

# STUDENT SUPPORT AT ST LEO'S

## WHERE TO GET HELP

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

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

**Remember, they are there to help you!**

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

We also have specialist Counsellors, Youth Ministry and Careers/Pathways staff available for you.

## HOW TO MAKE AN APPOINTMENT

- You can see the College Counsellor, Youth Ministry Coordinator or Careers Coordinator before school, at recess or lunch. To organise an appointment, please send an email to the relevant staff member. .
- If the appointment is during class time, you will be called by Student Services to attend your appointment.
- 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.

# SUPPORT & 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
Centacare Crisis Youth Accommodation	9489 7677
Women and Girls' Emergency Centre	1800 Respect
Alcohol and Drug Information Service	9331 2111
Legal Help Line for Young People	1800 806 913
Domestic Violence Line	1800 Respect
Youth Emergency Accommodation	9318 1531
Career Reference Centre	9379 8099

## HEALTH & WELLBEING WEBSITES

<a href="http://www.michaelcarr-greg.com">www.michaelcarr-greg.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/youth">www.drugs.health.gov/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.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>