

**RESOURCE**

# ReachOut articles about coping with the drought

**FOR YOUNG PEOPLE**

TITLE	TYPE	URL
Coping with stress from the drought	ARTICLE	<a href="https://ReachOut.click/DroughtStress">ReachOut.click/DroughtStress</a>
Helping a friend who's stressed from the drought	ARTICLE	<a href="https://ReachOut.click/HelpAFriend">ReachOut.click/HelpAFriend</a>
What to do when you're really worried about someone struggling with the drought	INFOGRAPHIC / POSTER	<a href="https://ReachOut.click/WorriedAboutSomeone">ReachOut.click/WorriedAboutSomeone</a>
Joe's story: the future of farming	PERSONAL STORY	<a href="https://ReachOut.click/FutureOfFarming">ReachOut.click/FutureOfFarming</a>
Emma's story of the drought and community spirit	PERSONAL STORY	<a href="https://ReachOut.click/EmmasStory">ReachOut.click/EmmasStory</a>
How Brianna deals with stress from the drought	PERSONAL STORY	<a href="https://ReachOut.click/HowBriannaDeals">ReachOut.click/HowBriannaDeals</a>
Drought support services	LIST	<a href="https://ReachOut.click/DroughtSupport">ReachOut.click/DroughtSupport</a>
How can you help people affected by the drought?	INFOGRAPHIC / POSTER	<a href="https://ReachOut.click/HowYouCanHelp">ReachOut.click/HowYouCanHelp</a>
How are you going? Quiz	INTERACTIVE QUIZ	<a href="https://ReachOut.click/HowYouGoing">ReachOut.click/HowYouGoing</a>
Why talking helps	VIDEO	<a href="https://ReachOut.click/WhyTalkingHelps">ReachOut.click/WhyTalkingHelps</a>
10 things to do if you're feeling lonely	ARTICLE	<a href="https://ReachOut.click/FeelingLonely">ReachOut.click/FeelingLonely</a>
How Bella managed depression living in a rural town	VIDEO	<a href="https://ReachOut.click/RuralTownDepression">ReachOut.click/RuralTownDepression</a>

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**FOR PARENTS OF TEENAGERS**

TITLE	TYPE	URL
Talking to your teenager about the drought	ARTICLE	<a href="https://ReachOut.click/TalkingAboutDrought">ReachOut.click/TalkingAboutDrought</a>
Where can I go for support (other than a GP)?	INFOGRAPHIC / POSTER	<a href="https://ReachOut.click/WhereToGo">ReachOut.click/WhereToGo</a>
Coping with the stress of the drought	ARTICLE	<a href="https://ReachOut.click/StressOfDrought">ReachOut.click/StressOfDrought</a>
Teach your teenager coping skills for wellbeing	ARTICLE	<a href="https://ReachOut.click/TeenCopingSkills">ReachOut.click/TeenCopingSkills</a>
Teach your teenager to be resilient	ARTICLE	<a href="https://ReachOut.click/TeenResilience">ReachOut.click/TeenResilience</a>
What parents think about ... chatting to teens	VIDEO	<a href="https://ReachOut.click/ChattingToTeens">ReachOut.click/ChattingToTeens</a>
What is online peer support?	ARTICLE	<a href="https://ReachOut.click/WhatsPeerSupport">ReachOut.click/WhatsPeerSupport</a>
Stress and teenagers	ARTICLE	<a href="https://ReachOut.click/TeenStress">ReachOut.click/TeenStress</a>
A GP's take: Supporting your teen with stress	VIDEO	<a href="https://ReachOut.click/StressSupport">ReachOut.click/StressSupport</a>
Help your teenager with depression	ARTICLE	<a href="https://ReachOut.click/TeenDepression">ReachOut.click/TeenDepression</a>