

Student wellbeing and safety

It can be common to feel worried and anxious, particularly during times of uncertainty or transition. However, it's important to know you're not alone. You can always ask for help if you need it.



Accessing support from your school

School staff such as your teachers and guidance officer are always available to support you, if you are feeling worried about anything or just want to talk to someone. For instance, you may want to talk to someone about your assessments or you might be having problems with one of your friends. It's ok to talk about any concerns with school staff.

Ask a trusted teacher about how you can make a time to talk with your guidance officer.



Taking care of yourself

Websites such as [Kids Helpline](#), [Reach Out](#) and [headspace](#) have lots of useful tips for looking after your wellbeing. Reach Out and headspace have useful articles and forums, specifically for teenagers.

Useful tips include:



Keep a routine. Try making yourself a timetable with time for study, exercise, connecting with friends, and relaxation.



Limit your intake of social media.

You could try setting a time limit for how much you use certain apps or websites, or only check them two times a day.



Set some small goals each day or week to work towards.



Get plenty of sleep, water, exercise and healthy food.



Regularly check in with friends and family

One of the best ways of looking after yourself is to stay connected and regularly keep in touch with friends and family. There are many options to link up through apps, or you could even use the good old-fashioned telephone. Speak with your parents or carers about suitable options.





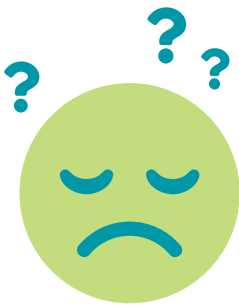
Establish a network of helpful adults

It's great to have friends your own age to speak with but it's also important to have some adults you can talk to, text, video chat or email, if you have any concerns.

It's good to have a number of adults in your support network; because if one person can't help with an issue, you can contact someone else.

Trusted adults could be:

- Aunties, uncles, older cousins, grandparents
- Teachers and school guidance officers
- Neighbours
- Trusted adult family friends
- Your family doctor.



Counselling and support services



Confidential, free online and phone counselling for young people aged 5 to 25.

Phone **1800 55 1800**

Webchat kidshelpline.com.au

(24 hours a day, 7 days a week)



Telephone, chat online or email to speak to a clinician. For young people aged 12–25.

Webchat headspace.org.au

Phone **1800 650 890**

(8am – midnight)



For family violence, domestic violence and sexual assault counselling, support and referrals.

Phone **1800 737 732**

Webchat 1800respect.org.au

(24 hours a day, 7 days a week)



To speak to a crisis supporter:

Phone **13 11 14**

(24 hours a day, 7 days a week)

Text **0477 13 11 14** (6pm – 12am, 7 days)

Webchat lifeline.org.au (7pm – 12am, 7 days)



Feeling unsafe?

Everyone has the right to be safe at all times. If you feel unsafe, reach out and talk to one of the trusted adults in your network or contact Kids Helpline.

In an emergency – if you or others are at imminent risk of harm:

Call the police on triple zero (000)