



St Clair High School

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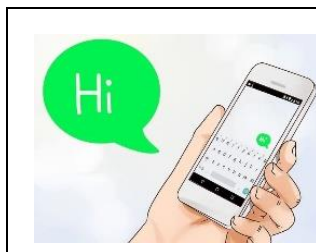
COVID-19 SCHOOL COUNSELLING UPDATE

Dear Students and Families,

Counselling appointments

Please be assured that whether you are working from home or are attending school, the school counselling service will remain operational to the best of our ability. Our priority remains the health and wellbeing of the students at St Clair High School.

We remain available to all students during school hours. Should you wish to make a booking please contact your Year Advisor or Deputy Principal and they will arrange for a School Psychologist or School Counsellor to call you and arrange a telephone appointment.



We are currently determining the best methods for counselling remotely, that best protects your privacy, and we will post updates through the school's usual communication channels.

If you are experiencing an emergency and need immediate assistance, please dial 000.

Support line numbers and online services

	AGENCY	CONTACT DETAILS
1	Kids Helpline	1800 55 1800
2	Lifeline	13 11 14
3	Parent Line	1300 1300 52
4	Mental Health Telephone Access Line	1800 011 511

You can also access online chat counselling at:

1. [E-Headspace](#)
2. [Kids Helpline](#)



Coronavirus and Anxiety

It is completely normal to be feeling worried in response to a threat like an illness. The Australian Psychological Society has produced two helpful tip sheets. The first provides [tips for coping with anxiety about coronavirus](#), and the second has [advice about maintaining your wellbeing when in social isolation](#).

It is important to develop a plan and structure for what your time at home could look like, [a sample template with ideas is available here](#).

Links to reputable information, apps and tips for staying healthy and improving your mental health have been put together by school counsellors and psychologists [here](#), and tips are also available via [Headspace](#) and the [Kids Helpline](#).

For information on Coronavirus, the National Coronavirus Helpline is 1800 020 080, and if you would require translating or interpreting services the number to call is 131 450.

Let's Stay Connected!

Your school psychologist and counsellors,
Belinda, Andrew and Suzie