



Supporting Student Wellbeing **Information for Parents, Caregivers and Students of Kiama High School**

Although we are working online for our classes, please contact the school via phone or email if you have any concerns or would like to speak with a member of the Wellbeing Team to discuss pastoral care.

Online strategies for supporting students with their mental health:

- **Be You**

Useful resources and apps to support the wellbeing of students

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students>

- **Headspace**

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

Information aimed at supporting teenagers and young people

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

- **Reach Out**

Self-care strategies for young people

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

Family Support:

Illawarra Family Referral Service: 1800 663 863 <http://www.familyreferralservice.com.au/>

Links vulnerable children, young people and their families with the most appropriate available support services in their local area. Services including, but not limited to:

Domestic violence support services (including counselling), housing or accommodation services, financial assistance, counselling and mediation, parenting struggles and support services (including parenting programs), mental health support services, culturally appropriate support services.

Phone Contact 24/7 crisis lines:

- **Beyond Blue: 1300 22 46 36** [Beyond Blue](#)

Trained mental health professionals that listen, provide information and advice.

- **Kids Helpline: 1800 551 800** [Kids Helpline](#)

A telephone counselling support line for children and young people ages 5 to 25.

- **NSW Mental Health Line: 1800 011 511** [Mental Health Line](#)

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people.

- **Lifeline: 131 114** [Lifeline](#)

24-hour crisis support telephone service and suicide prevention services.

- **Parent Line: 1300 1300 52** <http://www.parentline.org.au/>