

## SUPPORT SERVICES – COUNSELLOR, YOUTH MINISTRY COORDINATOR AND CAREERS

### How to make an appointment?

- See the Counsellor/Youth Ministry Coordinator or Careers coordinator before school, at recess or lunch to organise an appointment – write the appointment in your diary.
- If the appointment is during class time show the teacher your diary before class starts and then politely excuse yourself at the appropriate time
- If you are having regular sessions ensure that the same subject is not missed consistently
- Do not make appointments that cause you to miss any assessment task unless it is an emergency
- In urgent/emergency cases see the Year Leader, Director of Pastoral Care and Wellbeing, Director of Students or Assistant Principal and an appointment will be organised as soon as possible
- Parents that would like to speak to a support coordinator should contact the College.

## SCHOOLTV

### SchoolTV and addressing challenges faced by today's youth

It has never been more challenging for parents to raise happy, healthy and resilient children.

Like never before, all parents/caregivers need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression,

self-harm, drug and alcohol use, cyberbullying and many other relevant areas of concern need clear explanation and guidance.

We are pleased to announce that **SchoolTV** is an informative, online wellbeing resource that is available to the St Leo's community.

This educational platform delivers multi-media-based resources and is fully endorsed by the reputable adolescent and child psychologist, Dr Michael Carr-Gregg.

Each edition in SchoolTV will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV collates information from many reliable resources such as BeyondBlue and ReachOut, amongst others.

SchoolTV provides a single stream of independent factual information that saves parents/caregivers time and confusion in searching online across multiple sites for information.

We have now set up a SchoolTV launch site specifically for St Leo's. This link below provides parents/caregivers/students with key information about SchoolTV and what you can expect on a monthly basis.

Please click the link <https://stleos.nsw.schooltv.me> for more information and resource material.

## SUPPORT AND RESOURCES

CONTACTS	
Emergency – Police, Fire, Ambulance	000
Hornsby Police	9476 9799
Poisons Information	13 11 26
Kids Help Line	1800 551 800
Youth Line (Lifeline)	9951 5555 or 13 11 14
Child Protection and Family Crisis Unit	1800 066 777
Dial-A-Mum	9477 6777
Centacare Crisis Youth Accommodation	9489 7677
Women and Girls' Emergency Centre	9281 1277
Alcohol and Drug Information Service	9331 2111
Legal Help Line for Young People	1800 806 913
Domestic Violence Line	1800 656 463
Youth Emergency Accommodation	9318 1531
Career Reference Centre	9379 8099

HEALTH & WELLBEING WEBSITES		
<a href="http://www.michaelcarr-gregg.com">www.michaelcarr-gregg.com</a>	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	<a href="http://www.OxyGen.org.au">www.OxyGen.org.au</a>
<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	<a href="http://www.drugarm.org.au">www.drugarm.org.au</a>	<a href="http://www.drugs.health.gov.au/youth">www.drugs.health.gov.au/youth</a>
<a href="http://www.bullyingnoway.com.au">www.bullyingnoway.com.au</a>	<a href="http://www.tuneinnotout.com">www.tuneinnotout.com</a>	<a href="http://www.mentalhealth.asn.au">www.mentalhealth.asn.au</a>
<a href="http://www.relationships.com.au">www.relationships.com.au</a>	<a href="http://www.choicez.com.au/">www.choicez.com.au/</a>	<a href="http://www.depressionnet.com.au">www.depressionnet.com.au</a>

ACADEMIC CARE WEBSITES		
<a href="http://www.boardofstudies.nsw.edu.au">www.boardofstudies.nsw.edu.au</a>	<a href="http://www.boredofstudies.com">www.boredofstudies.com</a>	HSC Online – <a href="http://hsc.csu.edu.au/">http://hsc.csu.edu.au/</a>
<a href="http://www.enhanced-learning.net">www.enhanced-learning.net</a>	<a href="http://www.uac.edu.au">www.uac.edu.au</a>	<a href="http://www.tafensw.edu.au">www.tafensw.edu.au</a>