





The Sydney Children's Hospitals Network (SCHN) recognises that returning to 'Stay at Home' orders in NSW is difficult for everyone. We are working hard to support you and your family during this time. We have put together a list of services and supports that may help you.

If you have any immediate concerns, please speak with your care team.

<p>We want to hear from you...</p>  <p>Scan this QR Code and tell us about your experience.</p>	<p>Bedside Tablets</p> <p>Many bedsides have an electronic tablet for your use. The tablets connect to the internet, entertainment and education resources securely through our hospital systems.</p> <p>You can use the tablet to:</p> <ul style="list-style-type: none"> • Watch movies • Play games • Listen to audiobooks • Use the internet <p>How to use the tablet:</p> <ol style="list-style-type: none"> 1. Press the button on the top left corner of the screen to turn the tablet on 2. Enter the admitted patients' date of birth 3. Enjoy! <p>If the tablet isn't working, please ask staff to "log a ticket" to have it fixed.</p> 			
<p>Social Work and Spiritual Care</p> <p>Social workers can support your whole family's physical, emotional, psychological and social wellbeing. Parents, families and patients can also access a multi-faith chaplaincy service. Ask a member of your child's care team to refer you to a social worker or for more information about the chaplaincy service.</p>	<p>The Parent and Carer Resource Centre</p> <p>The Parent and Carer Resource Centre is located on level 2 just opposite the KidsHealth bookshop. The Centre provides a non-clinical, cozy environment where parents and carers can take a break, have a cup of tea or coffee, find handy information brochures and speak with a friendly informed volunteer.</p>			
<p>Food: There are a number of onsite services and places to eat:</p>				
<p>Bear Bite Eatery</p> <p>Located on level 1 of the Hospital. Offers a variety of hot foods, salads, drinks and sandwiches.</p> <p>OPEN: Mon-Fri 8am-8pm Sat-Sun 8.30am-7.30pm</p>	<p>Bear Brasserie Café</p> <p>Located on Level 2 at the end of the Galleria. Offers gourmet style food and beverages.</p> <p>OPEN: Mon-Fri 7.30am-5pm Sat 7.30am-2pm Sun Closed Open hours may vary</p>	<p>Starbucks</p> <p>Located on Level 2 near the Hospital entrance. Starbucks specialises in coffee and other beverages, also has a selection of desserts and snacks.</p> <p>OPEN: Mon-Fri 6.30am – 9pm Sat- Sun 7am-9pm</p>	<p>Water stations</p> <p>The Hospital has a number of water refill stations available. One is located on Level 2, outside Outpatients in the Galleria. Another is located outside on Level 1, as you exit the Hospital towards the Children's Garden.</p>	<p>Vending machines</p> <p>Snacks, drinks and other items such as toiletries are available from vending machines located throughout the Hospital.</p>
<p>Food delivery services: If you are ordering food on a meal delivery app, please have it delivered to: The Children's Hospital, Westmead Hainsworth Street Westmead and select curb side pick-up.</p>				

Community Resources

Mental Health

There are a number of resources to support your family's mental health at this time. If you are experiencing significant mental or emotional distress or worry you can ask for a social worker to assist you.

Organisation / Resource	Description	Contact Details
NSW Health	A collection of COVID-19 resources for young people, their parents/carers and healthcare workers.	w: https://bit.ly/3haW8d8
SCHN COVID-19 information	Stay up to date with the latest SCHN COVID-19 information.	w: www.schn.health.nsw.gov.au/covid-19-information
Head to Health	Head to Health can help you find the right Australian digital mental health and wellbeing resources, for yourself or for someone you care about.	w: www.headtohealth.gov.au
Beyond Blue	Support for mental wellbeing during the coronavirus pandemic. Beyond Blue supports people of all ages.	w: www.beyondblue.org.au p: 1300 22 4636
Lifeline	National charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.	p: 13 11 14
Digital Lunchbreak	Website developed in response to COVID-19 with a variety of activities and resources for children and young people.	w: www.digitallunchbreak.nsw.gov.au
Smiling Mind	Thrive Inside app helps to stay calm, healthy, connected and foster good mental habits in the physical constraints of your home (the Thrive Inside app is found within the Smiling Minds free app).	w: www.smilingmind.com.au/thrive-inside
Headspace meditation app	Self-guided meditation app to teach meditation and mindfulness skills to help people stress less, focus more and sleep better.	w: www.headspace.com/headspace-meditation-app
headspace (youth)	headspace is the National Youth Mental Health Foundation providing mental health services to 12-25 year olds. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.	w: www.headspace.org.au p: 1800 55 1800
Kids Helpline (youth)	Free, confidential, 24/7 online and phone counselling service for young people aged 5 to 25. They also have online resources on their website.	w: www.kidshelpline.com.au p: 1800 55 1800

For more information about our hospital visit: www.schn.health.nsw.gov.au/hospitals/chw

COVID-19 Information

NSW Government advises that even if you have mild respiratory symptoms such as cough, sore/scratchy throat, shortness of breath or unexplained fever, get tested at a COVID-19 testing clinic as soon as possible. Self-isolate until you get your results.

- For advice please call the National Coronavirus helpline on 1800 020 080
- For NSW alerts and advice on COVID-19, please check the NSW Health website: www.health.nsw.gov.au/Infectious/covid-19
- To stay up to date with SCHN COVID-19 information: www.schn.health.nsw.gov.au/covid-19-information

If you have any questions about this resource, please contact the Patient and Family Engagement Team
SCHN-PatientandFamilyEngagement@health.nsw.gov.au