

HOW TO ACCESS COUNSELLING SERVICES AT HOME



Maintaining positive wellbeing is important, even when learning from home.

OPHS currently has a school counsellor, Leelum Moodley, who works on-site Monday, Wednesday and Fridays. Although face-to-face counselling services may not be available when learning online, our counsellor is still available to provide support during this time.

Students needing to access the school counsellor

Students who wish to access the school counsellor can do so via either their deputy principal or their year advisor. They can do this by:

1. Calling the school number during school hours and asking to speak to either their deputy or their year advisors. It is important to note that students may be required to wait for a return phone call.
2. Students may email either their deputy or their year advisor, asking for counsellor support.

From here, the deputy/year advisor will refer this information on to the counsellor to follow-up.

Contact details:

	Person	Contact Details
Year 7	Kristie Harris (Deputy)	Ph: 02 4634 7700 Email: kristie.harris@det.nsw.edu.au
	Michelle Woolley (Year Advisor)	Ph: 02 4634 7700 Email: michelle.woolley4@det.nsw.edu.au
	Ellana Kariatlis (Year Advisor)	Ph: 02 4634 7700 Email: ellana.kariatlis1@det.nsw.edu.au
Year 8	Chris Hollis (Deputy)	Ph: 02 4634 7700 Email: christopher.hollis@det.nsw.edu.au
	Allison Hearfield (Year Advisor)	Ph: 02 4634 7700 Email: allison.belgre2@det.nsw.edu.au

Parents/carers needing to access the school counsellor

We understand this is a difficult and challenging time for parents and carers as well.

Parents or carers wishing to discuss support options and external referrals with the school counsellor can do so by either calling the school on 4634 7700 or sending an email to oranpark-h.school@det.nsw.edu.au and requesting to speak with the counsellor. This request will be forwarded to the counsellor for follow-up. Follow-up contact by the counsellor will occur during school hours via a phone call either from the school or a private number.

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Access to external counselling services

In some situations, you may need to access external agencies to assist with the management of mental health and wellbeing. Below is a list of external counselling services that can be accessed in these circumstances. **PLEASE NOTE:** If it is an emergency, you should contact 000.

1. Reach Out:

Online mental health service that provides practical support, tools and tips to help young people get through day to day issues to tough times. Information and resources available for parents to help them support their teenagers.

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

2. Headspace:

Counselling and mental health support to young people between the ages of 12 to 25 years old. A range of online resources for young people and their parents. Phone: 1300 737 616.

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

3. E-Headspace:

Free online and telephone support and counselling to young people from the ages of 12-25 and their families.

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

4. Kid's Helpline:

Free online and phone counselling 24 hours a day, 7 days a week for young people aged 5 to 25. Online resources for children, adolescents and parents about a range of topics such as managing stress, coping with emotions and bullying.

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

5. Parent Line:

Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 7 days a week. Call 1300 1300 52.

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

6. Mental Health Line:

Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 011 511.

<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

7. Child and Adolescent Mental Health Services:

Provide support and treatment to children, adolescents and their families with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. Referrals can be made by a child, young person, parents and caregivers, a General Practitioner, health professional or the child/young person's school. For advice, assessment and referral call The Mental Health Line (freecall) on 1800 011 511.

<https://www.health.nsw.gov.au/mentalhealth/Pages/camhs.aspx>

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8. Family Referral Service (FRS):

FRS links families with the most appropriate support service in their local areas.

Services including; domestic violence support services (including counselling), housing or accommodation services, financial assistance, counselling and mediation, parenting struggles and support services (including parenting programs), mental health support services and culturally appropriate support services.

<http://www.familyreferralservice.com.au/>

9. MoodGym:

Interactive online program designed to help teenagers with:

- Identify whether they are having difficulties with anxious and depressive mood.
- Learn skills that help teenagers cope with these emotions.

<https://ehubhealth.com/index.php/moodgym/>

10. Brave Program:

Interactive online program for children aged between 3-17 and their parents. Children and adolescents who engage in the program will be provided with information and skills to help overcome their fears and anxiety. Parents who participate in the program will receive training in how to assist their child to implement anxiety management strategies.

<https://brave4you.psy.uq.edu.au/>