**Wellbeing Week 11-15 October 2021**

**People at your school**

**Wellbeing Week 2021**

October is Mental Health Month in Australia. We are recognising this through our own Wellbeing Week - it's time for you and others.

Our Wellbeing Week is a reminder to stop and think about your mental health and wellbeing, and the wellbeing of people around you.

At every school, there are people you can talk to should you ever have a problem.

**Who can I talk to at my school?**

**Teaching staff**

Your classroom teacher is always willing to listen and help you with a problem or help you find someone who can.

There are other teaching staff with wellbeing responsibilities at school including:

* **Head Teacher Wellbeing**This is a teacher with responsibility for heading up your school's wellbeing team. There is a Head Teacher Wellbeing in most high schools or a staff member who oversees your school's wellbeing team. In primary schools, this will usually be an Assistant Principal.
* **Year Advisers**
There is a Year Adviser dedicated to each year of students at every high school. Your Year Adviser is there to help if you are having difficulty with friends or schoolwork, and they can help connect you to other support if needed.

**School counsellor or school psychologist**

Every NSW public school student has access to a school counsellor or school pscyhologist. These staff have qualifications in psychology and work specifically with young people to provide extra advice and support.

The school counsellor or school psychologist can:

* support students who are worrying about school work, friends, getting in trouble at school or feeling down
* help parents and carers to understand and manage their child's learning and mental health needs
* connect you with external agencies to help provide wrap-around support for students.

School counsellors and school psychologists are:

* empathetic listeners
* student-focused - and make students feel comfortable and at ease
* excellent communicators
* able to build relationships based on trust
* committed to the highest professional standards.

School counselling is confidential.

**Student support officer**

Student support officers (SSOs) are qualified youth workers or social workers in high schools who work closely with the school counselling service and the wellbeing team to ensure students get the help they need to deal with anxiety, stress, or any difficult issue they may be facing at school.

Your SSO is there both to support individual students who may be having a tough time, and to help your school provide wellbeing initiatives and programs such as anti-bullying, positive relationships and digital citizenship.

SSOs can help help connect students and families with other community-based support agencies and play a big role in supporting new Year 7 students when they start high school.

**Wellbeing nurse**

Some schools have access to service of a wellbeing nurse. A wellbeing nurse is a registered nurse who works across a number of schools to help connect students and families with health and community services. Your wellbing nurse works closely with your school's learning and support team. He or she is there to help support students and families in addressing health needs, coordinate appropriate assessments and assist with referrals to any needed medical or social services.

There are around 100 wellbeing nurses being introduced into NSW public schools in 2021 under a partnership with NSW Health.