 **LINDSAY PARK**

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*Public School*

# 14 July 2021

**Accessing Wellbeing Support: Advice for Parents and Carers**

The School Psychologist (Olivia Blackmore) at Lindsay Park Public School provides social, emotional, and psychological support to students and advice to parents regarding wellbeing and learning. The service offered is voluntary and confidential.

During the period of online learning, School Counsellor referrals can be made by parents via the class teacher. If the issue is confidential, minimal information is required by class teacher and a referral will be made for Olivia Blackmore to contact the parent.

During the current period where many students are learning from home, we are putting in place processes to ensure that students continue to have access to Wellbeing Support.

**Communication with parents**

If you have concerns regarding the mental health and wellbeing of your child, and would like to make a referral for support, we ask that you please contact your child’s class teacher who will refer your child to the School Psychologist.

If you have a more immediate concern you may wish to access an online or telephone service (see below), or in an emergency, call 000.

**Communication with students**

The school psychologist will communicate with your child during this period by phone or video call. If we have safety concerns regarding your child, we will contact you and or share our concerns with the Principal as per NSW Department of Education guidelines.

**Online counselling and support for students and parents**

The following services provide information and support via the internet or phone:

NSW Mental Health Line 1800 011 511

Lifeline 13 11 14

Parent Line 1300 1300 52

http://www.parentline.org.au/

Kids Helpline 1800 55 1800

https://kidshelpline.com.au/

eHeadspace 1800 650 890

https://headspace.org.au/eheadspace/

Reachout https://au.reachout.com/

\*\*\* In the event of an emergency call 000 \*\*\*