



## Wellbeing Resources for Students and Parents/Carers

### Wellbeing Support at Katandra Berendale School

If you have any wellbeing concerns for your child, please contact your child's classroom teacher to discuss this. The classroom teacher may be able to support you and your child with any minor wellbeing issues. If further support is required, the classroom teacher will make a referral via Compass for your child to meet with Martine Potter our Mental Health Practitioner. The role of the Mental Health Practitioner is to provide short term counselling or student group work with informed consent from both the student and a parent/carer. Students can also self-refer for wellbeing support. If it is determined that ongoing wellbeing support is recommended the Mental Health Practitioner will discuss a referral to external services with the parent or carer.

### Mental Health Support Services

**Psychiatric Triage Services** – catchment based.

These services provide advice, comprehensive mental health assessment and psychiatric treatment.

#### **Monash Health**

Phone: 1300 369 012

Website: <https://monashhealth.org/services/mental-health/acute-mental-health-services/>

#### **Alfred Health**

Phone: 1300 363 746

Website: <https://www.alfredhealth.org.au/services/hp/emergency-psychiatry>

**Parentline** - a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues: Phone: 13 22 89

Website: <https://services.dffh.vic.gov.au/parentline>

#### **Kids Helpline:**

Phone: 1800 55 1800

Website: <https://kidshelpline.com.au/>

Email address: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

**eHeadspace** (for young people ages 12-25):

Website: <https://headspace.org.au/eheadspace/>

Phone counselling: 1800 650 890 (open 9 am-1pm 7 days a week)

Web chat (with a clinician): <https://headspace.org.au/log-in/?redirect=>

Group Chat: <https://headspace.org.au/eheadspace/group-chat/>

### **Beyond Blue**

Phone: 1800 512 348

Web Chat: <https://cmwssonline.beyondblue.org.au/#/chat/start>

**Lifeline** - Crisis Support for Mental Health:

Phone: 13 11 14

Website: <https://www.lifeline.org.au/>

**Yarning Safe'N'Strong**: free and confidential counselling service especially for Aboriginal and Torres Strait Islander people who need to have a yarn with someone about their wellbeing (open 24/7)

Phone: 1800 959 563

Victorian Aboriginal Community Controlled Health Organisation Inc. website:

<http://www.vaccho.org.au/>

**1800RESPECT** - National Sexual Assault, Domestic Family Violence Counselling Service:

Phone: 1800 737 732

Interpreter: 13 14 50

Website: <https://www.1800respect.org.au/>

**The Butterfly Foundation** – National Helpline for anyone in Australia concerned by eating disorders or body image issues, whether you need support for yourself or someone you care about:

Hours: 8 am – midnight, 7 days per week

Phone: 1800 33 4673

Website: <https://butterfly.org.au/get-support/helpline/>

Web Chat: <https://butterfly.org.au/get-support/chat-online/>

Email: [support@butterfly.org.au](mailto:support@butterfly.org.au)

### **Mental Health Support – Finding a Counsellor**

Contact your local Headspace Centre: <https://headspace.org.au/welcome-to-headspace-centres/>

Make an appointment with your GP and request a Mental Health Care Plan:

<https://headspace.org.au/blog/how-to-get-a-mental-health-care-plan/>

Contact Better Place Australia (1800 639 523): <https://www.betterplaceaustralia.com.au/>

Search for a private psychologist: <https://www.psychology.org.au/Find-a-Psychologist>

Contact your local council or community centre and ask if there are any counselling services or youth programs available.

If you have any questions about wellbeing and mental health services, please contact Martine Potter at the school for support.