

Who you can go to in your school for support

Your schools:

Chaffey

- *Claire Collihole* – on the Wellbeing Team and really close friend of Tyler's – if you have any issue at all, please approach Claire. She is incredible and she will work tirelessly to give you the support you need.
- *Other members of the Wellbeing Team:* Amanda Harvey, Kirsty Cameron and Stacey Armstrong.
- *Year Level Co-ordinators:* Peter Levey and Soraya Davids

Diamond Valley

- *On site psychologist*
- *Student welfare team and counselling staff*
- *Outside referrals*, through organisations such as Headspace if necessary

Irymple

- *Year Level Co-ordinators:* Sally Corless and Kara Taylor. Kara is one of the most dedicated and compassionate people we know, she is an excellent person to go to.
- *Year 9-10 Student Manager:* Sarah Doolan
- *School Nurse:* Julia Lohmeyer
- *Doctors In Schools Program* - can provide referral and access to other services.

Werrimull

We weren't able to find any information online, unfortunately! We're sure the staff there care deeply for your wellbeing and will be able to give you all the information you need.

Merbein

- *Doctors In Schools Program* – can provide referral and access to other services.
- *Wellbeing Team:* Madeline Mole and Steph Pitt

Mill Park

- *Student Welfare team*

Mt Ridley

- *Berkshire Wellness Centre* and chillout spaces.
- *On-site psychologists, social worker and youth worker, school nurse and other student support and specific student engagement team.*
- *Doctors In Schools Program:* can provide referral and access to other services.
- *External support is accessible.*

Red Cliffs

- *College Wellbeing Co-Ordinator Barb O'Hara, School Nurse Julia Lehmeyer*
- *Early Intervention programs:*
 - *Seasons for Growth* - for students experiencing loss and grief
 - *Rock and Water* – Self-awareness and self-realisation
 - *Rage and Managing the Bull* – anger management and bullying
 - *Mindfulness* – managing stress and developing gratitude
- *Hugh Williamson Wellbeing Centre* – kitchen, covered decking area, great space for students who need a quiet or safe space in tough times.

Robinvale

- *Wellbeing Co-ordinator:* Laura Massaso
- *School Nurse and Doctors In Schools Program* - can provide referral and access to other services.

Robinvale College has a partnership with Tri-Star Medical, who can allow you to access individual counselling and other services. Tri-Star send a Mental Health Clinician who is at school on Thursdays for consultations.

Other youth mental health services:

Lifeline, 24/7 crisis support and suicide prevention services. Call them any time, connect with a real person who will support you.

Call on 13 11 14.

Headspace Youth Mental Health Foundation, online and phone services as well as centres in Mildura, Greensborough, Collingwood and Hawthorn. Find their website here: <https://headspace.org.au/>

Youth Beyond Blue/Beyond Blue, either seek help for yourself or advice on how to help others <https://www.youthbeyondblue.com/>

24/7 phone number: 1300 22 4636 or chat online from 3pm-12am.

Mindfulness apps:

Smiling Mind - completely free guided mindfulness.

Headspace App - a free 'basics' course which lets you choose between a male or female voice. The first session in a 'pack' is also available free of charge, with additional sessions available via a subscription. Has specific topics, 'sleepcasts' and even music for sleeping.

Reflectly - an active journaling app with various prompts to help break out of the moment and reflect a little more deeply. Kind of like DEARR, but easier, and not posted online!

MoodMission - a best-practice app for dealing with stress, low moods and anxiety from researchers at Monash University. Improving mental health with science!

And many more!

You can also reach out to us on Instagram, but know that we aren't trained professionals like the people on this list. We have our own limitations and will try our best to guide you to where you can best find help. Our Instagram is: @quarkedau

Reach out to anyone, whoever you feel comfortable. This list isn't everyone out there who can or will help. It's just a place to start. It's okay not to be okay and you are not a burden. Sometimes just letting someone know you need help is enough of a step in the right direction.

Look out for each other, and for yourself.

Tyler and Gabe.

A soft copy of this handout is available at:

www.quarked.com.au/assets/pdfs/gnurad-term-2-support-services-handout