



Newsletter

24 September , Term 3 Week 10

Upcoming Events

Friday 25 September	Last day of Term 3
Monday 12 October	First day of Term 4 – school starts at 9.05am and finishes at 3.05pm
Tuesday 20 October	Stage 2 Gibberagong Excursion classes Nolan, Hart, Gibbs, & Blyton students need to arrive at school at 8.45am
Wednesday 21 October	Sportspro – Stage 2 & 3 students are to wear sports uniform
Thursday 22 October	Stage 2 Gibberagong Excursion classes Rowling, Seuss & Dahl students need to arrive at school at 8.45am
Friday 23 October	Sportspro – Kindergarten & Stage 1 students are to wear sports uniform
Monday 26 October	Stage 2 Gibberagong Excursion classes Potter, Fox & Lester students need to arrive at school at 8.45am

Principal Report



From the Principal's desk.

The final week of term three. The term has been busy and I know all the staff have worked very hard to provide quality learning programs. I would also like to thank all the staff both teaching and non-teaching for the additional support they have provided to children and their families; student wellbeing and welfare has been paramount this term. The school has tried very hard to provide some fun learning experiences to add variety and depth to the school.

Gala Days, author visits, environmental education and art activities have all aimed to provide quality programs that enrich the learning experience. As term four unfolds we will continue to look for opportunities.

A reminder that as of Monday 12 October school will commence at 9.05am and finish at 3.05pm. Please be on time.

Community

Kindergarten 2021 interviews are continuing. Please ensure you have enrolled any siblings that are school age in 2021. Kinder orientation is being planned and all students commencing in our 2021 Kinder classes will be invited into school during term four to experience a morning in the classroom. Additionally, there will be a virtual day in Kinder video available through the kinder tab on the school's website. I encourage you to share this with your child. At this stage parents will not be able to come into the school but we are hopeful and confident that 2021 will see a lifting of restrictions and school will offer a range of workshops for our new parents to engage with. I met with Young Byun, the manager Community Builders Relationships Australia last week and the school are planning a number of innovative and supportive parent programs for 2021. These will include programs for our new parents.

The Tell them from Me surveys continue this week and your feedback is valued and important to evaluation of programs and planning for the future. Please see additional information.

Important update on access to parking and pick up and drop arrangements Henderson Street.

Yesterday I received a phone call and follow up email from Lisa Pears, Lisa is the road safety officer for Ryde City Council. I included Lisa's email for your information.

As discussed last week, Council has undertaken consultation with the residents on Henderson Street regarding the proposal to make the current temporary 'No Parking 8-9.30am 2.30-4pm School Days' permanent.

Unfortunately, I must confirm that the feedback has indicated a majority of the residents oppose this permanent change and have requested that the unrestricted parking be reinstated as it was advised the temporary conditions would run until the end of August 2020.

Council will therefore be reverting the 'No Parking 8-9.30am 2.30-4pm School Days' along the Henderson Street school frontage to unrestricted parking before the beginning of Term 4 on 12 October 2020.

Principal Report

I am very disappointed by these changes and have requested that further consultation be taken. I believe as a school community we need to actively pursue the safety of our children. I would welcome you providing feedback to the traffic committee at Ryde Council in relation to this matter. You can email traffic@ryde.nsw.gov.au. Additionally, I will be seeking to arrange a meeting with Ryde City Council with the support of the Director School Infrastructure Northern Sydney.

Teaching and Learning

Kristin Darell visited the school Monday 21 and Tuesday 22 September. Kristin is a writer and journalist. She has worked across numerous media outlets including the ABC and Channel 7 – she has reported live from the bushfires, court and the Winter Olympics. The students in years 3 to 6 had the opportunity to discuss writing and unravel the world of fact and opinion. Kristin guided them through questioning techniques and strategies on how to get a story, how to decipher fact from opinion and the importance of both.

Congratulations to the students in K-2 who participated in the *Book Week Illustrator* competition. Their fine book covers are displayed on the fences in Brabyn Street. Well done to the award winners, Year 2 Hayley, Melinda and Tom; Year 1 Yebin, Claire and Kaitlin and kindergarten Anna, Emma and Adam. These children really displayed great talent as illustrators.

Health and Hygiene

Please keep up to date with changes to COVID responses via either the Department's website <https://education.nsw.gov.au/> or NSW Health www.health.nsw.gov.au. I will continue to provide regular feeds of information.

Please take particular note of the latest locations and advice on need for immediate testing or testing if you are presenting with symptoms. There are locations close to us that require you to be tested if you were in the location.

<https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw>

Enjoy the holidays. Find some fun local things to do. Remember zoos, national parks, reserves are open, also most museums and galleries are open. Check out council websites, NSW government websites and be a tourist in your own town. www.visitnsw.com, www.destinationnsw.com.au, www.sydneyolympicpark.com.au, www.taronga.org.au, www.sydneyzoo.com, www.sydney.com

And finally, a quote for our budding illustrators...

The purpose of art is washing the dust of daily life off our souls.
Pablo Picasso

Michelle Collyer
Principal

School Initiatives

Tell Them from Me Semester 2 Parent Survey

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 25 August and 23rd October 2020. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at:

<https://surveys.cese.nsw.gov.au/ttfm-surveys/parent-survey>

To access the survey for our school go to:

<http://nsw.tellthemfromme.com/deps3862>

The survey is available in 23 languages.

School Initiatives

WAKAKIRRI Australia's Largest Performing Arts Event for Schools

Wakakirri 2021

Many of you will remember that 2019 was a very successful year for the Wakakirri performers, achieving a place at the Sydney Metropolitan Awards Night, and being awarded the **NATIONAL** Environmental Story Award. Hopefully 2021 will be just as successful!

What is Wakakirri?

Wakakirri is a story dance competition which involves schools from across the country. Any students in grades 3-6 can be involved in a variety of ways including dance, drama, backstage and art & design.

Next term we will be beginning the audition process for Wakakirri 2021. More information about how you can become involved will be provided next term, so listen out during the leader's announcements for your chance to get involved.



Multicultural Perspectives Public Speaking Local Finals

We would like congratulate the following four students that represented our school in the Local Finals of the Multicultural Perspectives Public Speaking Competition this year:

Stage 2 -Shivanee /Gibbs

Davynn/Suess

Stage 3 - Shirley/Flynn

Ella/Chisholm

Due to COVID 19, our students had to submit videos of their speeches and today we received a video from our adjudicator. The adjudicator's praised all our students on their entries and then discussed each of their speeches in detail. Following this she announced the winners!

Ella has won a place in the next level of the finals.

Davynn received a highly commended.

Congratulations to all our students.

Mrs. Jo Tanner (EAL/D Teacher)

School Initiatives



Denistone East Public School

Bell Times for Term 4 2020

School Hours Monday – Friday 9.05am – 3.05pm

Monday – Friday

Time	Session	Hours
9.05am - 11.05am	Morning Session	120 minutes (2 hours)
10.05am - 10.15am	Crunch and Sip	10 minutes
11.05am - 11.20am	First half recess	15 minutes
11.20am - 11.35am	Second half recess	15 minutes
11.35am - 1.05pm	Middle Session	90 minutes (1 hour 30 mins)
1.05pm - 1.20pm	Eating time	15 minutes
1.20pm - 1.35pm	First half lunch – play	15 minutes
1.35pm - 1.50pm	Second half lunch – play	15 minutes
1.50pm - 3.05pm	Afternoon Session	75 minutes (1 hour 15 mins)

Teachers will be on duty in the playground from 8.35am. Any students arriving before 8.35am need to be enrolled into DEBASCA.

Circular Drive is supervised by teachers in the afternoon until 3.25pm after this time all students still at Circular Drive will be taken to the school office.

School Initiatives

Pool

Parent please see the below link to the facebook page for the pool and expression of interest forms.

<https://www.facebook.com/AquaticAcademyDenistoneEast/>

<https://forms.monday.com/forms/801c03a2f0979f67de87993b19b50e14>

> The Academy is committed to providing great service and quality learn to swim programs in a safe learning environment.

f AquaticAcademy AquaticAcademy.com.au



ROYAL LIFE SAVING
AUSTRALIA

AQUATIC
ACADEMY



P&C News



President's Message

Message from P&C Team

Message from P&C Team

Wow! Tomorrow marks the last day of Term 3. Well done to all parents and children! Not only have you pulled through but have done a marvelous job in keeping the momentum strong. No doubt we shall all look forward to welcoming Term 4 and some warmer weather ahead.

An important event is coming up next term.....the P&C Annual General Meeting will be held early Term 4 and the date will be confirmed in the upcoming newsletters. We would like to welcome all of you to the meeting. We hope to see you online and we thank you for your continuous support of the P&C and the school.

In the meantime, we wish you a lovely and restful break and we hope you enjoy the beautiful and glorious **spring** weather!!



Opportunity to become part of P&C executive members

An **A**nnual **G**eneral **M**eeting (AGM) will be held each year around October or November which vacates all executive team positions and re-election will be in place. And this year, several P&C executive members will be leaving the team with various family reasons and this makes the best time than ever to have enthusiastic individuals to join us and be part of P&C executive team that providing continual support to school and community.

There is no experience required but a responsible and 'can-do' attitude. Mums and dads, if you are interested, please contact us on depssec@gmail.com for further details.

Canteen

Friendly reminder

- Tomorrow is last day of term 3, canteen is still open with limited menu choice.
- In term 4, canteen order cut-off time will be changed to 8:20am each day in order to align with school hour changes. One of the options is to set up alarm to avoid late ordering.
- Munch monitor is a great way to place cashless and hassle-free order, link below for instructions and tips on operating Munch Monitor:

<https://drive.google.com/open?id=1CZfwnGXCdQoU8nKytcoHZWxGkqUoJMY>

Canteen orders can be cancelled up to 8.20am. This must be done by parent through munch monitor. The Canteen and School Office are unable to cancel orders.

P&C News

Here is the quick sign up snapshot if you wish to set you Munch Monitor Account:

How to Set up your MunchMonitor Account

Haven't signed up yet? Just go to www.munchmonitor.com and enter the generic Username "Denistone" and Password "munch2122".

Munch Monitor Instruction



Grounds Report

Official Opening of the Sensory Garden



We are very excited to announce Denistone East Public School has a new Sensory Garden, located on the Henderson Street side of the school, which is now open for students to



explore.

A Big Thankyou...

We would like to acknowledge the forethought, dedication and hard work of both Raelene Palazzolo for the planning and design of the space and Tammy Scharenguivel for her coordination and oversight of the project. Thank you so much for creating a wonderful area for the whole school community to enjoy. We also thank Busy Wombats Landscaping for doing terrific work in completing the construction.

An Inclusive Garden

The sensory garden has accessible winding brick edged pathways, a walk through timber archway, wooden feature posts, wide timber topped gabion seating, learning tables with sandstone seating blocks, a nature play table, sundial, compass and water tank. Many native plants including kangaroo paw, grasses, cordylines and grevilleas fill the garden beds with different shapes, colours and textures. Edible plants including fruit trees line one end, together with raised garden beds nearby, assist in appreciation of how food is grown. Selected flowering trees and climbers add to sensory experiences. Future plans may include a chicken house, wind chimes and a water feature.

P&C News

Benefits

The sensory garden provides a great outdoor learning space for students and teachers, to enhance learning across the curriculum including STEM, environmental awareness, sustainability and using the senses. It includes active and passive spaces for play and reflection, increasing health and wellbeing. The wider school community can also enjoy using the sensory garden, once Covid restrictions are lifted.

Students Enjoying the Garden

Students have started to explore, investigate and interact with many features of the garden. Parents please remind your children they have a great opportunity to become environmental stewards, by observing nature, watching the plants flower and mature; caring for animals, birds, insects and looking after the features within this special area to share with all. Unfortunately, the pebbles in the pathways have been very attractive to some students who have taken home 'rock collections' or moved the pebbles onto the grass or into built areas. Please remind your children to leave the pathway pebbles in place – to crunch and enjoy, not take and destroy. Let us all enjoy using and looking after this new, special part of our school grounds.

Food wrappers and the canteen

The canteen is now open at lunchtime, so please remind your children to place rubbish in the bins provided, ask children to remind their friends to also use the bins, or bring wrappers and food containers home for recycling. The students have done so well in keeping the grounds looking cared for and tidy, let us keep up the good work!

Contact Us

We would love to hear ideas and comments from you on how to keep caring for and improving our grounds. Email: grounds.deps@gmail.com

The Cottage Second Hand Uniform Shop

The secondhand uniform shop will continue to open for appointments in term 4. Please email depsscottage@gmail.com to be added to the waitlist and you will be offered the next available appointment time.

Donations of uniforms you no longer need can be dropped off at the office.



Music News

Learn to play an instrument!

We have fantastic music tutors at school teaching private lessons on many instruments:

- We have vacancies for **flute** lessons on Monday morning before and during school.
- We have vacancies for **trumpet** lessons on Friday morning before and during school.
- We also have room for **clarinet** and **saxophone** students on a Tuesday during the day and before school.
- We have room for **violin** students on a Thursday morning during class time.

Lessons are 30 minutes long and are one-on-one. Lessons are all COVID-safe with extra care taken to disinfect teaching spaces. If you would like to know more, please email Alex Bieri at alexbieri@musicpartnership.com.au

Community News

OZTAG JUNIOR TAGGERS - DON'T MISS OUT!
MEADOWBANK & CARLINGFORD
JUNIOR SUMMER OZTAG 2020

www.sydney.oztag.com.au
(follow the links to the junior section)
ndjotag@yahoo.com
Meadowbank-Carlingford Junior Oztag
@northern.district.junior.oztag

DIVISIONS
Ages: 8, 10, 12, 14, 16, 18
Teams: Girls, Boys & Mixed
(8 players on the field)

TINY TAGGERS IS BACK!
Age: 4+ Teams: Girls, Boys, Mixed
(only 5 on the field)

TUESDAY AFTERNOON COMPETITION
Where: Meadowbank Park, Constitution Road
Rounds: 10 rounds + semis & finals
Season start: Tue 27 Oct to Tue 8 Dec 2020
SCHOOL HOLIDAY BREAK - NO GAMES
Re-start: Tue 2 Feb 2021 - Grand Final 2 March 2021*

*may be extended if there are washout rounds to be played

WEDNESDAY AFTERNOON COMPETITION
Where: Carlingford High School Fields
Rounds: 10 rounds + semis & finals
Season start: Wed 28 Oct to Wed 9 Dec 2020
SCHOOL HOLIDAY BREAK - NO GAMES
Re-start: Wed 3 Feb 2021 - Grand Final 3 March 2021*

*may be extended if there are washout rounds to be played

WHEN CAN I REGISTER?

Date 1: Tuesday 6 October 6.30 - 8.30pm
Date 2: Tuesday 12 October 6.30 - 8.30pm
Where: Meadowbank Park Carleen, Constitution Road
INDIVIDUAL REGISTRATIONS WELCOME
*If you are unable to attend, please email
ndjotag@yahoo.com or call 0491 201 051



REGISTRATION COSTS
Fee: \$80
Shorts: \$30
New player package \$110
(includes fee + shorts)



Active & Creative Kids

Sports, Dancing, Arts, Music and Acting.



Monday 28/9 - Friday 9/10

Kings Park Tennis Centre

\$30 - full day 9am - 3pm

Perfect for Active and Creative Kids



Meet the STARS - Mini Olympics.

Have a Go - design and create.

Theme Sydney 2000 Olympics

AJHsports.com - 044-7827788





Free Music Lesson

We're a Registered Creative Kids Provider!
Receive \$100 off*

Using advanced teaching methods for better results!
AMEB Exams available in May and November
Enrol Now!

Instrument Hire available:
Piano | Violin | Guitar | Singing | Saxophone
Flute | Clarinet | Drums | Trumpet | Trombone

Shine Music School Epping
4/46 Langston Place
EPPING
www.shinemusic.com.au
CALL 96879978 TO BOOK TODAY!



Community News



This summer

Play Baseball

with Macquarie Saints

Season starts Saturday 24 October
Home grounds are Pioneer & Waterloo Parks, Marsfield
Active Kids Vouchers can be used
Ages 4 yrs to adults – Tball for 4-7yrs, Machine Pitch for 8-9yrs, Live
pitch for 10 yrs & up
Short game times – 1 to 1.5 hours
More information and registration at www.saints.asn.au

 Follow us on Facebook, or contact:
Adrian Hobson
0419 693 710
Russell Sheffield
0410 057 989

tips to

keep good mental health

Good mental health and wellbeing allows you to live your life in a positive and meaningful way and cope with life's changes and challenges.

Keeping a healthy headspace

Good mental health is a state of wellbeing where you feel able to work and study, feel connected to others, be involved in activities in your community and bounce back when life's changes and challenges come along.

How can I boost my mental health?

Our headspace clinicians offer their insights on some practical ways to improve your wellbeing every day.

Get enough sleep. Sleeping well is good for your brain and body, and helps you feel energised, stay focused and protect your mental health. See our sleep fact sheet for more information and advice.

Eat well. Eating well can improve your mood, energy levels and general health and wellbeing. Fill up on nutritious food like veggies, fruit and whole grains and drink plenty of water to give your body and brain all the power it needs to function well.

Get in to life. Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others.

Some of these things, such as shopping, reading or playing the guitar, might just be for fun, but other things like work or study can give you new skills and might help to give you meaning.

Stay active. Staying active can help you to sleep better, manage stress and boost your mood.

Make time to take a break from study or work or hanging out, whether it be going to the gym, kicking a ball around with a mate or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy.

Connect. Spending time with family, friends (including pets) and people in your community can help strengthen your mental health and wellbeing. You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.

Just like physical fitness, mental fitness takes regular effort. But sometimes life can get in the way of improving your mental health. Here are some important things to know.

Learn new ways to handle tough times

Taking time to think about how you're handling tough times is really important. Sometimes the things we do naturally can help, and other times they don't.

Increase your options for handling tough times as they'll come in handy now and into the future. Some options to consider include:

- using art, music or journaling to express yourself
- spending time in nature
- setting some small goals, and getting help seeing them through!
- taking kindly to yourself
- searching for websites and free apps that can help.

Cut back on alcohol and other drugs

Cutting down on the amount of alcohol and other drugs that you take, or avoiding alcohol and other drugs altogether, will help you sleep better, feel better, and keep a healthy headspace.

Even though alcohol and other drugs may make you feel good in the very short term, they can impact your mental health and make you feel much worse in the long run.

How can I get help?

60 *"If a problem feels like it's too big to deal with by yourself, it probably is. It's important to speak up and get support from friends and family."*

Dani, 16, NRG member
(headspace Youth National Reference Group)

If you feel like support from family and friends isn't enough, seek professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local headspace centre or visit headspace for online and phone support.

Remember, keeping a good mental health involves building your mental fitness, so you can stay on top of things and get the most out of each day.



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

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how to help

a friend going through a tough time

When you know a friend is going through a tough time, it can be hard to know what to do or say.

Helping a friend who's having a tough time

When you see a friend having a tough time, it's a good idea to reach out and offer support. You might have noticed they don't seem like themselves, or they're not acting the way they normally do. Finding the words to start a conversation isn't easy, especially when you don't know what kind of help you can offer. It can make a big difference to someone experiencing difficulties.

It can be as simple as checking in, letting them know that you care and that you're there to help them. Let your friend know what changes you've noticed, that you're worried about them and that you'd like to help.

Even if they don't open up much at first, simply showing you have their back can give your friend strength and hope. This also tells them that you're someone they can talk to if they do decide to open up later on.

What if my friend doesn't want any help?

Some friends need time and space before they feel ready to get support. Being afraid of things changing or being judged, can be a big factor in why people don't seek support when they need it.

You may need to be patient with your friend and try not to judge them or get frustrated if you can't get through to them at first. Remind them that you are there if they need you. Give them time.

Sometimes you might need to involve someone else – this may be a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the discussion.

Letting someone else know can be a difficult decision to make, especially if they don't want help. You might be worried they may lose trust in you. There's a chance your friend might feel like this at first but remind them it's only because you care. In the long run, they will usually understand why you got someone else involved.

If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to. If your friend needs urgent help you can call 000. You could also ask someone you trust, such as a parent or teacher for help.

What can I say to help my friend with their mental health?

It's important to encourage your friend to get further support. You can say things like:

- "Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker."
- "It doesn't have to be super intense and you can make choices about what's best for you."
- "Your GP (general practitioner) can actually help you with this stuff. You can find one that bulk bills, so you don't have to pay. I can go along with you, if you want?"
- "There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut or youthbeyondblues?"
- "Did you know that you can get free and confidential support online or over the phone from places like headspace, Kids Helpline and Lifeline? All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support."
- "I know you're not feeling great now, but with the right support, you can get through this. Lots of people do."
- "It's OK to feel this way and I'm here to have your back." Make sure you validate your friend's concern and let them know they're not alone.

Looking after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace fact sheets to look after your own wellbeing and build your mental fitness every day.

Try to remember that you're their friend and not their counselor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for yourself, your friend and the friendship.

If you're feeling overwhelmed and need support for you, it might be a good time to reach out for extra help. A good place to start is a trusted adult (e.g., family member, teacher or GP). You can also contact Kids Helpline (1800 55 1800).



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



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Starting a conversation

“NIP it in the bud” 3 step process



Notice

N stands for Notice:
You might notice changes in a young person:

- Things like
- A noticeable change in how they are feeling and thinking
 - Feelings like anger, sadness, fear, not caring about anything, risk taking
 - You might see changes in the way your child is behaving or acting
 - Not enjoying things anymore
 - Changes in eating or sleeping
 - Being easily irritated or having problems with friends and family
 - Finding they can't focus on things or maintain attention
 - Feeling down or that there is no hope or point to life
 - Having trouble concentrating or remembering things
 - Turning to alcohol or drugs to cope with feelings
 - Having negative thoughts or distressing thoughts
 - Feeling unusually stressed or worried
 - OR, Changes socially like withdrawal, being secretive, acting out of character

Inquire

I stands for Inquire:

There's no perfect way to start a conversation about mental health – so it's ok if you're finding it hard. It can help to do some research first, and also find a time and place where everyone involved is feeling safe.

When asking, it can help to be specific about the things you've noticed. And remember, you're asking to understand. Understanding your young person's experience can leave you in a better place to respond in a way that helps.

Some ways to try might be:

Q: Hey, I've noticed you seem to have a lot on your mind at the moment. I'd like to hear how it's been for you.

Q: I've noticed that sleep has been harder for you lately. Have you got some ideas about why that might be?

Q: I haven't seen any of your friends recently. How have things been going?

Q: What can I do to be helpful?

Provide

P stands for Provide.

It's about providing whatever it is you think your young person might need at that time. It will include support, listening, and empathy. Responding in a way that shows you're really listening can make a big impact. Here are some statements that might help.

Statement - I can hear this is really tough for you.

Statement - It sounds like it's been impacting lots of areas of your life.

Statement - Thank you for sharing with me, I care about how you feel and what you're going through.

Taking the time to really try to understand can show the young person you're a safe place to go to for support, and might mean they end up sharing more. In trying to find the best way to offer some support, it can help to share the decisions with the young person. Some statements that might help are:

Statement - I'd like to find a way that I can be helpful for you. Would that be ok for you?

Statement - It sounds like home is a bit stressful at the moment. Would you like to have a go with me at figuring out some ways to take some of that stress away?

Statement - I'm not feeling very confident about the best way to help at the moment. Would it be ok if we called a service to help us figure out the best way forward?

If you have immediate concerns take them to Emergency or phone 000 and stay with them.

Page 2

Local Support Services

NSW Mental Health Line, The Mental Health Line is available to everyone in NSW and operates 24 hours a day, 7 days a week

Mental Health Line
1800 011 511

headspace Chatswood 30 Devonshire Street, Chatswood, New South Wales 2067 Phone: (02) 9501 5668 Fax: (02) 9501 7400 headspacechatswood@newhorizons.org.au	headspace Brookvale Level 7 Brookvale House, 5A Cross Street, Brookvale, New South Wales 7003 Phone: (02) 9937 6500 Fax: (02) 9938 3099 headspacebrookvale@newhorizons.org.au
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CYMHS Community Teams CONTACT DETAILS

Service	Location	Contact details
Hornsby Ku-ring-gai CYMHS Opening Hours: 9:00am - 5:00pm Mon-Fri Mobile Hours: 5:00pm - 8:00pm Mon-Fri	Level 1, Building 62 Hornsby Hospital 36-75 Palmerston Road Hornsby NSW 2071	Phone: (02) 9486 6155 Fax: (02) 9455 6887
Northern Beaches CYMHS Opening Hours: 9:00am - 5:00pm Mon-Fri Mobile Hours: 5:00pm - 8:00pm Mon-Fri	Brookvale Community Health Centre Level 2, 612-624 Pittwater Road Brookvale NSW 2100	Phone: (02) 9388 6160 Fax: (02) 9388 5199
Lower North Shore CYMHS Opening Hours: 9:00am - 5:00pm Mon-Fri Mobile Hours: 5:00pm - 8:00pm Mon-Fri	North Shore CYMHS Royal North Shore Community Health Centre Level 2, 252 Packer Street St Leonards NSW 2055	Phone: (02) 9462 9222
Ryde CYMHS Opening Hours: 9:00am - 5:00pm Mon-Fri Mobile Hours: 5:00pm - 8:00pm Mon-Fri	Ryde CYMHS Ryde CHB Adolescent and Family Centre 11 Standart Road Ryde NSW 2112	Phone: (02) 9448 6877

MENTAL HEALTH LINE 24 HOURS
1800 011 511

NSW GOVERNMENT
Health
Northern Sydney
Local Health District

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Immediate support

Call: 13 11 14 (24/7)
Text: 0477 13 11 14 (8pm-midnight)
Chat: lifeline.org.au (7pm-midnight)

Ongoing support

Individual & Family Counselling in Gordon
Suicide Bereavement Support Group
Way2Wellness 1300 120 446

Training

Recognise
Respond
Refer

Lifeline Harbour to Hawkesbury
Phone 02 9498 8805
Email appointments@lifelineh2h.org.au

www.lifelineh2h.org.au 13 11 14

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National Support Services

Mental Health Services and Support

Beyond Blue 24/7 mental health support service 1800 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 headspace.org.au	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 0 to 25 1800 55 1800 kidsline.org.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 658 467 suicidecallback.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife 1800 peer support and referral 1800 184 527 qlife.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

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SPRING '20

PeopleBank News

WELCOME

Dr Paul Fung,
Clinical Director, YESS

SPRING PEOPLEBANK EDITION:
Introducing the YESS program

The Youth Enhanced Support Service (YESS) Northern Sydney delivers holistic care to young people with a mental health diagnosis, designed to support, help who require more than what the headspace and the private sector can provide. YESS brings together several key service components to deliver optimal outcomes. It is a psychology led, multidisciplinary team with capacity for outreach, that delivers the day and case record, much for some of the most vulnerable young people in the region. Paul used in primary care to seek to build the mental health capacity of providers in the region. **Your local doctor can refer to the YESS program.**

MATT'S STORY

Throughout high school and university, I had suffered with depression for years without knowing it until a major health crisis made me start taking my health seriously.

I was recommended YESS from a recovery service, which I struggled to attend early on due to believing it was a sign of weakness. After a few weeks though, that thing about me that I was told I was too weak to attend was shattered without judgement or expectations.

Having a professional tell you that you are getting through it tough and understanding it is not all your fault, was a huge relief. Opening up about your vulnerability is unexpectedly powerful, especially to people who know you have struggled and come out the other side.

Being able to connect with the staff was very helpful as well. My best friend and I are cousins, so we had something to talk about whenever someone was a bit not for (and a regular Dungeons and Dragons group, though I didn't play, very difficult, it was about connecting young people in a non-threatening environment).

Having a strong support network was key as well. I had a friend I would go and get ice cream with every week (even in winter) and we would sit in a park or a bench and unload our feelings and insecurities onto each other. Being vulnerable to people close to you, with the proper boundaries, is important.

I am also very lucky to have a group of friends who I game with regularly, so it's also something to do while they notice and keep out in non-threatening surroundings.

Overall, I am immensely grateful for the tremendous work these staff have done for me and many others, and I am hopeful that they can help many more.

Dr Paul Fung is the Clinical Director for the YESS and Werribee Adult Mental Health Programs at Peninsula Health. He is a member of the Sydney North-East Health Network, Mental Health and A&E Advisory Committee and is a past chair of the representative bodies on the NSW Mental Health Commission Community Advisory Council. Although he loves running, he continues to have minor injuries that keep the dream of a marathon out of reach.

WHAT'S NEW

LIVE LIFE GET ACTIVE

Live Life Get Active is a charity focused on healthy living and wellness. It is offering 3 months free online access to their health and wellbeing program for those who live or work in the northern Sydney region.

What Live Life Get Active offers:

- On-line exercise programs (pre-recorded and live) for fun workouts in your home
- Healthy and healthy lifestyle choices and nutrition advice
- Nutrition plans and recipes
- Regular health and coaching
- Professional, online feedback to support positive change
- Personalised health and coaching strategies

The program addresses issues such as obesity, diabetes, mental health, stress recovery and social inclusion.

For more details:
Visit www.livelifeggetactive.org.au

Register now!
To register, when asked to select the 'Preferred email', select 'Sydney North' - online from the list.

SYDNEY NORTH MENTAL HEALTH SERVICES

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can engage in valued activity and is able to make a meaningful contribution to her or his community.

A mental illness is a health problem that significantly affects how a person feels, thinks, behaves, and interacts with other people. Mental illnesses are of different types and severity. More commonly diagnosed mental illnesses include depression and anxiety.

A mental health problem also interferes with how a person thinks, feels, and behaves, but to a lesser extent than a mental illness. Mental health problems can include stress, grief and low mood. About one in five Australians will experience a mental illness, and most of us will experience a mental health problem at some time in our lives.

A range of services are available to assist people experiencing mental illness or a mental health problem, including: telephone counselling services, online programs, psychological therapies, psychiatric and community support services.

For guidance or more information please speak to your GP or a Health Professional.

See Northern Sydney Mental Health Services & Resources listed below.

MENTAL HEALTH SERVICES & RESOURCES

Community Mental Health Services
<https://sydneynorthhealthnetwork.org.au/communityhealth/mental-health-services/>

SNHN Commissioned Mental Health Services
<https://sydneynorthhealthnetwork.org.au/wp-content/uploads/2019/11/SNPHN-Mental-Health-Triage-Service-Providers.pdf>

COUNCILS MENTAL HEALTH & COVID LOCAL SUPPORT

It's been a very difficult time for many people, and overwhelming to keep track of accurate information about COVID-19.

Local councils in the SNHN region have a range of support available for residents.

HORNSBY Click here	NORTH SYDNEY Click here
HUNTERS HILL Click here	NORTHERN BEACHES Click here
KU-RING GAI Click here	RYDE Click here
LANE COVE Click here	WILLOUGHBY Click here
MOSMAN Click here	

COVID-19

SUPPORT SERVICES

CORONAVIRUS MENTAL WELLBEING SUPPORT SERVICE

Beyond Blue has developed a range of information, strategies and advice to help support mental health and wellbeing.

This site provides a range of assistance including:

- Phone support
- Web chat
- An online community forum
- Suicide and crisis support

It is regularly updated with information, advice and strategies to help people manage their wellbeing and mental health.

The site also enables people to connect with the community in a safe and informative space to discuss their concerns and experiences as well as provide support for each other during this difficult time.

T: 1800 512 348
W: coronavirus.beyondblue.org.au

MEDICARE COVID-19 MENTAL HEALTH SUPPORT

The Government will provide 10 additional Medicare subsidised psychological therapy sessions for people subjected to further restrictions, directly impacted by the second wave of the COVID-19 pandemic.

The additional Medicare subsidised sessions will allow people in eligible areas who have used their 10 sessions to continue to receive mental health care from their psychologist, psychiatrist, GP or other eligible allied health worker.

The new Medicare items aim to ensure that everyone can continue to access essential mental health treatment and support their needs.

W: health.gov.au/minister/the-hon-susan-porter/mc/mh/covid-19-mental-health-support

NSW MENTAL HEALTH COMMISSION RESOURCES

The NSW Mental Health Commission recognises that people are feeling worried, stressed and anxious in relation to the coronavirus. There are many sources of information available, which can also lead to a sense of confusion on how to respond.

In response they have put together this site, which gathers together advice and information from the commission and its partners to keep everyone up to date and supported during the coronavirus pandemic.

T: 02 9558 5200
E: info@nmhc.nsw.gov.au
W: www.nmhc.nsw.gov.au/mental-health-and-the-coronavirus

NSW HEALTH MENTAL HEALTH SERVICES AND SUPPORT

A comprehensive list of mental health services and support, put together by NSW Health.

W: health.nsw.gov.au/mental-health-services/psychological-support/contact-us.aspx

HEAD TO HEALTH COVID-19 SUPPORT

An Australian government site providing trusted information and digital resources to help support mental health and wellbeing during the pandemic.

It covers where to get facts about the coronavirus outbreak, tips for maintaining good mental health, advice for managing chronic stress and information on how to access mental health services. It also provides assistance for parents, and information on how to keep older Australians safe and comfortable by helping them get established online.

W: www.health.gov.au/covid-19-support/covid-19

Information & Resources

Supporting Mental Health

LOCAL COUNCIL RESOURCES FOR YOUNG PEOPLE

Northern Sydney Local Councils have created a series of useful resources to support people in their communities. Take a look at the resources relevant to your region.

North Sydney [Go Click here](#)

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MENTAL HEALTH AND TEENS

As teenagers move through the transitions that accompany adolescence the pressures and problems they encounter can all too easily seem overwhelming. For many, those and other pressures can lead to one or more of a variety of mental health disorders; all are matters of concern, and some are life-threatening.

KEY TIPS FOR PARENTS:

- **Keep communication constant, open, and honest:** Your children should know they can talk to you about anything, be comforted by reaching out to you for support. Talk about your own experiences of adolescence and let them know their anxieties are not unusual.
- **Remember, mental health disorders are treatable:** Find out about common mental health problems among adolescents; speak with your child's GP, your local headspace, or your child's school counsellor about what sorts of information are available.
- **Be attentive to your teen's behaviour:** Adolescence is a time of frequent emotional change, but severe, chronic, or abrupt changes in behaviour can be strong indicators of serious mental health issues.

MENTAL HEALTH "RED FLAGS" PARENTS SHOULD BE ALERT FOR:

- Frequent sleeping, beyond an all-nighter fatigue, which could indicate depression or substance abuse;
- Difficulty sleeping, insomnia, and other sleep disorders;
- Loss of self-esteem;
- Absentminded or loss of interest in favourite pastimes;
- Unexplained and dramatic decline in academic performance;
- Weight loss and loss of appetite;
- Personality shifts and changes, such as aggressiveness and excess anger that are sharply out of character and could indicate a psychological, drug, or sexual problem.

MENTAL HEALTH SERVICES FOR TEENS

Low Intensity

LifeLine - www.life-line.org.au

Mild to Moderate

HeadSpace - www.headspace.org.au

Line - www.life-line.org.au

New vision - www.newvision.org.au

Severe and Complex

YLSS - www.ylss.org.au

Please see our website for specialty services and drug and alcohol co-managed services

SPOTLIGHT ON: BETTER OFF With YOU

Better Off With You features real stories of people with experiences of suicide, thoughts and actions that lead to suicidal thoughts, and people who have survived. Stories by Nathan Gleason and Nathan Gleason.

WATCH stories from people who have lived through suicidal thoughts and actions.

TALK to a local peer support group and join the conversation online.

LEARN how these people came to see life differently.

FIND local and national services available to help you.

LINKS TO USEFUL SERVICES

NORTHERN SYDNEY CHILD AND YOUTH MENTAL HEALTH SERVICES

[Go Click here to download](#)

NORTHERN SYDNEY SUICIDE PREVENTION SERVICES GUIDE

[Go Click here to download](#)

NORTHERN BEACHES MENTAL HEALTH RESOURCE BOOK

[Go Click here to download](#)

MENTAL HEALTH FAMILY AND CARER INFORMATION GUIDE

[Go Click here to download](#)

SNHM COMMISSIONED MENTAL HEALTH SERVICES

[Go Click here to download](#)

Do you have a health story or event to share?

[Email your story and you could be featured in our next Newsletter \(Story limit: 300 words\)](#)

[Go Click here to email your story](#)



Holidays can take students away from friends and their usual school supports.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing. It is okay if they take time out for themselves, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not looking up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can. Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the best thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and undisturbed bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less 'junk food', lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

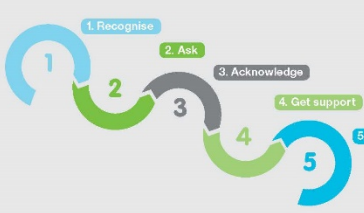
6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.



Tips to help you support your young person

1. Recognise their distress or concerning behaviour
2. Ask them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
3. Acknowledge their feelings (e.g. "That seems like a really hard place to be in. I can understand why you are upset about that.")
4. Get appropriate support and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
5. Check in a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything's seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](https://www.headspace.org.au)
- **headspace** provides online counselling and telephone support to young people aged 19 to 25 – [headspace.org.au](https://www.headspace.org.au) 1800 650 800
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 8 to 25 – [kidshelpline.com.au](https://www.kidshelpline.com.au) 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – [lifeline.org.au](https://www.lifeline.org.au) 13 11 14
- **Parentline** 1300 361 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](https://www.headspace.org.au/schoolsupport) or [headspace.org.au](https://www.headspace.org.au)

Please refer to the **headspace School Support Suicide Prevention Toolkit – A Guide for Secondary Schools** for further guidance.