**COVID-19 and Lake Tuggeranong College**

**Wellbeing Advice & Support**

24th March 2020

Dear students and families,

**Summary:**

We are currently operating in a pupil-free school, BUT our teachers and wellbeing support staff remain active and available to our off-site students and families!

In this phase (i.e. from today through to Thursday 9th April – the last day of Term 1, 2020) LTC students should reach out to either their classroom teacher/s OR College Life staff, if they are in need of support.

Parents can access us by emailing [TUGC\_Absences@ed.act.edu.au](mailto:TUGC_Absences@ed.act.edu.au) OR going direct to classroom teachers.

With the declaration that learning in the ACT is to move ‘online’, Lake Tuggeranong College is committed to ensuring the wellbeing of each and every student is front and centre.

Just as students’ academic wellbeing is important, so too is their social and emotional wellbeing. For the period of time that we are operating as a pupil-free our students will experience challenges that will test their emotional resources. For most young people family members provide emotional support in the first instance. This is not the case for all young people all the time.

Lake Tuggeranong College staff will provide remote support for any and all students to the best of our ability. The importance of help-seeking behaviour from young people cannot be stressed too much at this time.

* Students already linked to a support staff will be periodically contacted by that adult as a check-in. Contact could be a phone call, email or SMS.
* Students not currently connected to an LTC adult but know they would benefit by chatting to an LTC staff member are strongly encouraged to do so by using our universal email address [TUGC\_Absences@ed.act.edu.au](mailto:TUGC_Absences@ed.act.edu.au). (We are commandeering this email address while students are not accessing the campus). This email will be checked multiple times daily and acted on immediately. *Important initial information to include to this email are: name of student, presenting issue in brief, preferred LTC staff member for follow-up contact if anyone.*
* Please see the information below that details external online services that students or parents may choose to access. Young adults like the anonymous and 24 hour nature of online support services.
* Where a student is unable to continue to participate in online learning due to circumstances out of their control - sickness, mental health or family crisis - please explain the circumstances in an email to [richard.fox@ed.act.edu.au](mailto:richard.fox@ed.act.edu.au) AND [elliot.davis@ed.act.edu.au](mailto:elliot.davis@ed.act.edu.au) We will be in touch with you to determine a way forward that does not disadvantage the student.
* If your son/daughter/ward is currently accessing the HUB or the Resource Room and is needing to reach out for support please email [richard.fox@ed.act.edu](mailto:richard.fox@ed.act.edu) AND [jennifer.bodell@ed.act.edu.au](mailto:jennifer.bodell@ed.act.edu.au) Again, we will get back to you promptly.
* Our school psychologists [stephen.henry@ed.act.edu.au](mailto:stephen.henry@ed.act.edu.au) and [ellen.sheridan@ed.act.edu.au](mailto:ellen.sheridan@ed.act.edu.au) can be contacted by email to make a phone call appointment

We all appreciate the matter of school operations at this time is rapidly changing. The College Life Team at LTC will adapt to these changes and continue to provide the best support possible.

We thank you for your patience and understanding and look forward to maintaining contact with you as a part of our LTC community over this period.  This email will also contain an academic communique.

**Forecasting Term 2 arrangements**

LTC intends being in a position to run all classes and support services online as of Tuesday 28th April 2020.

By Thursday 9th April, all students and families will receive a Guide to LTC Online Learning. In addition to advice and information about ‘classes’, this Guide will reference wellbeing support structures.

Usual email and phone contact systems will operate.

Richard Fox  
Deputy Principal - College Life

Lake Tuggeranong College

**Additional Community-based Wellbeing Supports/Information**

If your child tells you they want to hurt themselves or wants to die, seek urgent

professional help. Call **Lifeline on 131 114** for 24-hour phone counselling.

You can also call **000** or go straight to a hospital emergency department.

<https://www.beyondblue.org.au/who-does-it-affect/young-people/helpful-contacts-and-websites#nat> – has a great range of resources, online and phone for young people to access for mental health and wellbeing support.

[**eheadspace**](https://headspace.org.au/eheadspace/) provides mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families. Call 1800 650 890, 9am-1am AEST / 7 days a week.

[**Kids Helpline**](https://kidshelpline.com.au/) is Australia’s only free 24/7 confidential and private counselling service specifically for children and young people aged 5 to 25. Call 1800 55 1800.

[**Lifeline**](https://www.lifeline.org.au/) provides 24-hour crisis counselling, support groups and suicide prevention services. Call 13 11 14.

[**MensLine Australia**](https://mensline.org.au/) is a professional telephone and online support and information service for [Australian men](https://www.healthdirect.gov.au/mens-mental-health). Call 1300 78 99 78, 24 hours / 7 days a week.

[MindMatters](https://raisingchildren.net.au/_media/external-links/m/mindmatters) This is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people

[**MindSpot**](https://mindspot.org.au/) is a free telephone and online service for people with [stress](https://www.healthdirect.gov.au/stress), worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call 1800 61 44 34 AEST, 8am-8pm (Mon-Fri), 8am-6pm (Sat).

[**QLife**](https://qlife.org.au/) provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex [(LGBTI+) people](https://www.healthdirect.gov.au/lgbti-mental-health) of all ages. Call 1800 184 527, 3pm-12am (midnight) AEST / 7 days a week.

[Reach Out – Mental health issues](https://raisingchildren.net.au/_media/external-links/r/reach-out-mental-health-issues)

This webpage has links and resources related to a range of mental health issues experienced by young people.

[Reach Out – Parents coaching](https://raisingchildren.net.au/_media/external-links/r/reach-out-parents-coaching)

Reach Out offers free online coaching to parents and carers of teenagers. If you’re worried about your relationship with your teenage child, or worried about your child’s wellbeing or behaviour, coaching can give you strategies to help.

[**Suicide Call Back Service**](https://www.suicidecallbackservice.org.au/) provides 24/7 support if you or someone you know is feeling suicidal. Call 1300 659 467.