

At Mansfield State High School, there is a variety of support available to assist students with their learning and engagement e.g. your class teacher, Curriculum Head of Department, Heads of Year and Guidance Officers.



If you would like to make contact with a Guidance Officer, School Based Youth Health Nurse or Youth Support Co-Ordinator please email 2059_GuidanceOfficer@eq.edu.au

If you are concerned about your child, the following services are available to you as well as making contact with your General Practitioner.

CRISIS SUPPORT	
	<p>Kids helpline 24 hour counselling service for young people aged 5 -25. Phone counselling, web chat and email available.</p> <ul style="list-style-type: none"> • Phone 1800551800 • https://kidshelpline.com.au/
	<p>Beyond Blue a free telephone and online counselling service for all age groups. Phone counselling, web chat and email available.</p> <ul style="list-style-type: none"> • Phone 1300224636 • https://www.beyondblue.org.au
	<p>Lifeline is a free telephone and online support service for people experiencing a crisis as well as offering suicide prevention service</p> <ul style="list-style-type: none"> • Phone 13 11 14 • https://www.lifeline.org.au
	<p>This is a nationwide service that provides professional 24/7 telephone and online counselling and support who are affected by suicide</p> <ul style="list-style-type: none"> • Phone: 13 11 14 • https://www.suicidecallbackservice.org.au
	<p>This website offers support for people with mental health issues. They offer resources on the website an online chat service and an over the phone support service.</p> <ul style="list-style-type: none"> • Phone: 1800187263 • https://www.sane.org/
INFORMATION & ONLINE RESOURCES	
	<p>Headspace is a useful website that can help support young people gain useful information around mental health and social concerns. They also provide counselling services to young people in person.</p> <ul style="list-style-type: none"> • Phone: please check the website for the closest headspace service • https://headspace.org.au/
	<p>This website has a lot of useful information and resources around concerns in young people’s everyday life including parenting support.</p> <ul style="list-style-type: none"> • https://au.reachout.com/
	<p>This website promotes wellbeing and resilience in young people 12-18 years</p> <ul style="list-style-type: none"> • https://www.biteback.org.au/