



23 March 2020

Dear Parents and Guardians

As the number of Coronavirus cases rises across Australia, the level of anxiety within the community is increasing. Here at Nazareth we are continuing to follow the advice of the Federal Government, State Government and Catholic Education Melbourne to ensure the safety and wellbeing of our school community and to provide services to our students. With that, we wanted to share with you information on school counselling options during these unprecedented times. We have also attached some additional information that may be useful to you and your family.

School Counselling During a School Closure

- Our primary goal is to continue to support the wellbeing of our school community during these challenging times.
- In the event of a school closure, the School Counsellor will be available for appointments from 8.30am-4.30pm.
- We will make use of phone calls, email and Zoom for the provision of counselling services during a school closure (which service we use will depend upon the individual needs/wants of each student).
- While it will be a little different from face to face work, it can still be utilised and very beneficial.
- The Australian Psychological Society has very clear guidelines on providing these services and we will follow these.

How will it work?

- Email burnt@nazareth.vic.edu.au who will determine which service each individual would like to use.
- It is imperative that you email us from your school email account. If not, we will not answer.
- At the time of your scheduled counselling service, you will be marked with a class pass as you would be if you were at school

To Know

- We need to inform you that it is possible that electronic telecommunications may have the potential to be intercepted (despite the security measures we are putting into place).
- Notes will be taken from the sessions, as they would be in a face to face environment and stored according to Nazareth College and Australian Psychological Society requirements.
- You will receive an email response within 24 hours.
- If you request an appointment, one will be offered as soon as possible.
- We will also be providing some information on SIMON and via Google Classrooms for assistance and support.

We are trying our best to support you! We are in this together. If you have any questions, please do not hesitate to contact me at the College on 03 9795 8100 or via email burnt@nazareth.vic.edu.au

Kind regards

Tracey Burnett
School Psychologist

Casey Cilia
School Psychologist



COVID-19 Supports

The COVID-19 outbreak may generate a range of impacts on community and individual mental health and wellbeing.

This may include pre-occupation with specific details related to COVID-19 in addition to increased anxiety, stress or worry within individual families and communities.

The impact of COVID-19 on mental health and wellbeing may also extend to those who experience quarantine or self-isolation.

To support the community during this period Nazareth would like to provide a comprehensive list of resources to support those affected.

Support Information and Resources

Australian Government Department of Health

Coronavirus (COVID-19) health alert including information and support.

Beyond Blue

Online forum - Coping during the Coronavirus outbreak.

Beyond Blue

Looking after your mental health during the Coronavirus outbreak.

Butterfly Foundation

COVID-19: Tips and advice for people with an eating disorder.

Emerging Minds

Talking to children about natural disasters, traumatic events, or worries about the future.

Headspace

Support for young people - How to cope with stress related to Novel Coronavirus (COVID-19).

Phoenix Australia

Coronavirus (COVID-19) tips for self-care and families.

MindSpot

Coronavirus (COVID-19) - Staying mentally and physically well.

Centres for Disease Control and Prevention

Managing anxiety and stress.

World Health Organization

Mental health and psychosocial considerations during COVID-19 outbreak.

Life in Mind Support Services

National crisis support numbers for individuals and communities

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Help Line: 1800 551 800

Mensline Australia: 1300 78 99 78

Beyond Blue: 1300 22 4636

GriefLine: 1300 845 745