

# Fact sheet and parent consent form

Dear Parent/Guardian,

The school has employed a student wellbeing advisor (SWA) that you may want your child to access when they need it. They are there to help with any issues that students may have, like dealing with stress or navigating tough times. The student wellbeing advisor works closely with students, teachers and parents to create positive and inclusive school environments. They are managed by the principal and must comply with the school's policies and procedures.

### Student wellbeing advisor may provide

- **Social and/or emotional support** — assisting schools and students to develop knowledge, understanding and skills that support learning, positive behaviour and constructive social relationships.
- **General wellbeing** — supporting students and staff by promoting social and emotional wellbeing programs and activities for the school and classes (eg help-seeking behaviours, mindfulness activities, lunchtime group, workshops).
- **Community development** — working with school and networks to support students and families through:
  - contributing to school newsletters, websites, policies and procedures
  - updates on services available to families and students and proactively promoting services and online supports available
  - arranging guest speakers or presenters.
- **Educational support** — under the direction of a teacher coordinating and supporting social and emotional learning in the classroom.

### One-to-one services

The student wellbeing advisor also offers **mentoring/one-to-one sessions** to students with **your (parent) written consent**. This service includes:

- access to personal information and records held by the school to support goal setting.
- one-on-one support sessions arranged by the student with the school. Please note that student wellbeing advisors are not licensed counsellors and do not provide professional counselling. However, they will discuss referrals to counselling or other services with you and the principal as needed.
- confidential sessions, unless there are concerns that your child or others may be at risk of harm.
- sessions occurring during school terms and times, including class periods.
- documentation of all sessions, including participants, location, main topics discussed, and any actions. These notes are securely stored at the school and can be accessed by the student upon request.

Consent is valid for 12 months. A new consent form is required each year, and consent can be withdrawn at any time by notifying the school in writing. Students must be willing to voluntarily engage and can organise their own appointments once consent has been given.

## Other services available that can support

If you believe your child is at risk of harming themselves or others, get help straight away. You can:

- visit your doctor,
- contact the Northern Territory Mental Health Line 1800 682 288,
- contact the Child and Adolescent Mental Health Office (Darwin 8999 4959, Alice Springs 8951 5950)
- visit your clinic or hospital.

If you notice an ongoing change in your child's moods, behaviour or emotions, you need to get help from a health professional.

## How you can help your child

- talk to your child
- talk to your child's teacher, wellbeing leader and/or principal, as they may have noticed changes as well
- talk to a doctor, other mental health professional or health service
- call a telephone help-line, like Parents Helpline 1300 30 1300
- call Families and Children Enquiry and Support (FACES), NT 1800 999 900
- participate in one-to-one coaching support for parents through Reach Out One-on-one support.

You can support your child to:

- call a telephone help line, like Kids Helpline on 1800 55 1800
- use an online counselling service, like [Headspace](https://headspace.org.au/)<sup>1</sup>.

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<sup>1</sup> <https://headspace.org.au/>