



26 March 2020

PARENT UPDATE REGARDING COVID-19

A Message from the College Counsellors

Dear Parents and Students

During this time of uncertainty, it is more important than ever to maintain connections and seek help and support when needed. The College Counsellors have developed the following recommendations that may assist parents in accessing support for any mental health concerns.

To contact your College Counsellors:

Via phone

Please contact the College office on ph: 43216400 between the hours of 8:30 – 4:00 pm, and they will notify us of your call. We will then return your call within 48hrs.

Via email.

The purpose of the email is to contact us in order to set up a time where we can speak with you to determine what your needs are. Please do not use email to send through detailed information as we would prefer to speak with you personally. In the email, you need to include your name, your phone number and best contact time.

Our email addresses are as follows:

mmissio@stedwards.nsw.edu.au

tkillin@stedwards.nsw.edu.au

Please note these emails will be checked on a daily basis but only within school hours and during the school term. We will then contact you within 48 hours. If your situation requires immediate attention because there is eminent risk to either yourself or others, then please follow the crisis procedures outlined below.

Crisis Procedures

Please still contact the College Counsellors via email **and mark as urgent** if you or a young person are having thoughts of suicide. This will give us the opportunity to work together to determine the current risk and implement an appropriate safety plan that will support you during this time.

PLEASE DO NOT SEND AN EMAIL IF:

- You or a young person has a very clear plan to end their life
- You or a young person have access to means to end their life





- If they intend to end their life
- If they have told you when they will end their life, then calling an ambulance or attending the ED is of upmost priority

IMMEDIATELY DO ONE OF THE FOLLOWING:

- **CONTACT 000**
- **PRESENT TO THE EMERGENCY DEPT AT YOUR NEAREST HOSPITAL**
- **RING THE MENTAL HEALTH TELEPHONE ACCESS LINE ON 1800 011 511 IF ANY OF THE ABOVE-MENTIONED POINTS OCCURS.**

External Supports

Should you wish to access support outside of the College Counsellors, the following numbers are current local services that can assist you:

Headspace Gosford – 4304 7878

Headspace LakeHaven – 43949100

Headspace supports young people with mild to moderate mental health concerns.

Youth Health – 43569333

Youth Health has counselling support for young people experiencing mild to moderate mental health concerns.

Youth Drug and Alcohol Service – 43944888

Lifeline crisis line

24hrs ph: 131114

www.lifeline.org.au (chat available)

Kids Help line (up to age 24)

Ph: 1800 551 800

www.kidshelpline.com.au (chat available)

Beyond Blue

Ph: 1300224636

www.beyondblue.org.au (chat available)





**ST EDWARD'S
COLLEGE**
WHERE YOUNG MEN ACHIEVE



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I am very pleased to report that there are no reported cases of COVID-19 in the College community and I continue to pray that this remains. Please do not hesitate to contact me at principal@stedwards.nsw.edu.au if you have any questions or would like to discuss the information outlined in this letter.

Your sincerely

Mark Bonnici
College Principal

Terasa Killin
Counsellor

Marcus Missio-Spiteri
Counsellor

