

COVID-19 SCHOOL COUNSELLOR 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 Marys Senior High School.

We remain available to all students during school hours. Should you wish to make a booking you can do so via our existing channels:

1. Text our office mobile on **0417 228 192** (monitored during usual school hours).
2. If you are at school, you can continue to book appointments with us directly at our office.



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 [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 131 450 if you would require translating or interpreting services the number to call is 131 450.

Let's Stay Connected!

Your school counsellors,
Megan and Aimee