytoday.com/us/blog/lifetime-connections/202003/covid-19-anxiety-control-your-controllables>

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

Please find above, some credible resources for managing these uncertain times; relevant for yourself, your students and your own children.  
Feel free to distribute as needed.

Please email me if you are seeking any further resources  
Bec

**Rebecca Petrie**  
**Psychologist**  
**(03) 53224464**