

# SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 1: Week 1, Term 2

A lot has changed in the world lately, and you probably found your everyday life has changed a whole lot too! Some changes have been awesome (like getting up later than usual, who doesn't love a sleep in!), and other changes have been tricky (like not being able to see each other).

**Maintaining good mental health** is more important than ever during these uncertain times, and thankfully there is plenty of help out there, and there are ways you can help yourself too!

We want you to know that the School Psychologists are still here to support you during this time. You can still access counselling, and we will be putting together a series of newsletters to provide you with some ways to manage your feelings about the current situation.



## Who are your School Psychologists?

**TAMARA**



**ANNA**



## What do we do?



Tamara and Anna are registered psychologists employed by the Department of Education. We can help with problems such as:

- Stress
- Anxiety
- Depression
- Grief and Loss
- Sexuality Issues
- Family breakdowns and relationships

# How to access the School Psychologists?



## School Psychologist Referral Form (Leumeah High School)

Please use this form to submit a referral to the School Psychologists (Tamara and Anna).

Your name and details will be kept confidential and only visible to the School Psychologists.

Due to the current circumstances the School Psychologist will need to contact a parent/guardian using a contact number listed on Sentral to arrange a time for the student to be seen.

Please note that at this point in time, we do NOT offer video counselling.

\*Required



Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTtqM862kQ9>

Please note that due to the current situation, we will require a parent to be contacted to organise a suitable time for your session.

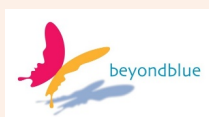
## REMEMBER TO LOOK AFTER YOURSELF!



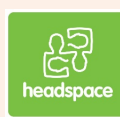
For additional help and information, take a look at these websites



**Reach Out**  
A website for young people and adults full of mental health resources  
<https://au.reachout.com/>



**Youth Beyond Blue**  
Information and support for young people  
<https://www.youthbeyondblue.com/>



**Headspace**  
Website for resources and place for people to connect with a professional over the phone or in online chats.  
<https://headspace.org.au/>



**KidsHelpLine**  
Service for connecting with a professional over the phone or online  
1800 55 1800  
<https://kidshelpline.com.au/teens>