



# Be You

## Wellbeing for educators in Family Day Care

### FDCA 2022 National Conference

# Acknowledgement of Country



# Being safe and inclusive



## Mental Health Services and Support

### Beyond Blue

24/7 mental health support service

1300 22 4636  
beyondblue.org.au

### headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)  
For webchat, visit: [headspace.org.au/eheadspace](https://www.headspace.org.au/eheadspace)

### Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800  
kidshelpline.com.au

### 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732  
1800respect.org.au

### Lifeline

24/7 crisis support and suicide prevention services

13 11 14  
lifeline.org.au

### Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467  
suicidecallbackservice.org.au

### Mensline

24/7 counselling service for men

1300 78 99 78  
mensline.org.au

### QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)  
qlife.org.au (online chat 3pm-12am daily)

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



# Today's Focus:

- Introduction to Be You
- What is mental health?
- The Be You Planning for Wellbeing: mine, yours, ours resource and the Be You Wellbeing Plan for Educators
- How these resources can support educator wellbeing
- Approaches to supporting wellbeing, such as wellbeing policies



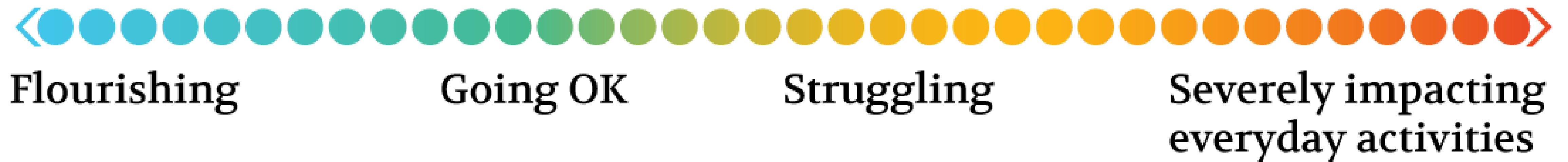
# Our vision

Be You aims to transform Australia's approach to supporting the mental health of children and young people in early learning services and schools.

Our vision is that every learning community is positive, inclusive and resilient – a place where every child, young person, educator and family can achieve their best possible mental health.



# When I think about mental health



# Staff wellbeing

Ensure you put your own oxygen mask on first, before helping others

## Hyper-arousal

We feel: overwhelmed, anxious and out of control.

## Window of Tolerance

When we are in our window of tolerance, regardless of stress or pressure, we feel we can deal with whatever is happening in our life.

## Hypo-arousal

We feel: numb, frozen and spaced out.

# Taking care of your mental health and wellbeing using Be You

Check in with yourself from time to time



Learn how to manage stress in positive ways



Challenge negative or unhelpful thoughts



Schedule 'time out' for yourself



Seeking support from workplace or other professionals



# Supporting wellbeing



# Developing a Mental Health and Wellbeing Policy



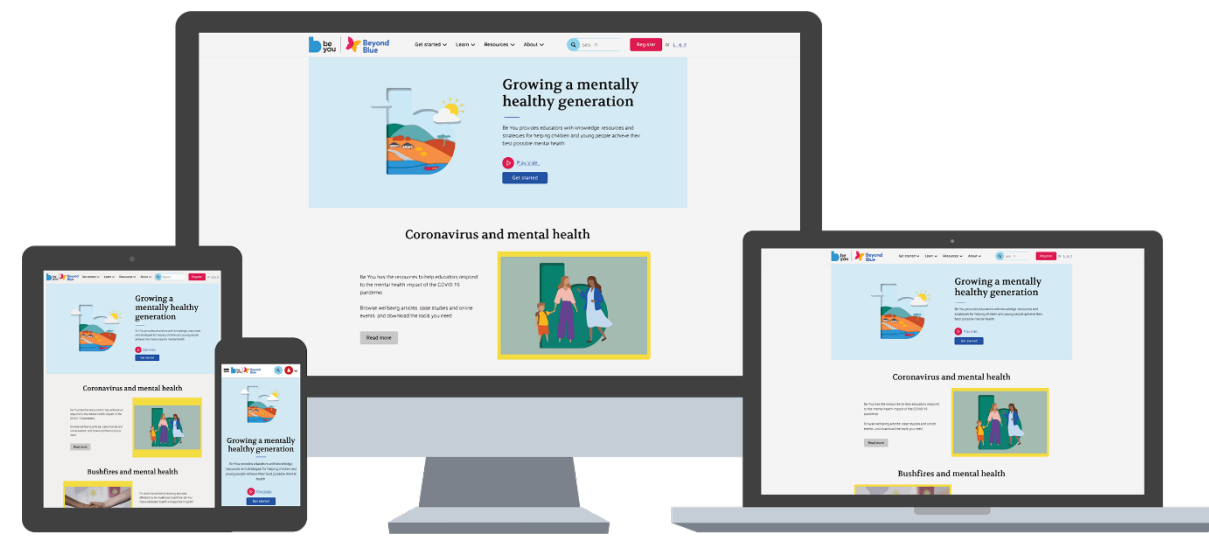
# Any questions?



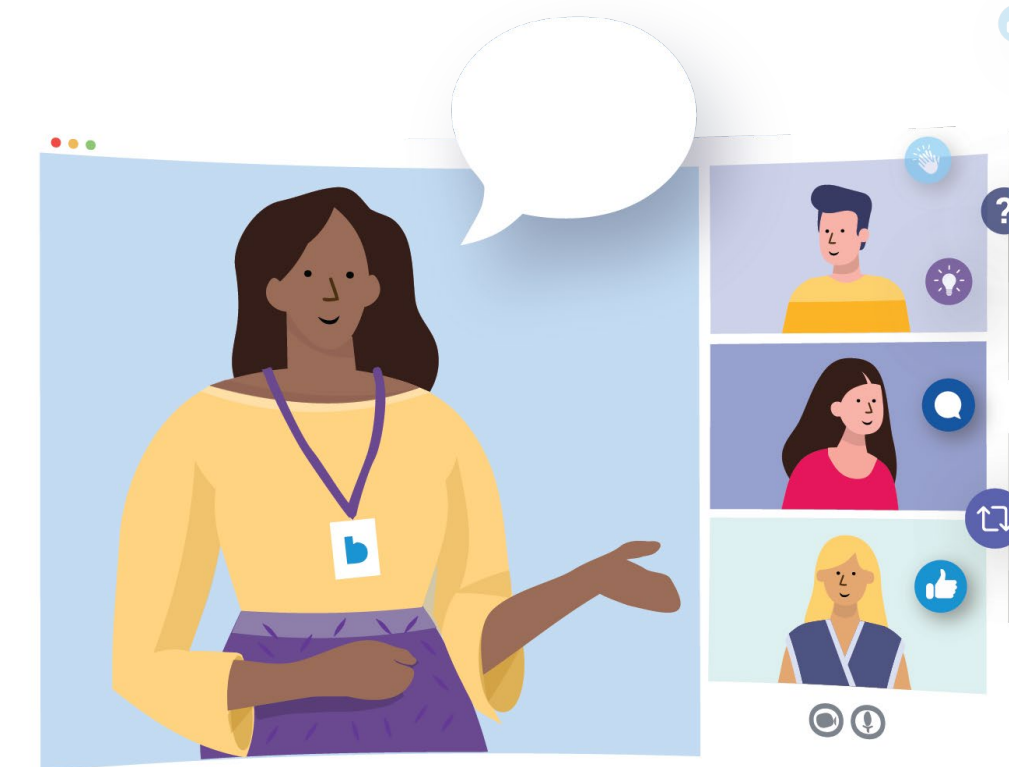
# Learn more about Be You



**Register** as a whole learning community to receive support.



**Visit [beyou.edu.au](https://beyou.edu.au)** for resources on critical incidents, and more.



**Follow** Be You social medial channels to keep up-to-date.



**Facebook**



**LinkedIn**



**Twitter**



**YouTube**

# Next steps



# Thank you

