

SUPPORT SERVICES AT ST LEO'S

HOW TO GET HELP

If you feel you need support or help at any time for any reason, please do not hesitate to reach out for assistance to any of the following staff:

- your Mentor teacher
- your Year Leader
- your class teacher
- a member of the College Leadership team, or
- any member of the College staff you feel comfortable speaking with.

Remember, they are there to help you!

They will then discuss options with you and help you with the most appropriate next steps, depending on the situation.

We also have specialist Counselling, Youth Ministry and Careers/Pathways support available for you.

HOW TO MAKE AN APPOINTMENT

- You can see the College Counsellor, Youth Ministry Coordinator, Careers or Pathways Coordinator before school, at recess or lunch. To organise an appointment, leave a message with them or at Reception/Student Services. Write the appointment in your Planner.
- If the appointment is during class time, show your class teacher your Planner before class starts, then politely excuse yourself at the appropriate time.
- If you are having regular sessions, try to ensure 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 or emergency cases**, see your Year Leader, Reception or Student Services, any of the College Leadership team, or any member of staff, and support/an appointment will be arranged as soon as possible for you.
- Parents who would like to speak to a support coordinator should contact the College via Reception.

FURTHER 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

www.michaelcarr-greg.com	www.kidshelp.com.au	www.OxyGen.org.au
www.beyondblue.org.au	www.drugarm.org.au	www.drugs.health.gov.au/youth
www.bullyingnoway.com.au	www.tuneinnotout.com	www.mentalhealth.asn.au
www.relationships.com.au	www.choicez.com.au/	www.depressionnet.com.au

ACADEMIC CARE WEBSITES

www.boardofstudies.nsw.edu.au		
www.enhanced-learning.net	www.uac.edu.au	www.tafensw.edu.au