

The School Based Youth Health Nurse talks about...

Supporting your young person during the holidays

Holidays can be a time of stress for some young people, taking them away from friends and school supports. For some, this can lead to feelings of isolation, loneliness and stress. Luckily, Headspace has some great tips on supporting your young person during this time and some info to help recognise if they need some extra help and where to access it.

6 tips to support your young person

1. Encourage them to stay connected
2. Encourage them stay involved
3. Encourage physical activity
4. Encourage a regular routine
5. Encourage healthy eating habits
6. Encourage play

Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehespace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

Signs to look out for

If you notice any the following changes that last for more than a couple of weeks, it might be an indication that your young person needs extra support.

Being irritable or angry towards loved one; feeling tense, restless, stressed or worried; being persistently sad or crying for no apparent reason; not enjoying or wanting to do things they usually do; engaging in more risky behaviour; changes in sleeping or eating habits; expressing lots of negative or distorted thoughts about themselves and the world.

For extra support check out the suggested support services or make an appointment to speak to your GP.



Queensland
Government