

Canberra College Community Message

Student Wellbeing and Support - Responding to COVID-19

Dear students, parents and carers,

Canberra College prides itself on providing not only excellent academic and educational opportunities, but also a safe, supportive and connected environment. Even though the college is currently pupil-free, the Student Services/Careers team and all other college teachers are committed to providing ongoing wellbeing support.

In the current uncertain times, we are aware that young people are facing unprecedented challenges and, while family connection is usually the first line of support, sometimes that is either not available or not appropriate. We will, therefore, try to provide remote support to the best of our ability.

Students who are already working with Student Services will be periodically contacted by the most appropriate team member. This could be via email, SMS or a phone call.

Students who are not currently working with a Student Services team member but would like to check in are invited to send an email to the college information line CanberraC.Info@ed.act.edu.au and the relevant person will be contacted. All Connect and Classroom teachers are also available. Student Services team members are also the key contacts for academic support and advice, while our Careers counsellors are also available for advice and to answer questions. If you are more comfortable contacting a Connect or classroom teacher, please do so.

In addition, as Wellbeing is a priority for all members of the college community, students are warmly invited to access the Wellbeing classroom page, where lots of advice, support and handy hints will be posted. The code for that is ihr4rvo.

All things Careers, including online Careers experiences and information regarding work, university and other opportunities, can be accessed by students via the Careers classroom – npze2wr

The team contacts are below. Also included is information regarding available online support services.

Student Advisors:

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Key Officers:

Executive Teacher Kate Fox: Kate.fox@ed.act.edu.au

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Transitions and Careers Officer Richard Johnston: Richard.johnston@ed.act.edu.au

Careers Advisor Sonya Bell: Sonya.bell@ed.act.edu.au

Careers Advisor Stephanie Smith: Stephanie.smith@ed.act.edu.au

Please let us know what else we can do to support you during these challenging times.

There are lots of online resources to support student mental health and wellbeing. Courtesy of the **Black Dog Institute** (blackdog.org.au) here is a ready list of support sites that may be appropriate.

e-Mental Health

myCompass mycompass.org.au

myCompass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians.

MoodGYM moodgym.anu.edu.au

MoodGYM is a free self-help program to teach CBT skills to people vulnerable to depression and anxiety.

e-couch | ecouch.anu.edu.au

e-couch is a CBT and IPT based self-help interactive program with modules for depression, GAD & worry, social anxiety, relationship breakdown, and loss and grief.

THIS WAY UP thiswayup.org.au

Using CBT principles, THIS WAY UP Clinic offers proven online courses for Depression, GAD, and Anxiety.

OnTrack ontrack.org.au

OnTrack offers free access to online programs, information, quizzes and advice to support the Australian community in achieving mental and physical health and wellbeing.

Mental Health Online mentalhealthonline.org.au

Mental Health Online offers self-guided or therapist assistant programs for panic disorder, social anxiety disorder, GAD, OCD, PTSD, depression and insomnia.

MindSpot mindspot.org.au

MindSpot combines educational and practical exercises with regular contact with a MindSpot therapist, allowing help to be obtained in a discreet, effective way.

Resources for Young People

BITE BACK biteback.org.au

BITE BACK is an ever-changing space which aims to improve the wellbeing and mental fitness of 12-18 year olds, based on the principles of positive psychology.

eHeadspace eheadspace.org.au

eHeadspace is a confidential, free, anonymous, secure space where 15-25 year olds can chat, email or speak with qualified youth mental health professionals.

ReachOut | reachout.com

ReachOut is a mental health website for people under 25.

Youth Beyond Blue youthbeyondblue.com

Youth Beyond Blue provides mental health education and links to phone support for 12-25 year olds.