

*In Focus webinar:
Responding
well together*



With delivery partners



Funded by



Be You In Focus webinar handout

Responding well together – November 2022

This resource contains:

- In practice reflective questions
- Links to additional information, resources and references from the webinar

Quick summary of key concepts and messages

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

- Reflect on your learning environment. Would you describe it as being responsive?
- How does collaboration within your team of educators support a responsive environment?
- What role do relationships play in a responsive learning environment?
- Do your service policies and processes support you in challenging situations?
- Do you discuss professionally challenging situations as a team and reflect on approaches and their effectiveness?
- How do you maintain and promote your own mental health and wellbeing when responding to a challenging situation?
- How have you ensured that educators and other staff are aware of and have access to support their own mental health following a response to a challenging situation?

Links to additional information, resources and references from the webinar

Please find below a selection of resources either shared during the webinar or used in preparation for the webinar.

Be You Professional Learning:

- [Mentally Healthy Communities domain](#)
- [Responding Together domain](#)

Be You tools and resources

- [Mental Health Continuum](#)
- [Planning for wellbeing: mine, yours, ours](#)
- [Stop, Reflect, Act framework](#) (in the Assist module)
- [Wellbeing Tools for You](#) (which includes the Wellbeing Plan for Educators)

Fact Sheets

- [Communication skills for educators](#)
- [Staff wellbeing](#)
- [Stress management](#)

In Focus webinar recordings

- [Professional boundaries and difficult conversations](#)
- [Maintaining a mentally healthy community when change is all around](#)
- [Promoting educator wellbeing](#)

be you

Mental Health Services and Support

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)</p>

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

With delivery partners: Early Childhood Australia
 headspace
 Funded by: Australian Government Department of Health

You can see an accessible version of this table and the phone numbers on the [Mental health services and support helplines webpage](#)