

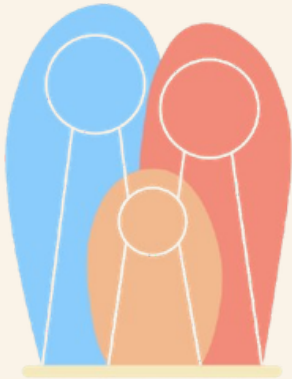


umbrella

→ FAMILY LAW

where to get support?

Trusted Adults



What are they?

Trusted Adults are people who you feel comfortable around. Someone who you trust, and feel you can share with. They are here to simply be there for you, to help you through the tough times.

Who are They?

These adults could be anyone, whether they are a family member, a teacher or even just your front door neighbour. They exist to be your support, your anchor, so that you can feel everything and anything you need to in a safe space.

Family Friends

Family

Community members

Neighbours

Teachers



where to get support?

How do I get help at school?

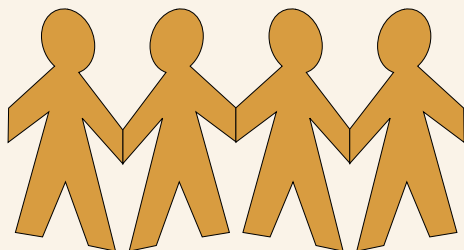


Your School Counselor
All Victorian Government schools are funded to have a mental health practitioner, where being a counselor or a psychiatrist. Which is basically a fancy way of saying there is someone who is experienced to help you!

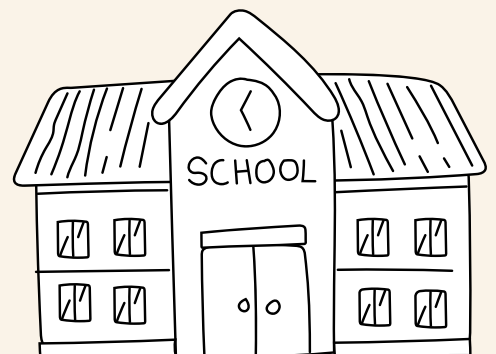


What if my friends find out?

No one at school has to know what's going on. Your discussions with the counselor stays between both of you. This can be a very confusing and worrying time for you but there is always someone there to listen!



Your parents love you and the school will help explain to them if you want extra support at school. Don't be afraid to reach out <3



where to get support?



TLDR:

- Free, 24/7 and easily accessible
- Lots of choice on who you talk to
- Call-backs are encouraged
- Confidential advice and support
- Referrals to experts

Kids Helpline is a free confidential 24/7 mobile and online counselling service for young people aged 5 to 25. They've had 9 million calls, supplying both practical help and emotional support at vulnerable times in people's lives.

They are entirely confidential and allow you to choose the gender of your counsellor. To keep it personal you can choose to talk to the same counsellor again,

TLDR:

- Free, and easily accessible
- In person facilities for personal support
- Call-backs are encouraged with referrals to expertise
- Confidential advice and support
- Aid for school and work related items



Headspace offers online and in person support via their in person centres on mental health, physical health (including alcohol, drug and sex related issues) with professionals and anonymity and confidentiality ensured.

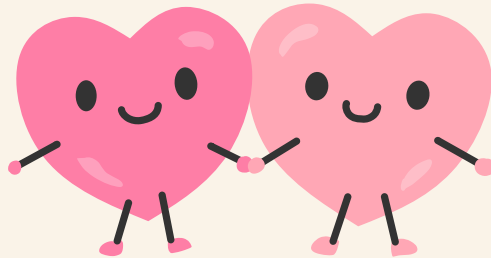
Also it has a 'work and study' sector, to help kids who are struggling with achieving their goals with counselling tutoring. Provides free psychosis prevention and treatment for teens and young adults.

where to get support?

Reaching Out for Help

When?

- Reaching out for help is the best idea whenever you may feel sadness, jealousy or embarrassment, anger, confusion, guilt or any other uncomfortable emotions.
- This could be during the process, or at any time afterwards. It is always the best idea to ask for help whenever you feel you need it.
- In addition, it can feel as if you need to be a middleman, or suddenly more mature and grown up. If you feel this way, it's best to convey your feelings, ask for help, and set boundaries



How?



For support, it is always best to discuss your feelings with your parents, but also think about approaching school counsellors (by sending an email or visiting their office).

You could also go to websites such as KidsHelpline or Headspace, where there are helpful suggestions, validation and reassurance, and explanations to support you.

If you need someone to talk to, chat with friends or trustworthy adults, or call Kids Helpline on 1800 55 1800