

How MFIS Families Can Stay Connected:

Connect with Allah SWT through Dua, Prayer and Qurán. Faith can increase your resilience, sense of purpose, happiness and wellbeing, and lower stress. If you need help getting started, connect with the School Chaplain or religious organisations.

Connect with family. This is an opportunity strengthen family relationships. Services that can assist families during these challenging times include:

MFIS Counsellors: (can also refer you to other services)
Greenacre Secondary: counsellinggs@mfis.nsw.edu.au
Greenacre Primary: counsellinggp@mfis.nsw.edu.au
Hoxton Park: counsellinghp@mfis.nsw.edu.au
Beaumont Hills: counsellingbh@mfis.nsw.edu.au

Islamicare Parent and Youth Hotline: 1800 960 009
<http://islamicare.org.au/> (9am – midnight). Free phone counselling and can sometimes do outreach as well.

Parent Line NSW: 1300 130 052 (Mon – Fri: 9am-9pm, Sat-Sun: 4pm-9pm).

Kids Helpline (24/7 for 5 – 25yrs): 1800 55 1800 or www.kidshelpline.com.au

Raising Children Network (Parenting, mental health and COVID-19 info) <https://raisingchildren.net.au>

ReachOut: <https://parents.au.reachout.com/one-on-one-support> (Free mental health info, phone or online)

School TV: (wellbeing videos) <https://schooltv.me/>

Resourcing Parents: (parenting courses and resources, including in other languages)
<http://resourcingparents.nsw.gov.au/>

headspace (for 12- 25years) <https://headspace.org.au>

ParentWorks: (free online course)
<https://parentworks.org.au/>

Relationships Australia: 1300 364 277

If you are worried about Domestic Violence, call the 24/7 DV Hotline: 1800RESPECT (1800 737 732).

Times can get hard. Please get in touch with the **MFIS Business Manager** if you would like to discuss arrangements for **School Fees:** Dennis@mfis.nsw.edu.au

Financial Support Services may help eligible people. Get further info from the **ATO Emergency Support Infoline:** 1800 806 218 or 13 28 65

Centrelink: <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/if-you-need-payment-coronavirus-covid-19> or find specific contact numbers at <https://www.servicesaustralia.gov.au/individuals/contact-us/phone-us>

House of Sadaqa Infoline: 1300 934 303 (24/7)

National Zakat Fund: <https://www.nzf.org.au/apply>

or the **LMA:** 9750 6833

Connect with yourself and others. Take time out for self-care and to unwind, do things you enjoy. Balance your exposure to social media, keep healthy and active. Stick to a healthy sleep routine and develop new routines for your day. Remember to include regular screen and work breaks if you are working from home. Stay connected with the school, with friends and colleagues. Please connect with Mental Health Support Services (free 24/7, online webchat and/or over the phone services) if you are feeling overwhelmed:

NSW Mental Health Line: 1800 011 511

Lifeline: 13 11 14 or <http://www.lifeline.org.au>

Beyond Blue: 1300 22 4636 or www.beyondblue.org.au

Suicide Call Back Service: 1300 659 467 or <https://www.suicidecallbackservice.org.au/>

Free Muslim Counselling: (9am- 5pm, no referral required):
AMAN PSYCH (LMA) Support Clinic: 0416 937 425 or www.lma.org.au (for appointments).

UMA Counselling and Psychology Services (Free with Mental Health Care Plan 12yrs+). Males: 0430 329 224, Females: 0415 747 837

Connect with your GP (this can be done via teleconsultation). A Mental Health Care Plan from your GP allows you to receive free psychological support from Mental Health professionals. If you don't feel comfortable talking to your GP, try calling other GPs in your area.

In case of a mental health or medical EMERGENCY, CALL 000.

Connect with reliable sources for information.

Refer to the **MFIS website** for updates and support:
<https://www.mfis.nsw.edu.au/>

Reliable **health** info can be sourced from:
24/7 National Coronavirus Helpline: 1800 020 080

Health Direct (24/7 health advice): 1800 022 222 or <https://www.healthdirect.gov.au/about-coronaviruses>

Dept. of Health: www.health.gov.au or the **Govt. COVID19 App:** <http://aus.gov.au/whatsapp> (or text +61 400 253 787)

Connect with Community Support services. This helps you to stay in touch with what's happening in the local community and may help you find ways to volunteer your skills. Being of benefit to others will help increase your own happiness.

Remember, you are not alone, we're all in this together - and Allah SWT is always there.