

Dear Parents / Caregivers,

I understand that the current situation may be having an impact on your child's mental health. Wellbeing resources for you and your child to engage with are regularly uploaded to the Yarrawarra Public School website.

The following support services are available for you, your child and other members of your family.

- Mental health Line – 1800 011 511
- Kids Helpline - 1800 55 1800 - [kidshelpline.com.au](http://kidshelpline.com.au)
- Headspace - 1800 650 890 - [eheadspace.org.au](http://eheadspace.org.au)
- Beyond Blue - 1300 22 4636
- Lifeline - 13 11 14

Should your child require further assistance please contact the student's teacher via Dojo or contact the school via email: [yarrawarra-p.school@det.nsw.edu.au](mailto:yarrawarra-p.school@det.nsw.edu.au). School counselling services will continue to be provided by the School Psychologist Alison Rowe via phone or an online counselling platform.

In order for the phone and online consultations to replicate the service provided at school as much as possible, please be aware of the following information before making contact with the school.

- Psychologists are required to follow specific ethical and legal guidelines that ensure students are able to access confidential sessions. In order to continue the confidential sessions students would receive at school, please provide your child with a space where they are not in view or able to be heard by parents/carers, siblings or other people at home. Perhaps put a sign on the door if needed and remove other distractions, such as computers, phones, music, etc. Only with the consent of the student will parents be permitted to sit

in on sessions however this must be discussed with the School Psychologist first and will be determined on a case by case basis.

- The school counselling service is a voluntary service and students must choose to participate before a session will commence.
- Sessions between your child and the School Psychologist are confidential and information will not be shared unless the School Psychologist has concerns about your child's safety, or the safety of others. The School Psychologist must comply with mandatory reporting requirements for all face to face and telephone or online consultations.

Yours Sincerely,

Alison Rowe  
School Psychologist  
Yarrawarra Public School

