

*Maintaining a
mentally healthy
community
when change is
all around*



With delivery partners



Funded by



Included below are reflective questions referred to during the webinar along with links to additional information, resources and references.

In practice reflective questions

These reflective questions can be used to form the basis of a conversation with your Be You Action Team or Learning Community Leadership.

- ② To what extent does your learning community promote and discuss mental health and wellbeing currently?
- ② What strategies do you have in place at a whole-service level to build, support and maintain a mentally healthy learning community?
- ② Reflect and discuss the policies, procedures and preparedness in your learning community for a serious incident
- ② Consider how protective factors foster resilience – reflect on how you support children to feel secure, confident and included
- ② Being emotionally literate is critical – for all of us. Possibly as important as other literacies. Is this considered in your service?
- ② What strategies can you use to support families and reassure them the service is a safe place?
- ② Consider how protective factors foster resilience – reflect on how you support children to feel secure, confident and included
- ② Have you considered how you will manage your own emotions and reactions when supporting other people who've been affected by a serious incident?
- ② How would you foster trust and respect when having a challenging conversation in response to a serious incident?
- ② How can you influence educators to model self-care strategies actions themselves to promote help-seeking among children and families?
- ② Reflect on the educator's role in creating a secure and supportive environment for children.

Links to additional information, resources and references from the webinar

Be You Wellbeing Tools

<https://beyou.edu.au/resources/tools-and-guides>

Be You Professional Learning

<https://beyou.edu.au/learn>

Mentally Healthy Communities domain

<https://beyou.edu.au/learn/mentally-healthy-communities>

Responding Together domain, Recognise module

<https://beyou.edu.au/learn/responding-together/recognise>

Responding Together domain, Respond module

<https://beyou.edu.au/learn/responding-together/respond>

BETLS observation tool

<https://beyou.edu.au/resources/tools-and-guides>

Stop Reflect Act framework

<https://beyou.edu.au/learn/family-partnerships/assist>

Be You Fact Sheet, Impact of natural disasters on mental health

<https://beyou.edu.au/fact-sheets/grief-trauma-and-critical-incidents/impact-of-natural-disasters-on-mental-health>

Family Partnerships domain, Partner module:

<https://beyou.edu.au/learn/family-partnerships/partner>

Learning Resilience domain, Embed, Empower modules

<https://beyou.edu.au/learn/learning-resilience>

ACECQA Serious Incidents

<https://www.acecqa.gov.au/resources/applications/reporting#serious%20incidents>

Emerging Minds Psychological First Aid for Children and Toolkit

<http://emergingminds-use.cmail20.com/t/ViewEmail/j/08961FB825E187AC2540EF23F30FEDED/>

Emerging Minds

<https://emergingminds.com.au>

Be You virtual conference recording links: Trauma informed and thriving?

Day 1: <https://login.redbackconferencing.com.au/landers/page/003c51>

Day 2: <https://login.redbackconferencing.com.au/landers/page/a8bafc>