



Nepean Creative & Performing Arts High School

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Counselling support at home

Although the school is not currently operating in its normal fashion, the counselling service recognise that mental health concerns haven't ceased to exist and there are students who may still require ongoing support. In order to ensure that students are still able to access support when needed, we will still be offering appointments where possible. For those that are not attending school, we can offer over-the-phone consultations, and as the school remains open we can also facilitate face-to-face sessions if this is more accessible.

To access the counselling service during this time, please email the school to advise that your young person would like to speak to the counsellor, ensuring that you include contact details within this. This email will then be forwarded to the appropriate person and we will make contact when available. Students are also able to self-refer to the service and can do so via the same channels above.

For those who are feeling the impact of stress and anxiety but don't require a counselling session, there are a range of resources available online that can be easily accessed by both students and carers. These include:

- **The Brave Program** – BRAVE is an online, psychological program for the treatment of childhood and adolescent anxiety. The Program was developed by a team of researchers at the University of Queensland. BRAVE is based on cognitive behavioural therapy (CBT), the most effective method for overcoming anxiety in children and teenagers.
- **Reach Out** – Reach Out is one of Australia's leading online mental health organisation for young people and their parents. They offer practical support, tools and tips to help young people get through anything from everyday issues to tough times, and they also offer resources for parents.
- **Smiling Mind** – The Smiling Mind website offers a range of resources and tools regarding ways to manage anxiety and stress during difficult times. They also offer a free downloadable app that is available on both iPhone and Android, which provides a range of mindfulness activities aimed at reducing tension.
- **Beyond Blue** – Beyond Blue are a well-known Australian organisation that provide assistance and support to those experiencing mental health concerns. They offer a 24/7 phone service (1300 22 4636), online chat forums (operating between 3pm – 12am), as well as moderated online forums that can be accessed via their website.
- **eHeadspace** - eHeadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. You can connect with a clinician over-the-phone on 1800 650 890, via an online chat service on the website, or email.
- **QLife** - QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. They offer phone (1800 184 527) and online chat support.
- **Yarn Safe** – Yarn Safe has been developed by Headspace as a resource for Aboriginal and Torres Strait Islander youth. It provides appropriate online tools and strategies to support good mental health.
- **Sane Australia** – Sane are an online service that offer support to those affected by mental health issues. They are staffed by qualified counsellors are offer phone support on 1800 187 263. They also offer online chat and mediated forums.

Kind regards,

Christelle Ardhill-Hoffman, Jenny Bury, Oliver Swanson
School counsellors