



# LUCAS HEIGHTS COMMUNITY SCHOOL

132 Old Illawarra Road Barden Ridge: Ph 9543 8317

Principal: Julie Perkins

## HI THERE! HOW ARE YOU?

Wow, the world sure has had some big changes lately and you may have found yourself stuck at home more than you would have liked to be...or not. Take this time to ask yourself, how are you feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times but thankfully there is plenty of help out there and ways you can help yourself too!

## ONLINE SUPPORT AND RESOURCES



### Reach Out

A website for young people and adults full of resources for all topics!

<https://au.reachout.com/>

### Youth Beyond Blue

Information and support for youth  
<https://www.youthbeyondblue.com>

Kids Helpline - 1800 55 1800  
<https://kidshelpline.com.au/teens>



### Headspace & e-headspace

Young people can connect with a professional over the phone or online. Supportive group chats are also available.

## FREE APPS!



### Smiling Mind

Meditation and mindfulness app for children, youth, and adults.



### ReachOut Breathe

Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate.



### What's Up?

An app to help you cope with anxiety, stress and feelings of depression.



### The Check-in

An app to take the fear out of talking with a friend who might be struggling.



### i Bobbly

Social and emotional wellbeing self-help app tailored to ATSI young people (15+ years).



### Calm Harm

Provides tasks that help young people resist or manage the urge to self-harm.

## CAN I STILL SPEAK WITH THE SCHOOL COUNSELLOR SERVICE?

You sure can, it'll just work a bit differently for the time being! Whilst we can't see you in person at the moment, we are more than happy to provide 'tele-school counselling' (telephone and videoconferencing). If you would like to get in contact with us, please fill out the School Counsellor Referral form in your Year Advisors Google Classroom. **During School Term/School Hours** you can also call the School on **95438317** and ask to be put through to the School Counsellor. If we are not available, leave your name and preferred contact number (or an email) and we will be in touch!

## LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.



IF YOURSELF OR SOMEONE YOU KNOW IS IN CRISIS PLEASE CALL LIFELINE ON 13 11 14 OR DIAL 000 IF AN EMERGENCY