



## 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](mailto: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](mailto: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](mailto: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**

<https://kidshelpline.com.au/teens/>

**Lifeline 13 11 14**

**Youth Beyond Blue**

<https://www.youthbeyondblue.com>

**ReachOut.com**

<http://au.reachout.com>

**CAMHS – Northern Region 08 8252 0133**

**Headspace – Edinburgh North 08 8209 0700**

**For Emergency Assistance call 000**