



# Guildford Grammar School

FOUNDED 1896

Dear Preparatory School Families

Please note that the School Psychologists will continue to work hard to ensure students are supported during this period of remote learning.

In the Preparatory School Aimee will continue to check in with families she is currently working with to monitor their wellbeing, and also update them on any assessments she has been working on.

If your child/family experiences a particularly stressful time adjusting to this period of remote learning, Aimee is available to parents for phone consultations. You can request support via email [aimee.quaife@ggs.wa.edu.au](mailto:aimee.quaife@ggs.wa.edu.au) and she will respond as quickly as she can. All other concerns should continue to be directed to the classroom teacher, and referrals will be made as needed. For urgent mental health issues, please contact your family GP or Perth Children's Hospital emergency department. Don't forget there are also some fabulous community resources available, as outlined below.

**Parenting helpline** – Phone 9368 9368 or 1800 111 546 for country callers.

The parenting helpline aims to provide timely responses for immediate parenting concerns, and connect parents and carers to relevant services and resources. The helpline is available Monday to Sunday, 8.00am to 8.00pm. Outside these hours, the call-back service allows parents to leave a message so that they can receive a call back as soon as possible.

**Kids Helpline** – Phone 1800 55 1800, [Webchat](#), and [email \(https://kidshelpline.com.au/kids\)](https://kidshelpline.com.au/kids)

Kids Helpline is Australia's only free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

**Lifeline** – Phone 13 11 14, Webchat and text message support is also available (<https://www.lifeline.org.au/>)

Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance.