

# 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*

<b>Exec Student Wellbeing</b>	Alison Di Berardino
<b>Year 11 Coordinators</b>	Ryan Davis-Philp (A–G), Niki van Buuren (H–O), Emily Hathaway (P–Z)
<b>Year 12 Coordinators</b>	Anna Beaver (A – H), Jason Abela (I – P), Rob Howatson (Q – Z)
<b>Indigenous Contact Officer</b>	Elinor Archer
<b>School Psychologists</b>	Rebecca Pashley (Mon – Thurs)
<b>Student Admin Team</b>	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) <i>Available 24 hours a day</i>	1800 629 354 or 6205 1065
NSW Mental Health Access Line	1800 011 511
Emergency Services	000
Lifeline	13 11 14 <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
Kids Helpline	1800 55 1800 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
Suicide Call Back Service	1300 659 467 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>

### 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



