



Kilmore Primary School

Principal: Mr Neil O'Sullivan

35 Lancefield Road, Kilmore 3764 • PO Box 105, Kilmore 3764 • ABN 85 985 746 253
P 03 5782 1268 F 03 5782 1553 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 1st April 2022



BOYSS GROUP

In BOYSS group this week, the students focused on exploring the difference between our feelings and our behaviour by creating individual 'anger volcanos'.



April

Friday 8th

House Colours Day

Last day of Term 1 – **2.30pm finish**

Tuesday 26th

First day of Term 2

June

Friday 3rd

Conveyance Allowance Applications Due

Monday 13th

Queen's Birthday Public Holiday

Friday 24th

CSEF Applications Due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays this coming week:

Layla Jamieson, Sanarj Kumar, Josh Carmichael,
Chloe Trefz, Kylie Hobbs,
Mitchell Dowell, Deni O'Brien,
Elizabeth Hente, Lucy Pace,
Briana Recinos and Xienna Daniels,



Facebook



As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via kimore.ps@education.vic.gov.au or by calling the office on 03 5782 1268.

Bus Zone

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from disabled parking bays.



School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the pointing out towards the road and Supervisor is back on the footpath.



COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.



Thanks and Gratitude—KPS Staff Team

As we near the end of Term 1, I would like to thank all of our school community for working together to ensure our students have gotten off to a great start in Term 1. As I mentioned previously, staff shortages are a fact of life across all education settings in Victoria. Indeed, this week I learned of a mid-sized school (approximately 200 students) in which 60% of the staff and students were in isolation this week. While KPS has not faced anywhere near this level of disruption, all of our staff have had to take on additional tasks and increase their workload to ensure that we can meet the staffing challenges that may arise. With five days left in the term, I would like to applaud the efforts of our staff, thank our students for their flexibility and recognize how well we have all worked together as a community to support the education and wellbeing of our students.

Department of Education – Holiday Program Camps

The Department of Education has just released information about a free holiday camp program called the Positive Start Program. The Positive Start holiday camps will run in the 2022 school holidays and are open to students who meet one or more of the following criteria:

- Attend a school that experienced closures of 5 days or more due to a positive COVID-19 case or close contact in 2021
- Have an approved Camps, Sports and Excursions Fund (CSEF) and application for 2022
- have a parent that holds a valid means-tested concession card (for example a Health Care Card, Job Seeker, Newstart Allowance, Disability Support Pension)
- Are in out of home care
- Have a disability
- Are from a refugee background
- Are Koorie students
- Are in the Navigator program.

The Department of Education and Training has worked directly with camp providers to secure spots on holiday programs for eligible families. These camps are completely free of charge to eligible families. It will not cost you anything for your child to attend the camp. Most camps can organize transport from central locations. Some camps may ask parents to provide transport for their child. After you choose a camp, the camp provider will send you information about transport. We will be sending out further information about this great opportunity in the coming days.

Rapid Antigen Tests and COVID-19 Symptoms

This week we sent home a further supply of RATs for our families. I would like to congratulate everyone on how well they have engaged with this program. While the RAT program has been a great success, schools are still required to take a cautious approach to the management of COVID like symptoms. Department of Education policy states that any student with COVID like symptoms (cough, runny nose, chills, fever or sore throat) cannot attend an education setting until a negative RAT/PCR result has been provided **and** their symptoms have resolved. Throughout the pandemic we have all learned a valuable lesson about staying home when unwell and I thank parents and carers in advance for their compliance with this important health directive.

House Colours Day – Last Day of Term

Our Specialist Team and student leaders have been working very hard on our House Colours Day which will take place on the last day of term. Students will have the opportunity to earn points for their House by running laps of a fun-run course and their will be trophies and shields for the winning house and the house which is the most active and energetic. We are looking forward to a loud and colourful end to Term 1.

All the best,

Neil O'Sullivan
Principal

Mathematics News with Captain Marvel

MATHS IS EVERYWHERE!!

Foundation students have been learning about length this week. As part of their learning, they explored the yard to find sticks and leaves. They then compared their length and ordered them from longest to shortest and shortest to longest. Below are some pictures of FS students proudly sharing their work.



Year 3 students have been learning about subtraction. Mathematics learning can often be very abstract, so we use materials to support student learning by making the numbers more concrete. Below are some photos of 3D students using MAB to solve subtraction problems.



Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc

FROM THE ART ROOM

Now that art smocks are no longer communal in the art room, please organise an art smock for your child/ren. While a waterproof smock is preferred, an old t-shirt is suitable for most materials we use. Please ensure the smock you choose is easy for your child to put on and take off independently.

Senior years 3-6 will be working with paint called Vipond that WILL NOT come out of clothes



Exciting SAT News

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.



The program kicks off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach 25kg of bread bags! Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.

IMPORTANT DATES											
	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY			25/4 -27/5								
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



Be **KIND** Be **PROUD** Be **SAFE**

Be proud of our school

Always put your rubbish in the bin

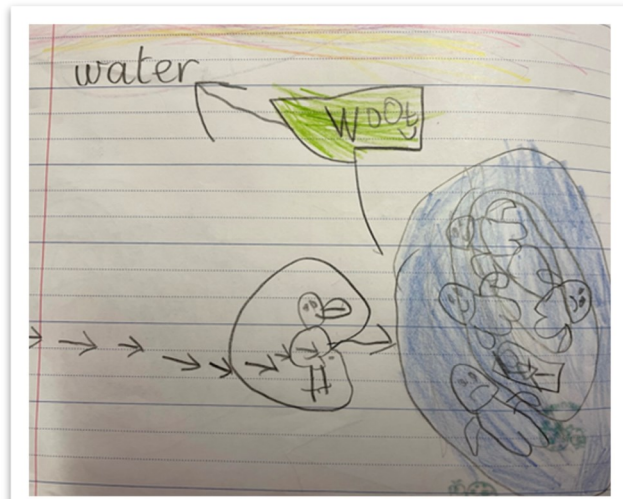
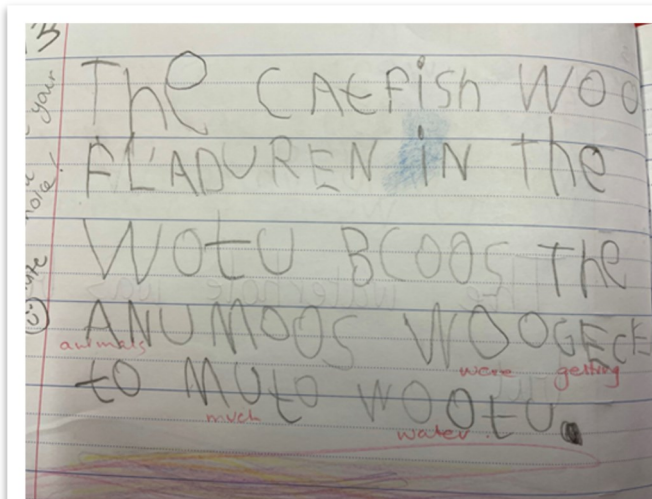
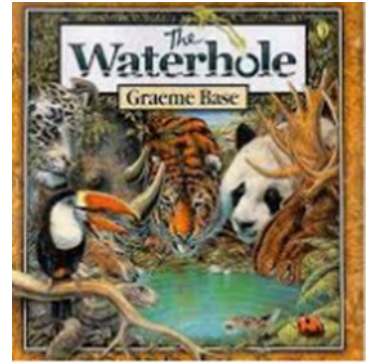


Literacy update

Year 1 vocabulary

Year 1-6 students have been learning new vocabulary. Recently Mrs Trawn read 'The Waterhole' by Graham Base to her class. In the story the word 'floundering' was used to describe the catfish.

After reading the book, Layla, in 1T, wrote about a fish that was 'floundering'.



Bookmaking in Foundation

Our Foundation students have been writing and illustrating their own books! They chose their own topics and experimented with writing. They also drew illustrations to help tell their stories.



Writing Competition!

Entry is now open in the 2022 Schools Poetry & Short Story 'National Treasures' Writing Competition! Students all over Australia are invited to enter their 16 line poems OR 500 word short stories.

There is no theme. Entrants are encouraged to let their imaginations run wild and write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter.

Entry is FREE and all entries must be in by the closing date of **Friday 30th April 2022**.

THE BOOK

Poems and short stories entered into the competition will be considered for inclusion into the 2022 Write4fun anthology! Those selected will have the opportunity to purchase the edition at a discounted rate. 1st, 2nd and 3rd prize winners will receive a complimentary copy of the book.

Competition Prizes

Poetry Prizes

1st \$1,000 CASH, to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student, a copy of the competition keepsake anthology featuring their writing and YOUR CHOICE of a:

- * \$500 Rebel Sport Gift Card
- * \$500 Apple Gift Card
- * \$500 JB Hi-Fi Gift Card
- * Nintendo Switch

2nd \$250 CASH + Write4fun Stationery Gift Pack & Book

3rd \$150 CASH + Write4fun Stationery Gift Pack & Book

13 x Finalists Write4fun Stationery Gift Pack & Book

Short Story Prizes

1st \$1,000 CASH, to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student, a copy of the competition keepsake anthology featuring their writing and YOUR CHOICE of a:

- * \$500 Rebel Sport Gift Card
- * \$500 Apple Gift Card
- * \$500 JB Hi-Fi Gift Card
- * Nintendo Switch

2nd \$250 CASH + Write4fun Stationery Gift Pack & Book

3rd \$150 CASH + Write4fun Stationery Gift Pack & Book

13 x Finalists Write4fun Stationery Gift Pack & Book

For more details see www.write4fun.net

Premiers' Reading Challenge



Kilmore Primary School will participate in the Premiers' Reading Challenge again this year! The Challenge encourages children and students to read a set number of books over the year and record their efforts online. Since the Challenge first began in 2005, more than 3.5 million students have read over 54 million books.

If you would like to register for the challenge, please email Emma White

Emma.White@education.vic.gov.au

Have a great week,

Emma





IN TERM 2

Second Hand Uniform Sale

Gold coin donation, with all proceeds to go to State School's Relief Fund.

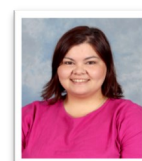
Sale will take place after school at the picnic tables (weather permitting).

More details to follow with date to be confirmed early Term 2.



Connecting With Kimberly

My child is anxious, what can I do? Webinar



Join this webinar to explore some practical ideas to soothe children with stress and anxiety. Alison Krusec will look at what anxiety is and how it impacts children's bodies and behaviours and reflect on skills and strategies that can be utilised to help calm stress and activities that work for a range of learning styles and settings. This webinar is suitable for parents and carers of children aged 3 years to 12 years old.

Date: Wednesday 6th April 2022

Time: 7:00-7:30pm

Registration and online details can be found here:

<https://www.eventbrite.com.au/e/my-child-is-anxious-what-can-i-do-tickets-294910373867>



I can be contacted via email:

Kimberly.batsas-hill@education.vic.gov.au or 5782 1268 for any student and family wellbeing needs at any time.

Best,
Kimberly Batsas-Hill
Social Worker -Primary Welfare Officer

The following services are available outside of school hours.

In the event of an emergency please call 000

Kids Helpline



Ph: 1800 551 800

<https://kidshelpline.com.au/>

Parentline



Ph: 13 22 89

<https://parentline.com.au/>

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188

<https://www.safesteps.org.au/>

Lifeline



Ph: 13 11 14

<https://www.lifeline.org.au/>

Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly this Friday. We congratulate for this week:

Foundation E — Jasmine Haby	Grade 2H — Lemmy Grace	Grade 5F — William Kilner
Foundation G— Alyssa McNab	Grade 2M — Zachary Ryan	Grade 5M— Xavier Nicholas
Foundation M — Nancy Ware	Grade 2P — Audrey Pankhurst	Grade 5S — Ryan Hall
Foundation S — Charlotte Clark	Grade 3D — Logan Gorsuch	Grade 6B — Austin Laurie
Grade 1H — Cody Kneebone	Grade 3K — Tess Wheatcroft	Grade 6E — Noah Johnson
Grade 1M — Seth	Grade 3R — Benji Kilner	Grade 6J — Phoebe Mcdonald
Grade 1N — Evie Lynn	Grade 4J — MacKenzie Clark	Specialist F-2— Shahmeer Khan 1N 3-6— Lily Connolly 5S
Grade 1T — Charlie Dow	Grade 4S — Tyson Gibson	
Grade 2F — Bridie Jones	Grade 4V — Charlotte Littlewood	

GET ACTIVE KIDS

VOUCHER PROGRAM

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, along with uniforms and equipment essential for participation. Eligible children may be able to receive up to \$200 each per round.



WHO IS ELIGIBLE?

To be eligible for a voucher your child / dependant must be:

- aged 0 to 18 years
- a resident in Victoria
- named on a valid and issued (at the time of your application) Australian Government Health Care Card or Pensioner Concession Card, or your child is named on their own valid Health Care Card **and**
- named on a valid Australian Government Medicare card.

You can apply for more than one voucher if you have more than one eligible child/dependant.

Special consideration applies for children residing in Care Services as well as temporary or provisional visa holders, undocumented migrants or international students.



FUNDING DETAILS

You can be reimbursed up to \$200 for costs related to:

- membership, registration or general fees to participate at an affiliated sport or active recreation club, association or program
- equipment (new or second hand) required to participate in the nominated activity
- uniforms and clothing (new or second hand) required to participate in the nominated activity.

You must pay for the membership, registration fees, equipment or uniform first.

You must have incurred membership expenses within eligible expenditure dates to claim uniform and equipment expenses.

You will then be reimbursed for part or all of the cost up to the value of \$200.

ELIGIBLE ACTIVITIES

- the activity or program must be affiliated to a Victorian Government recognised Victorian State Sporting Association or Victorian State Sport and Recreation Body
- activities or programs should be a minimum of four sessions
- organised sport or outdoor recreation programs or camps involving multiple sessions of activities which may be conducted over one or more days will be eligible

WHEN CAN YOU APPLY?

There are specific dates (claim periods) when you can apply. You must have incurred your expenses within specific dates too. Please refer to the table below:

ELIGIBLE EXPENDITURE DATES	CLAIM PERIODS (applications open)
1 Jan 2021 – 11 Apr 2021	1 Mar 2021 – 11 Apr 2021 NOW CLOSED
1 Jan 2021 – 30 July 2021	31 May 2021 – 30 July 2021 NOW CLOSED
1 Jan 2021 – 30 Nov 2021	4 Oct 2021 – 30 Nov 2021
30 Nov 2021 – 15 Apr 2022	7 Mar 2022 – 15 Apr 2022

MORE INFORMATION

- w. www.getactive.vic.gov.au
- p. (03) 1800 325 206
- e. getactivekids@sport.vic.gov.au

GROUP MENTORING FOR CYCLE 2 2022 (AGES 8-22)

INTEREST-BASED GROUPS

- AFL
- Animal Crossing
- Anime
- Dinosaurs
- Disney ~ **NEW**
- Drawing & Art
- Dungeons & Dragons
- Gaming ~ **NEW**
- Harry Potter
- LEGO
- Marvel
- Minecraft
- Pokémon
- Screens, Tunes & Characters
- Sports
- Star Wars
- Transport ~ **NEW**

ADDITIONAL GROUPS

- I CAN Groups Ages 8-12
- I CAN Groups Ages 13-17
- I CAN Groups Ages 17-22
- I CAN Imagination Club® (not Autism-specific; ages 8-12)
- Groups for Autistic-LGBTIQA+ Teens & Young Adults

STARTING WEEK OF 2 MAY

www.icannetwork.com/online





2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our [online application portal](#).

Information sheets for schools & families, plus the order form - can be found on our [website](#) and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for “change of mind”
- Applications for this package will **close at the end of Term 3, 2022**

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the [Department of Education & Training website](#).

If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at :

contact@ssr.net.au

Mobile Phones

It is a Department of Education requirement that students hand their mobile phones in to the office each morning and collect at the end of each day.

The office has a locked mobile phone cabinet for this purpose (pictured).



FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



How to Build Resilience in Turbulent Times

Andrew Fuller
Clinical Psychologist, Author and Speaker



Turbulent times call for resilient minds. From COVID-19, the Ukraine invasion and rampant flooding, it's already been a tough start to 2022. As resilience is being tested, young people in our care are looking for support and guidance. This is a brief overview of ideas for how to talk to young people and each other about these times.

Little Kids

What we should look out for

At every age, we want to keep an eye on how people usually are and whether any changes seem to be occurring in multiple settings.

For example, a child who often shows some anxiety when their parents leave them at school or kindergarten but settles soon after their departure is less concerning than one who has a sudden increase in anxiety or fear and shows this when left at kindergarten or school and also when they go shopping with their parents.

- Clinginess
- Nightmares
- Stranger danger
- Nervy behaviours – rumbling tummies, unusual soreness, or heightened sensitivity.

What we can say

- Keep it simple. Fewer words are usually better.
- "Sometimes a person gets bossy and wants to tell others what to do"
- "Sometimes countries get bossy, and we need to help them learn a different way of doing things"
- "Our weather is changing, and we need to plan to make everyone safe"

What we can do

- Talk about how we can look out for and care for others.
- How we can be good friends
- What do we do when we feel angry – sort it out.

Middle Primary

What we should look out for

- School reluctance
- Wariness about some peers
- Odd theories and interpretations.

This age group can be susceptible to some unlikely conspiracy ideas. If this occurs, rather than disputing, do some research on the topic with them.

What we can say

- "I am someone you can talk to about this"
- "What have you heard or seen?"
- "There is a war, but it is a long way away and we will be safe"
- "We need to make sure our country is safe in the future"

What we can do

Show young people the distance between Ukraine and Australia (almost 12,000 km) on a map or even better on a globe of the world.

Walk with them for 1 km. Then ask them to imagine travelling for 12,000 km.

Ask them to work out if we could drive at 100 kms per hour how long would it take us to drive 12,000 km.

Upper Primary

What we should look out for

- We're all going to die – dooming and glooming
- Panic
- Feeling overly responsible

What we can say

- "How are you feeling?"
- Reassure (e.g. "I am not going to let you be hurt, we will stay safe")
- Don't be dismissive of fears or drama (even if they do seem over the top)
- Talk in terms of probabilities (frequency of weather events, the likelihood of Australia being directly involved etc.)

What we can do

- Look at forms of action.

Teens

What we should look out for

- Throwing in the towel – some teenagers can dramatically take a 'the sky is falling' attitude to adversity.
- Increased grumpiness
- Responses range from drama +++ to indifference

What we can say

- Ask them what they know.
- Ask them to research it themselves (generally, teens believe the information they access themselves more than they trust the information provided by others.
- If you can, share research findings together.

What we can do

- Show children the outpouring of help and aid sent to people in Queensland and New South Wales in the midst of the floods and the support offered.
- This is an opportunity to contribute to others. Ask teens to consider what they think would make a difference.
- Talk about what others are doing. For example, the support people provide for each other in flood-affected areas.
- Australia is accustomed to overcoming challenges – ask them what they think we could contribute to the world.

Ourselves

We also need to look out for changes in each other as adults. After everything that has happened, parents and educators can lose some of their usual sparkle. We need to connect, protect and respect one another.

What we should look out for

- People isolating themselves more than usual – either physically, emotionally or verbally.
- An increased rate of illness, despair or hopelessness.
- A tendency to furiously look after everyone else at their own expense.

What we can say

- "You matter to me"
- "I'm feeling worried about you"
- "How can I help?" If they say, they don't need help, say, "Ok so how can I help anyway?"

What we can do

- Check-ins
- Having a message that 'wellbeing is for everyone'.
- Developing a plan to contribute as a collective group.
- Teach people the RESOLVE method of conflict

Where to get help

- Headspace (ages 12–25) 1800 650 890
- Kids helpline (ages 5–25) 1800 551 800
- Lifeline (24/7 crisis support) 13 11 14
- BeyondBlue (mental health support) 1300 224 636
- Butterfly helpline (eating disorders) 1800 334 673
- Suicide Call Back service (all ages) 1300 659 467
- Mensline (24/7 counselling for men) 1300 789 978

theparentswebsite.com.au



Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	Broadford Living and Learning Centre Facebook	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	Freedom Care Website	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	Love in Action Broadford Facebook Love in Action Wallan Facebook	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	Rotary Seymour Facebook	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	Salvocare Website	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	Wallan Gateway Website	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



ParentWorks

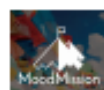
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

Aboriginal and Torres Strait Islanders



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.