



Support is Available

Thank you for checking in. We're here to support you with resources chosen by your teacher, from organisations that work to help us all build wellbeing.

Based on your [X segment] check-in, some of these resources may be helpful to you.

You can choose which resources you want to use, to learn, lift, plan, develop skills, or reflect. As many factors contribute to [x segment], we've organised resources so you can choose which topic is most important for you:

- [Topic 1]
- [Topic 2]
- [Topic 3]
- [Topic 4]

If nothing here fits, or quite addresses the specific issues you are facing, you can reach out to [school counsellor] for advice at [contact details] or, if you prefer, sign up to [Headspace](#) where you can talk privately to professional counsellors over the phone or via webchat between 9am and 1am.

1) Topic 1

Resources (ideally showing a range of Learn; Lift; Plan; Develop; Reflect)

[Resource 1] – basic description (e.g., this resource is useful for x) , medium

[Resource 2] – basic description, medium

[Resource 3] – basic description, medium

Reflection Questions

- Reflection Q 1
- Reflection Q 2
- Reflection Q 3
- Standard Reflection Q: Did these resources provide you with any strategies that you think would be helpful? If so, how would you apply them and/or integrate them into your routine?



Support is Available

Thank you for checking in. We're here to support you with resources chosen by your teacher, from organisations that work to help us all build wellbeing.

Based on your [Learning] check-in, some of these resources may be helpful to you.

You can choose which resources you want to use, to learn, lift, plan, develop skills, or reflect. As many factors contribute to [Learning], we've organised resources so you can choose which topic is most important for you:

- [Staying motivated]
- [Managing time]
- [Exam stress]
- [Work worries]

If nothing here fits, or quite addresses the specific issues you are facing, you can reach out to [school counsellor] for advice at [contact details] or, if you prefer, sign up to [Headspace](#) where you can talk privately to professional counsellors over the phone or via webchat between 9am and 1am.

1) Staying motivated

Resources (ideally showing a range of Learn; Lift; Plan; Develop; Reflect)

[Plan] – Use this [webpage] if you want to learn more about how perfectionism can impact motivation, and what you can do about this.

[Resource 2] – [only 1 in list against motivation specifically, although others in 'growth']

Reflection Questions

- What do I think about learning? Would I like to learn something new?
- What would I like to learn about? What interests me? What do I value? What would I find useful?
- What do I need to do to make learning something I look forward to?
- Standard Reflection Q: Did these resources provide you with any strategies that you think would be helpful? If so, how would you apply them and/or integrate them into your routine?



Support is Available

Thank you for checking in. We're here to support you with resources recommended by [redacted] College that might assist your relationships with friends

Having a strong network of friends helps to increase our mental wellbeing.

Check out the following links:

- 7 simple ways to improve your relationships with family and friends
- Some helpful tips on how to handle arguments with friends and family
- Other resources from Relationships Australia
- Kids Helpline 1800 55 1800
- Headspace