Student Wellbeing at Dickson College 2019



If you have any worries about how you're going, or if you're worried about a friend, we are here to support you. Please come down to Student Wellbeing and talk with us about your concerns

Exec Student Wellbeing	Alison Di Berardino
Year 11 Coordinators	Ryan Davis-Philp (A–G), Niki van Buuren (H-O), Emily Hathaway (P–Z)
Year 12 Coordinators	Anna Beaver (A – H), Jason Abela (I – P), Rob Howatson (Q – Z)
Indigenous Contact Officer	Elinor Archer
School Psychologists	Rebecca Pashley (Mon – Thurs)
Student Admin Team	Haylee Hilly, Karen Burt and Lyndal Bolton

How to get mental health help outside of school

It is important to know where to go if you need mental health support outside of school, particularly over the school holidays or when you leave school.

In Crisis:				
If you or someone you know is talking about suicide, please use the following urgently				
ACT Crisis, Assessment & Treatment Team (CATT) Available 24 hours a day	1800 629 354 or 6205 1065			
NSW Mental Health Access Line	1800 011 511			
Emergency Services	000			
Lifeline	13 11 14 https://www.lifeline.org.au/			
Kids Helpline	1800 55 1800 https://kidshelpline.com.au/			
Suicide Call Back Service	1300 659 467 https://www.suicidecallbackservice.org.au/			

Other helpful services

An appointment with your own or any General Practitioner (GP) is a great place to start. Your GP will be able to refer you to the right support services after you have a chat with them.

Headspace ACT	6201 5343
eHeadspace	1800 650 890
Headspace Queanbeyan	6298 0300

Other helpful services	
ACT Child and Adolescent Mental Health	6205 1971
Service Intake Line	
ACT Child and Adolescent Mental Health	6205 1050
Service Northside	
ACT Child and Adolescent Mental Health	6205 1469
Service Southside	
Queanbeyan Child and Adolescent Mental	6128 9900
Health Service	
The Junction Youth Health Service	6232 2423
(Medical and Counselling Services)	
Translating & Interpreter Service	13 14 50
(if English is not your first language and you	
require assistance)	

Online Support			
Headspace	http://headspace.org.au/		
Reach Out (lots of mental health and drug and alcohol info)	http://au.reachout.com/		
Beyond Blue (depression and anxiety)	https://www.beyondblue.org.au/		
The Black Dog Institute (depression and bipolar disorder)	http://www.blackdoginstitute.org.au/		
The Butterfly Foundation (eating disorders and body image)	https://thebutterflyfoundation.org.au/		
National Cannabis Prevention and Information Centre	https://ncpic.org.au/		
Online treatment or prevention programs for common mental health problems, such as anxiety and depression	https://moodgym.anu.edu.au		
Other Mental Health apps	MyCalmBeat		
	Smiling Mind		
	Virtual Hope Box		

