**Mental health week at Dominic College**

Mental Health Week in Tasmania this year will be from the 5th - 10th of October. At Dominic will be celebrating Mental Health Week from the 24th - 28th August 2020. The theme will be *'We all have a role to play.'*Given all that has already happened in 2020 we think the theme this year couldn't be more appropriate. We all have a role to play to find ways to support our own mental health and the mental health of our families and friends. During the COVID-19 crisis we have had to develop new and innovative ways of keeping connected, checking in with each other and preventing ill-health where possible. It's time to start looking forward to fun and engaging events and activities for MHW at Dominic College.

There will be many fun activities happening for MHW. Most of these events will happen at lunchtimes with a few happening at recess, in classes and afterschool. There will also be Hot Milo and Muffin/Fruit for breakfast some mornings. The links to the timetable will tell you more about what's happening this week. Hope you have fun and take part in these fun activities.

**Mental Health Week**

* Activities
* Pastoral Teachers
* Heads of house
* Head of pastoral
* Mr Golding

What it is

Why do we have it

Timetable of the week

Importance to Dominic and why

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| **Beyond Blue**  **24/7 mental health support serivce**  **1300 22 4636**  [**beyondblue.org.au**](https://www.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**](https://www.kidshelpline.com.au/) | **1800RESPECT**  **24/7 support for people impacted by sexual assault, domestic violence and abuse**  **1800 737 732**  [**1800respect.org.au**](https://www.1800respect.org.au/) |
| **Lifeline**  **24/7 crisis support and suicide prevention services**  **13 11 14**  [**lifeline.org.au**](https://www.lifeline.org.au/) | **Suicide Call Back**  **24/7 crisis support and counselling service for people affected by suicide**  **1300 659 467**  [**suicidecallbackservice.org.au**](https://www.suicidecallbackservice.org.au/) | **Mensline**  **24/7 counselling service for men**  **1300 78 99 78**  [**mensline.org.au**](https://www.mensline.org.au/) | **QLife**  **LGBTI peer support and referral**  **1800 184 527(6pm-10pm daily)**  [**Qlife.org.au (online chat 3pm-12am daily)**](https://www.qlife.org.au/) |