

University of Canberra High School Kaleen

Dear Parents and Carers

The mental health and wellbeing of your child or young person is important to us and we acknowledge that the challenges associated with social distancing, isolation and on online learning can lead to people experiencing a range of feelings such as anxiety, boredom, frustration or fear.

To help you and your child at this time, the Education Directorate has established a new telehealth service– the Student Wellbeing Telehealth Support Service (SWTSS) to provide support during the Learning from Home period. This psychological support will be provided via video-call (when available) or phone call and is available to students and their families from K-12.

The telehealth model is a new way of providing a service to students and their families. The service will use evidence informed practices to help students deal with a wide range of learning or wellbeing issues they might be encountering. You or your child can speak with our school wellbeing support team via our Student Wellbeing Executive Teachers: stuart.gilding@ed.act.edu.au or Jenelle.reynolds@ed.act.edu.au. Alternatively request a booking directly through the SWTSS.

Appointment requests can be made by:

- Completing the online booking form available at <https://tinyurl.com/actedutelehealthservice>
- Calling 6205 1559 between 9:00am and 4:30pm, or
- using the QR code below:



Appointments are available between 9:00am and 4:30pm, Monday to Friday. The last appointment for the day starts at 3:30pm.

It is important to note that the SWTSS is not a crisis service and the team will refer students to emergency services '000' or the Crisis Assessment and Treatment Team (CATT) to respond to all emergencies. Referral sources such as Child and Adolescent Mental Health Service (CAMHS), headspace or GP will continue to apply as required.

If you have any questions or require any support to make a booking with the SWTSS please contact uchskaleen.information@ed.act.edu.au.

Kind Regards,

Daniel Mowbray
Principal
University of Canberra High School Kaleen