



16 July 2021

Dear Families and Guardians

The Wellbeing Team, together with the Counselling Team at Nazareth College would like to assure you that we are fully committed to continuing to provide students with online wellbeing and counselling support during this period of remote learning.

The counselling support to be offered during this remote learning period will be via email and conducted online (telehealth). The chosen online platform is CoviU (Videoconferencing for Health Practitioners). If parents or guardians would like further information regarding online counselling during remote learning please email [Casey.Cilia@nazareth.vic.edu.au](mailto:Casey.Cilia@nazareth.vic.edu.au)

### **Community support**

Students and parents can also access support within the community. Some options include:

Kids Helpline	1800 551 800	<a href="https://kidshelpline.com.au/gethelp/webchatcounselling">https://kidshelpline.com.au/gethelp/webchatcounselling</a>
Headspace	1800 650 890	<a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a>
Beyond Blue	1300 22 4636	<a href="https://www.beyondblue.org.au/getsupport/national-help-lines-and-websites">https://www.beyondblue.org.au/getsupport/national-help-lines-and-websites</a>
Lifeline	13 11 14	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
LOCAL GP	A GP can provide support and referrals	

### **Crisis support**

If you are concerned about a child's immediate safety or wellbeing please contact either 000 or the Psychiatric Triage Service on 1300 369 012.

If you have any wellbeing questions, please don't hesitate to contact Casey Cilia on [Casey.Cilia@nazareth.vic.edu.au](mailto:Casey.Cilia@nazareth.vic.edu.au).

Yours sincerely

Ms Casey Cilia  
SCHOOL COUNSELLOR / PSYCHOLOGIST