

SCHOOL MENTAL HEALTH SERVICE



INFORMATION FOR STUDENTS

What is the School Mental Health Service (SMHS)?

The SMHS can help when worries, sad feelings, or stress start to feel too big to manage on your own.

The SMHS works closely with school staff to support your wellbeing.

Who are the SMHS Practitioners?

SMHS Practitioners are professionals trained in one of these areas:

- Psychology
- Social Work
- Occupational therapy.

SMHS Practitioners are easy to talk to and experienced in helping young people with their mental health and wellbeing.

How can the SMHS help?

A SMHS Practitioner will listen to what's on your mind and help you figure things out. This might include:

- Working with you to build coping strategies and skills
- Providing short-term counselling support
- Helping with stress, friendships, mood, anxiety, and other challenges
- Linking you to other services if you need longer-term support.

How does it work?

SMHS is a short-term service, usually offering 6 to 8 sessions.

- First you'll start with an initial assessment where you and your SMHS practitioner talk about what's going on and what support you might need.
- Then you'll work together to set goals to work on what matters most to you

Will my parents/ carers be involved?

The SMHS will work to build a support team around you. We will talk to you about how much your parents/carers are involved and what that looks like for you.

Do I have to pay?

Nope! The service is free.

Is it confidential?

Yes. What you talk about is private.

However, your SMHS Practitioner is required to share important information with your parents/carers or school leaders where you or someone else is at risk of harm.

How do I get support from the SMHS?

If you'd like support from the SMHS, you can talk to your teacher or school wellbeing staff. They'll help work out if SMHS is the right service for you.

You don't need a doctor's referral or a mental health care plan.

Where can I go for more information?



For more information about the SMHS, visit www.education.sa.gov.au/SMHS

