



# Guildford Grammar School

FOUNDED 1896

Dear Senior School Families

Please note that our School Psychologists are working hard through this period to support the emotional wellbeing of the students in our community. They will be providing phone counselling for students as required/scheduled and are still contactable by email.

For new queries, please contact your child's Head of House and they can assist you with a referral. For urgent mental health issues, please contact your family GP.

There are also many services available to you in the community and help lines/e-health services that can be accessed from home. A document with links to E-Mental Health Services is attached and details of a few of the more popular ones below:

- Kids Helpline – Phone 1800 55 1800 , [Webchat](#), and [email https://kidshelpline.com.au/kids](mailto:https://kidshelpline.com.au/kids)
- Lifeline – Phone 13 11 14, Webchat and text message support is also available <https://www.lifeline.org.au/>
- Parenting helpline – Phone 9368 9368 or 1800 111 546 for country callers.
- Headspace Midland – Phone 9274 8860 or eHeadspace <https://headspace.org.au/eheadspace/>
- Youth Beyond Blue – Phone 1300 22 4636 and online chat or email option <https://www.youthbeyondblue.com/>

Kind regards

Linsey Allen  
School Psychologist

## **Australian-based search engines for e-mental health**

The below two search engines have an extensive searchable directory of services available in the area of e-mental health. This document only highlights a select few of the available organizations.

E-Mental Health in Practice a. <https://www.emhprac.org.au/directory/>

Australian Government Department of Health: Head to Health a. <https://headtohealth.gov.au/>

The official e-mental health portal which provides easy-to-search links to trusted Australian online and phone supports, resources and treatment options.

## **Common e-mental health services**

### **Emergency helplines**

Youth Beyond Blue a. <https://www.youthbeyondblue.com/>

Has a 24 hour phone line (1300 22 4636) and online chat option (3pm – 12am)

E-Headspace a. <https://headspace.org.au/eheadspace/>

Offers counsellor-led group chat, one-to-one support, and app

Lifeline Australia a. <https://www.lifeline.org.au/> (13 11 14)

Kids Helpline a. <https://kidshelpline.com.au/> (1800 55 1800)

MensLine Australia a. <https://mensline.org.au/> (1300 78 99 78)

Suicide call back service a. <http://www.suicidecallbackservice.org.au/> (1300 659 467)

### **Private healthcare providers**

Several of the private healthcare providers offer a telephone healthcare service where you can call and ask for advice for any suspected condition. Each of the top 5 private healthcare providers (by membership percentage - Medibank private, Bupa, HCF, NIB, and HBF) indicate varying types of telephone support options for their members.