

Mental Health Resources Available:

<p>Immediate support services</p>	<ul style="list-style-type: none"> • Lifeline: 131114 • MensLine Australia: 1300 78 99 78 • Headspace: 1800 650 890, https://headspace.org.au/ • Kids helpline: 1800 55 1800 • Beyondblue online forums: https://www.beyondblue.org.au/get-support/online-forums
<p>COVID- BAT and outdoor specific</p>	<ul style="list-style-type: none"> • NEW! Outdoor Council of Australia COVID-19 Management Plan Template http://www.outdoorcouncil.asn.au/wp-content/uploads/2020/05/OCA-Covid-management-plan-Final-15th-May-2020.pdf • NEW! Outdoor Council of Australia COVID-19 Framework for Rebooting Outdoor Activities http://www.outdoorcouncil.asn.au/wp-content/uploads/2020/05/OCA-Framework-for-Rebooting-Outdoor-Activities-in-a-COVID-19-Environment-Final.pdf • Base Camp Wellbeing – dedicated to sharing resources and links during the current crisis http://www.freepiritruenorth.com.au/basecamp-wellbeing.html • QORF/Outdoors Queensland COVID-19 resources page – from info and ideas for businesses to QLD access updates for different activities https://qorf.org.au/industry/covid-19/
<p>Recurring events</p>	<ul style="list-style-type: none"> • MONTHLY: AABAT Wellbeing Webinar series (click link to see dates and RSVP) https://aabat.org.au/covid-19-webinar/?fbclid=IwAR1y3aFL9lvH_GPeyMxMe0qnNV5lwdKxwPx_I44OmdI3Aj6xj1xZYQIQFUU • WEEKLY: Outdoor Business Owners and Managers Face Book group: Happy Hour chat – 4pm every Friday. Join the facebook group to participate. https://www.facebook.com/groups/ozoutdoorbiz/ • WEEKLY: QORF Coffee & Conversation catch up (QLD based but all welcome) https://qorf.org.au/whats-on/coffee-conversation/ • WEEKLY: Inside the OutHaus: weekly webinar by Pete Smith about the craft of outdoor ed (click link to register) Register to Join us @ 4:17pm Mondays
<p>Mental Health</p>	<ul style="list-style-type: none"> • WHO’s “Coping with stress during the Coronavirus outbreak” https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2 • Black Dog Institute COVID specific resources https://www.blackdoginstitute.org.au/COVID-19?fbclid=IwAR3WB_ZzTpnNmO7fPMjvqpWvZ7dT9bus_iGt_nIgbZEofijEY9ynGiU4Dd8
<p>AABAT- Additional Resources</p>	<ul style="list-style-type: none"> • https://aabat.org.au/wp-content/uploads/2020/04/BushfireRecoveryResource.pdf Focus is on bushfires but a lot of it is still relevant. • https://aabat.org.au/covid-19-support-resources/ Mental Health and COVID support resources • https://www.neurosequential.com/covid-19-resources COVID-19 Stress, Distress & Trauma Video Series