

Information for teens about COVID-19

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LIFE WITHOUT BARRIERS
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Resources to support you through lockdown and restrictions

Constant change getting you down?

Dealing with change during coronavirus is hard, but there are ways you can equip yourself to handle it better. Read Reach Out Australia's Guide to Dealing with Constant Change - [here](#)

Understanding the Delta Variant

What do we know about the Delta variant so far? How can we assess our risk? What strategies should we apply to protect ourselves whether we are in a low vaccination or high vaccination setting? WHO's Dr Maria Van Kerkhove explains in Science in 5 – watch it [here](#)

How to cope if you've lost your job

Although it may seem like things are out of your control if you've recently become unemployed due to COVID-19, there's lots of ways to use this time that will help you feel a bit better. Find out more [here](#).

4 apps to help you study during lockdown

Studying while stuck at home during lockdown can be tricky. Learn more about some apps that can make it more manageable. [Read on](#)

The importance of self-care during lockdown

Looking after your own wellbeing will help you get through this challenging time and will help you to better care for others. Read this advice from the Black Dog Institute – [here](#).

Resources for anxiety and stress

Feelings of anxiety are common in the uncertainty of COVID-19. Black Dog Institute's tools and resources can be accessed by anyone, anywhere to help deal with this stress. Find out more [here](#).

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Life Without Barriers COVID-19 Response Call Centre
Call 1800 313 117 or Email covid19callcentre@lwb.org.au