



Instructions for Accessing Wellbeing Services:

To refer yourself or a student to the Wellbeing Team (Counsellor/Psychologist/Pastoral Care Worker), please take one of the following actions:

STUDENTS:

1. Speak to your **Home Group Teacher or Sub School Leader**
or
2. Come to **Student Services** and ask to see a Counsellor
or
3. **Email the Wellbeing Team** at wellbeing.team@gihs.sa.edu.au

STAFF:

1. **Discuss student concerns** with the relevant Sub School Leader and complete the wellbeing team referral form
or
2. **Email the Wellbeing Team** at wellbeing.team@gihs.sa.edu.au

PARENTS:

1. **Discuss student concerns** with the relevant Sub School Leader who will complete the wellbeing team referral form;
or
2. **Email the Wellbeing Team** at wellbeing.team@gihs.sa.edu.au

FOR URGENT OR HIGH RISK REFERRALS (i.e. risk of harm to self or others, police involvement etc):

- Contact **Amanda Walsh** or come to **Student Services**

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:

Contact Kids Helpline

- ☎ 1800 55 1800
- 🌐 <https://kidshelpline.com.au/teens/get-help/> (email and webchat service available)

Lifeline

- ☎ 13 11 14

Youth Beyond Blue

- 🌐 <https://www.youthbeyondblue.com>

ReachOut.com

- 🌐 <http://au.reachout.com>