

# Feeling down?

## What you can do to take care of yourself

- Talk to someone you trust about how you are feeling
- Put in place self-calming techniques like deep breathing
- Eat, sleep and exercise: go for walks, go to the beach, play some sport
- Relax: listen to music, read a book, do something creative
- Keep in touch with friends
- Find out where to get help if you need it



## Inaburra School COUNSELLORS' CONTACT

**Phone** 8525 2224

**Email** [counsellors@inaburra.nsw.edu.au](mailto:counsellors@inaburra.nsw.edu.au)

## OTHER HELP LINES

Listed below are some other external services available for young people and their families:

### Lifeline

13 11 14 (24/7 Crisis Support)  
[www.lifeline.org.au](http://www.lifeline.org.au)

### Kids Helpline

1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Helpful Websites

[www.beyondblue.org.au/who-does-it-affect/young-people](http://www.beyondblue.org.au/who-does-it-affect/young-people)  
[www.au.reachout.com](http://www.au.reachout.com)  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
[www.mycompass.org.au](http://www.mycompass.org.au)  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### Local Community Health Centres

Menai 9543 1111  
Caringbah 9522 1000  
Engadine 9520 4644  
Hurstville 9570 2877

### Headspace Centres for Young People

Miranda 9575 1500  
Hurstville 8048 3350

Mental health professionals in private practise can be accessed through the Medicare Better Access Scheme. Talk to your local doctor.



# Counselling

at INABURRA SCHOOL



**What you think and do affects the way you feel**

# When should I see the School Counsellor?

## When you are having problems

- Learning at school
- Getting on with teachers, family members, friends and others
- Making tough decisions or if you feel you need a different point of view
- You often feel unhappy, angry or scared
- Coping with a difficult situation
- Feeling hurt or unsafe

# What does the School Counsellor do?

School Counsellors are fully trained mental health professionals with experience in recognising and understanding the kinds of problems that school students face and they have lots of ideas about dealing with them.

School Counselling offers a regular space and time to talk or think about your worries and difficulties. It helps to explore your feelings and looks at how you may wish to change things in your life.

# Working with my School Counsellor?

To begin with, the School Counsellor will want you to explain your concerns and experience, as best you can, from your point of view.

The School Counsellor will work with you to process and navigate your problems.

# Confidentiality

Conversations with the School Counsellor are confidential unless you disclose information relating to harming yourself, another being harmed or something illegal.

# How do I arrange to see a School Counsellor?

Sometimes students are referred to the School Counsellor by a parent, teacher or friend who thinks they may need help dealing with a problem.

At other times students refer themselves to the School Counsellor. You can do this by:

- Letting your Year Advisor know
- Speaking to the Student Services Secretary
- Asking a parent or teacher to contact the School Counsellor by calling 8525 2224
- Making an appointment by emailing [counsellors@inaburra.nsw.edu.au](mailto:counsellors@inaburra.nsw.edu.au)

A School Counsellor will make a time to see you in their private rooms during school hours, as soon as possible. Counselling staff are available five days a week during term time.

