

# Student Wellbeing at Dickson College 2021



*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>	Louise Martingale A-G, John Forrest H-N , Janelle Boreham O-Z
<b>Year 12 Coordinators</b>	Rob Howatson A-G, Mel Cook H-N, Anna Beaver O-Z
<b>Indigenous Contact Officer</b>	Elinor Archer
<b>School Psychologist</b>	Rebecca Pashley (Mon – Thurs)
<b>Student Admin Team</b>	Robert Brown, Lyndal Bolton and Karen Burt
<b>Student absences email</b>	dicksonc.absences@ed.act.edu.au

## 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 From Mobile phone	000 112
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 eHeadspace	5109 9700 1800 650 890
Headspace Queanbeyan	6298 0300
ACT Child and Adolescent Mental Health Service Intake Line (CAMHS)	6205 1050
ACT Child and Adolescent Mental Health Service <i>Southside</i>	6205 1469
Queanbeyan Child and Adolescent Mental Health Service	6128 9900
The Junction Youth Health Service (Medical and Counselling Services)	6232 2323
Child and Youth Protection Services (PYPS)	1300 556 729
Onelink - Homelessness	1800 176 468
Menslink mentoring and counselling (males 10-25yo)	6287 2226
Carers ACT	1800 960 990
Translating & Interpreter Service (if English is not your first language and you require assistance)	13 14 50

## Online Support

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

