

# SUPPORTING WELLBING IN YEAR 12



You don't have to go through Year 12 alone. At Nazareth we have a dedicated counselling and wellbeing team made up of experienced professionals who provide an array of services to care for wellbeing. Our team are committed to helping families thrive and can work with you to develop a tailored support plan that meets your specific needs.

At the Kidman Park Campus there are 2 counsellors working from Monday – Friday as well as additional family and wellbeing support when needed.

## FAMILY & WELLBEING SUPPORT

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## HEALTHY STRESS MANAGEMENT TOOLS

### Encourage young people to:

- Maintain **regular sleep** routines (sleep is essential for memory and emotional regulation)
- **Eat regular**, nourishing meals
- Engage in **physical activity**, even short walks or stretching
- **Schedule downtime** and enjoyable activities without guilt
- Use **relaxation** strategies such as deep breathing, mindfulness, or short breaks.

### You can also support by:

- Keeping **communication** calm and non-judgemental
- Avoiding constant focus on grades
- Helping them **recognise early signs** of stress and take action

## BUILDING RESILIENCE

Resilience is the ability to cope with challenges, setbacks, and pressure while continuing to move forward. It is a skill that can be developed and strengthened over time.

### How to Support Resilience

- Encourage **problem-solving** rather than fixing issues for them. Ask, "What do you think your next step could be?"
- **Normalise setbacks** by reminding your child that mistakes and disappointments are part of learning.
- **Focus on effort** and progress, not just outcomes or results.
- Help them **keep perspective**, especially during stressful periods such as exams.
- **Encourage help-seeking** and reinforce that asking for support is a sign of strength, not weakness.
- **Supportive messages** such as "This is hard, but you've managed difficult things before" can help build confidence and self-belief.

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## EXTERNAL SUPPORTS

### Headspace

Free and confidential mental health support for young people aged 12–25 and their families. Headspace's website provides guidance on how to support young people's wellbeing, stress management and emotional health.

[headspace.org.au](https://headspace.org.au)

## EXTERNAL SUPPORTS

### ReachOut

ReachOut Parents portal gives free, evidence-based information, practical tips and tools to better understand and support teenagers' mental health and wellbeing. They also offer coaching with trained professionals to help parents build strategies for supporting their teen.

[parents.au.reachout.com](https://parents.au.reachout.com)

## EXTERNAL SUPPORTS

### Medicare Mental Health

Medicare Mental Health lets you explore evidence-based resources, connect to phone or online counselling, find digital programs and supports, and get guidance on how to help a young person's wellbeing and navigate local mental health services.

[medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)

## ACCESSING A MENTAL HEALTH CARE PLAN:

A Mental Health Care Plan is prepared by a General Practitioner (GP) and allows access to Medicare-subsidised sessions with a registered mental health professional such as a psychologist.

*How to Access a Mental Health Care Plan:*

- **Book a long appointment** with a GP (you may request a Mental Health Care Plan when booking)
- The GP will **assess your young person's mental health** and discuss support options
- If appropriate, the GP will prepare a Mental Health Care Plan and **provide a referral**
- You can then book appointments with a psychologist or other mental health professional. The **school can support with this step.**
- Some services may have waitlists, so early planning can be helpful.

## 24/7 CRISIS & MENTAL HEALTH SUPPORT:

- **Mental Health Triage (SA Health)** – urgent mental health assessment, advice and referral, available 24/7: 13 14 65.
- **Lifeline Australia** – 24/7 crisis support and suicide prevention: 13 11 14 (also online chat, text support).
- **Kids Helpline** – free phone and online counselling: 1800 55 1800.
- **Beyond Blue Support Service** – 24/7 mental health support by phone or online: 1300 22 4636.
- **Suicide Call Back Service** – specialised 24/7 support if someone is feeling suicidal: 1300 659 467.

## WALK-IN SERVICES:

### Urgent Mental Health Care Centre

215 Grenfell St – 24/7 walk-in mental health support, no referral needed (for young people 16 and over)