



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

<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