Instructions for Accessing Wellbeing Services:

To refer yourself or a student to the Wellbeing Team (Wellbeing Leaders/Multi-Cultural Youth Worker/Aboriginal Community Education Officer or Pastoral Care Worker); please take one of the following actions:

STUDENTS:

1. Speak to your Home Group Teacher or Year Level Coordinator
   or
2. Come to Student Services and ask to see a Student Wellbeing Leader
   or
3. Email the Wellbeing Leaders at dl.1137.wellbeing@schools.sa.edu.au

STAFF:

1. Discuss student concerns with the relevant Year Level Coordinator and complete the wellbeing referral form
   or
2. Email the Wellbeing Leaders at dl.1137.wellbeing@schools.sa.edu.au

PARENTS:

1. Discuss student concerns with the relevant Year Level Coordinator who will complete the wellbeing referral form;
   Or
2. Email the Wellbeing Leaders at dl.1137.wellbeing@schools.sa.edu.au

You will receive a response from the Wellbeing Team within 24 hours of the time the referral was received.

In the meantime, you may like to utilise one of the below resources:

Kids Helpline 1800 55 1800 CAMHS – Northern Region 08 8252 0133

Lifeline 13 11 14 Headspace – Edinburgh North 08 8209 0700

Youth Beyond Blue
https://www.youthbeyondblue.com For Emergency Assistance call 000
ReachOut.com
http://au.reachout.com