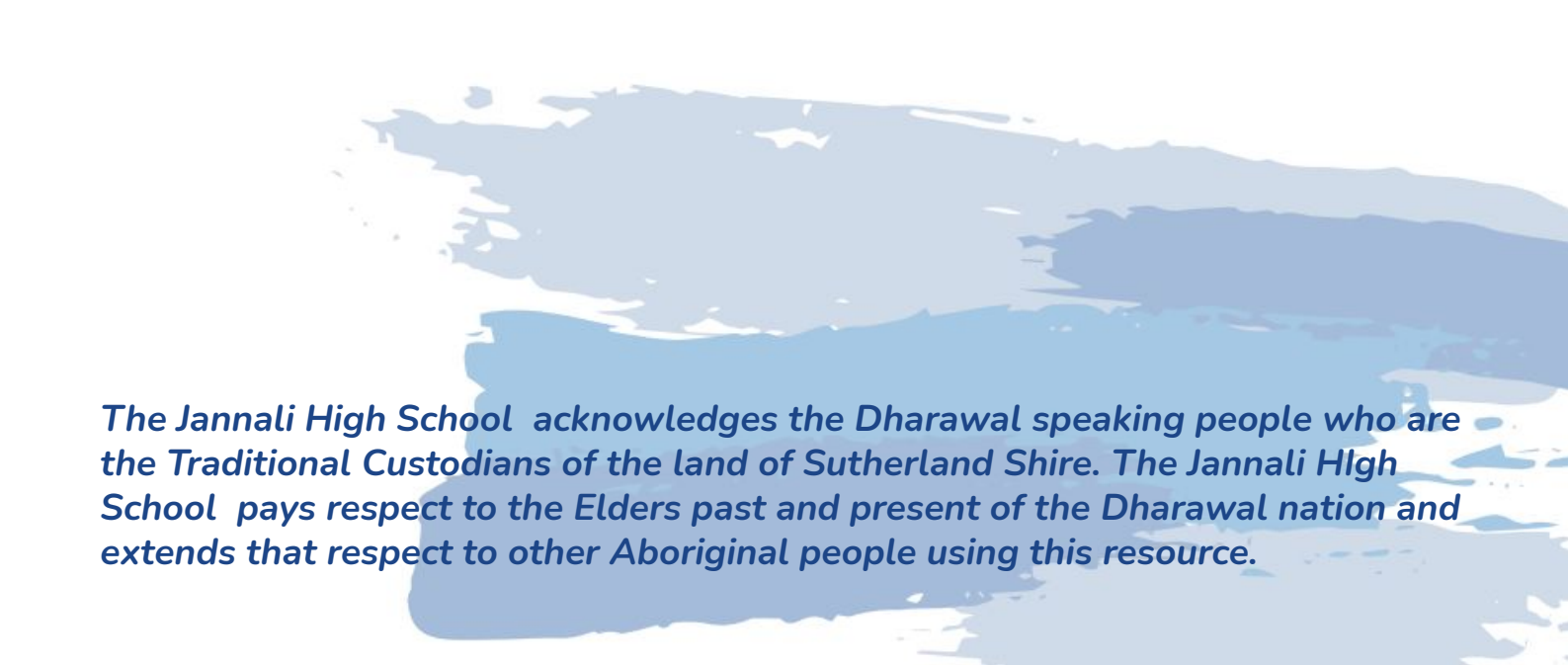




for your **WELLBEING**

- [The Wellbeing Team](#)
- [Emergency and Crisis Intervention Services](#)
- [Year Adviser Google Classroom](#)
- [Support Services](#)



The Jannali High School acknowledges the Dharawal speaking people who are the Traditional Custodians of the land of Sutherland Shire. The Jannali High School pays respect to the Elders past and present of the Dharawal nation and extends that respect to other Aboriginal people using this resource.

The Wellbeing Team

<u>Head Teacher Wellbeing</u> Violet Van Luyt	violetta.vanluyt@det.nsw.edu.au
<u>Year Advisers</u> Year 6 - Stephanie O’Farrall (relieving Year 7 Term 3). Year 7 - Rachel McKendrick Year 8 - Hannah Ingram Year 9 - Shannon Powell Year 10 - Sarah Dinh Year 11 - Samantha Heagney Year 12 - Damien Warwick	stephanie.todd2@det.nsw.edu.au rachel.mckendrick@det.nsw.edu.au hannah.ingram4@det.nsw.edu.au shannon.powell3@det.nsw.edu.au sarah.dinh2@det.nsw.edu.au samantha.heagney2@det.nsw.edu.au damien.warwick2@det.nsw.edu.au
<u>School Counsellor and Team</u> Mon - Keri Lampard Tues- Tanya Rosenbaum Wed -Tanya Rosenbaum (plus Keri on Wed B mornings) Thurs - Keri Lampard Fri -Kirby Mowbray	jannali-h.school@det.nsw.edu.au (attn: _____)
<u>Supervisor of Girls and Peer Support.</u> Elizabeth Parnell	elizabeth.parnell@det.nsw.edu.au
<u>Supervisor of Boys</u> Darren Moodie	darren.moodie3@det.nsw.edu.au
<u>Student Support Officer</u> Emily Cove	jannali-h.school@det.nsw.edu.au (attn: Emily Cove)
<u>Careers</u> Kath Hayward Natalie Woelms	kathryn.hayward6@det.nsw.edu.au natalie.woelms@det.nsw.edu.au

EMERGENCY AND CRISIS INTERVENTION SERVICES

EMERGENCY NUMBERS:

000 or 112 from Mobiles

CRISIS INTERVENTION:

Kids Helpline Lifeline	24 hours	1800 55 1800
Lifeline	24 hours	13 11 14
Beyond Blue	24 hours	1300 224 636
NSW Mental Health Access Line	24 hours	1800 011 551
Suicide Callback	24 hours	1300 659 467
Service LGBTIQA Support (Twenty10)	9am-5pm (Mon-Fri)	8594 9555
Domestic Violence Line	24 hours	1800 656 463
NSW Rape Crisis Centre	24 hours	1800 424 017
Child Protection Hotline	24 hours	13 21 11
1800 RESPECT	24 hours	1800 737 732
Link2Home	24 hours	1800 152 152 (homeless information & referral service)

Sutherland Shire - Youth Support



Click the image to find local Sutherland Shire Support Services.



Google Classroom

To access support from your Year Adviser via an online platform please use Google Classroom.

Remote Learning

If you would like any support for classwork please contact the school on (02) 9521 2805. A member from Student Services will then call you back and assist you.

Year 7	mlpksiy
Year 8	7iysnrv
Year 9	ymh6y6p
Year 10	ndi5bos
Year 11	xt7mg64
Year 12	ji7sfcd
Careers Year 12 2021	z3wk3pz

Support Services



Beyond Blue



1300 22 4636



[CLICK HERE](#)



<https://www.beyondblue.org.au/home>



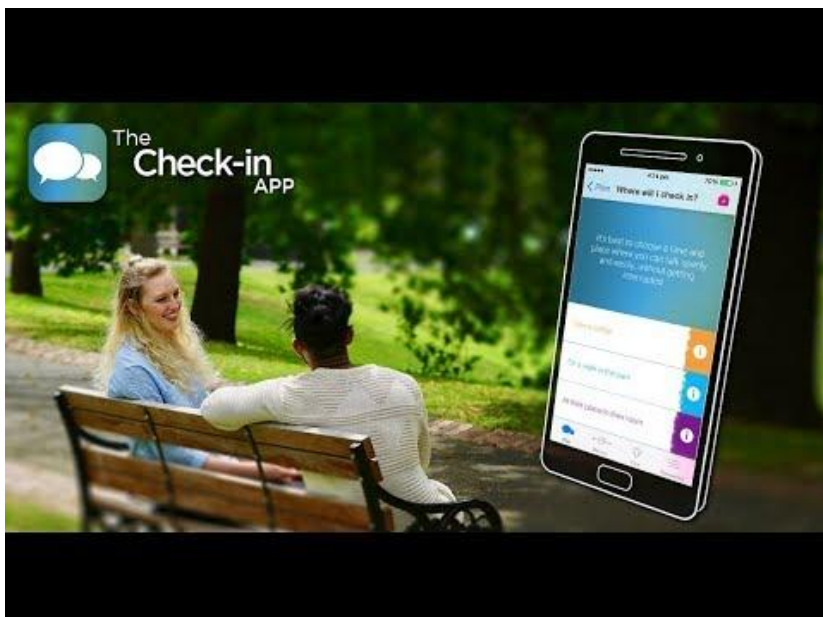
[CLICK HERE](#)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Young people: Click the image



Developed by Beyond Blue, the Check-in App helps young people plan how to approach a friend in need while also helping them look after their own mental health.



<https://www.youtube.com/watch?v=rko8ZQL-M2o>



Support Services



(02) 9575 1500



headspace.miranda@stride.com.au



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



[CLICK HERE](#)

HeadSpace is a National Youth Mental Health Foundation providing early intervention mental health services for 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four areas: mental health, physical health, work and study support, and alcohol and other drug services.

Stymie allows students at school to send anonymous notifications about someone they believe is being bullied or harmed.

This allows bystanders to remain anonymous and gives them the courage to overcome fears and social pressures that prevent them from speaking out. It also relieves the feeling of hopelessness for students who want to help their peers but don't quite know how.



<https://www.stymie.com.au/>

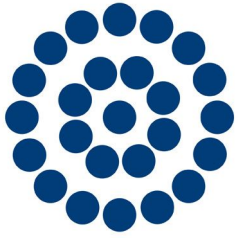


The Mindshift provide research based strategies for young people to deal with general or specific anxieties including study stress, perfectionism and social anxiety.



<https://mindshift.org.au/>

Support Services



Lifeline

Saving Lives

Crisis Support. Suicide Prevention.

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online



13 11 14



<https://www.lifeline.org.au/crisis-text/>



<https://www.lifeline.org.au/>



<https://www.lifeline.org.au/crisis-chat>



I'm worried about someone



I'm having a difficult time



I'm feeling suicidal



Information and support

Support Services

The logo for REACH OUT.COM, featuring the words "REACH" and "OUT.COM" in a bold, blue, sans-serif font, stacked vertically. The text is enclosed in a blue rectangular border.

ReachOut.com is an internet service for young people that provides information, support and resources about mental health issues and enable them to develop resilience, increase coping skills, and facilitate help-seeking behaviour



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

COVID-19 COPING RESOURCES:

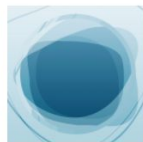
<https://au.reachout.com/collections/coping-during-coronavirus>

"The one who falls and gets up is so much stronger than the one that never falls."

TOOLS AND APPS 50+



<https://au.reachout.com/tools-and-apps>



PAUSE



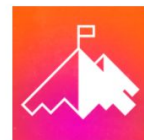
Chats For Life



Breakup Shakeup



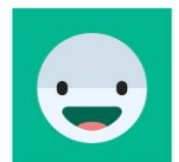
Calm Harm



MoodMission



Recovery Record

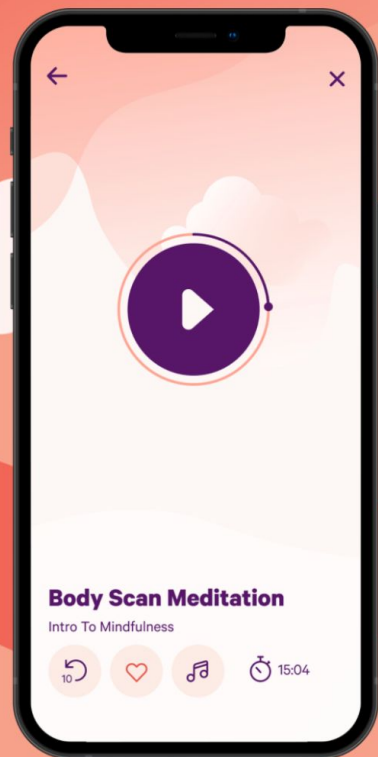


Daylio

Support Services



Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life



Our App

A daily mindfulness and meditation guide at your fingertips

- #1 Apple Health & Wellbeing App 2018 – Australia
- Trusted by over 6.1M people
- 100% evidence based
- FREE Programs for children and adults
- We suggest 10 minutes a day

What are you waiting for?

DOWNLOAD THE APP NOW AND SEE FOR YOURSELF!



Thrive Inside with Smiling Mind

We're here to help you remain inspired, stay connected and foster good mental habits during the Coronavirus crisis.


Support Services



<https://my.life/>

Start Your Mindfulness Journey with MyLife™

Your emotions change. That's why MyLife offers a personalized mindfulness solution tailored to how you're feeling right now

 Learn More



Resource encouraging mindfulness – paying attention to the present moment with openness and curiosity and free of judgment. Mindfulness is proven to lead to better attention, memory, emotional regulation and self-awareness, resulting in reduced stress, anxiety and depression, social skills and self-esteem. Also available in an app.



Kids Helpline is Australia's only free, private and confidential 24 hour phone and online counselling service specifically for young people aged 5 to 25 years old. Available through call, webchat or email.



1800 55 1800



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



[Web Chat - CLICK HERE](#)

Support Services



1300 1300 52



<https://www.parentline.org.au/contact/#contact>



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

Telephone counselling, information and referral service for parents of children ages 0 – 18 years who live within New South Wales. Available from 9am – 9pm (Monday – Friday) and 4pm – 9pm on weekends.



<https://www.esafety.gov.au/parents>

eSafetyparents



Advice for parents and carers to help children have safe experiences online

In this section



[The big issues](#)



[Skills and advice](#)



[Children under 5](#)



[Downloadable resources](#)



[Sexting and sending nudes](#)



[Cyberbullying](#)

ACTION FOR HAPPINESS

AUSTRALIA



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Action for Happiness Australia's mission is to create a happier and more compassionate society by helping individuals and communities take practical action to improve their own wellbeing and make others happier too.

Register to get their monthly calendars to look after your wellbeing during challenging times.

<http://www.actionforhappinessaustralia.org/>

<https://www.actionforhappiness.org/>

