

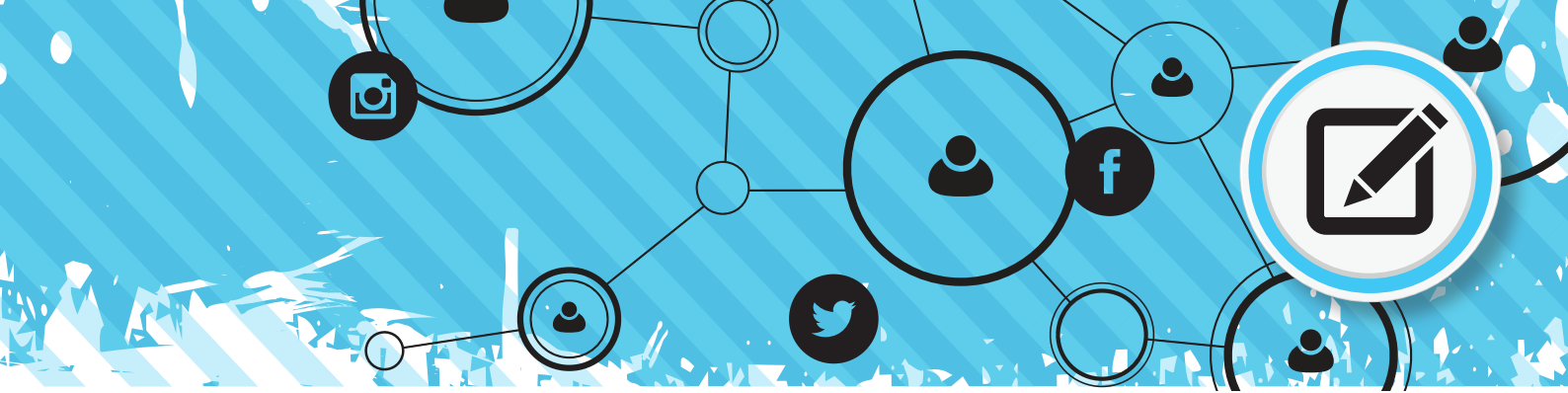
SUPPORTING FELLOW STUDENTS

When you are in a leadership position you may find other students want to talk to you about their problems. It is VERY important for you to recognise that your role is about supporting other students, not counselling them. If someone comes to see you and you feel they are pretty upset, go with them to find an adult who can support the student. You may like to use the diagram below to help you work out when you should access adult help.

If you think the student is BLUE or GREEN, find an adult who can assist you.



If you are wanting to access information for yourself or to pass it onto a friend, here are a list of support agencies you may like to consider. These are fantastic to use as a part of your presentations to peers, the more support information you can share with other students the better skilled they will be if they need to access support in the future.



HELP and LINKS

- **Kids Helpline** (www.kidshelpline.com.au). Provide free and confidential online and phone counselling, information and support for young people aged 5 to 25 years. Phone: 1800 55 1800
- **Youth beyondblue** (www.youthbeyondblue.org.au). Provide free and confidential online and phone counselling, information and support for young people aged 12 to 25 years. Phone: 1300 22 4636
- **Lifeline** (www.lifeline.org.au). Provide 24 hour counselling services over the phone and email, and online chat services from 7pm to 4am EST 7 days a week. Phone: 13 11 14
- **headspace** (www.headspace.org.au). headspace is the National Youth Mental Health Foundation for 12 to 25 year olds. Information and support is available to young people online, on the phone and at headspace centres nationwide.
- **Suicide Call Back Service** (www.suicidecallbackservice.org.au). Provides free phone, video and online counselling 24/7 for anyone affected by suicide. Phone: 1300 659 467
- **Counsellors, psychologists and psychiatrists**. For information on practitioners in your local area go to www.beyondblue.org.au/get-support/find-a-professional or call the beyondblue info line, on 1300 22 4636.
- **ReachOut!** (<http://au.reachout.com>) Online mental health organisation for young people, their parents and carers, providing practical support and online tools.
- **Orygen Youth Health** (www.oyh.org.au). Ensures that young people can access high-quality mental health, and drug and alcohol services.
- **SANE** (www.sane.org). Helping young people who have or have friends or relatives with mental illness via online or phone counselling. Phone: 1800 18SANE (1 800 18 7263; cost of a local call).
- **eSafety Commissioner** (www.esafety.gov.au). Provides online safety education for Australian children and young people and a complaints service for cyberbullying.
- **Bullying NoWay!** (www.bullyingnoway.gov.au). Resources for parents, students, and teachers. Includes information about what to do if a child is a bully or has been bullied, and how to respond to bullying behaviour.
- **NetSafe** (www.netsafe.org.nz). Provides resources for safe and responsible Internet use.
- **Thinkuknow** (www.thinkuknow.org.au). Provides resources for teachers, parents, and young people about how to have fun and be safe on the internet, potential problems and means for reporting issues.