

SUPPORTING

STUDENTS THROUGH STRESSFUL TIMES

All Teenagers need:

- to know they are loved for who they are, and that you are always there to support them.
- an environment where basic needs such as a safe and healthy place to live, healthy food, and school supplies are made a priority.
- protection and support to keep themselves safe from mental and physical abuse.
- respect for their feelings and concerns.
- acknowledgement of their milestones and achievements such as birthdays or important events at school
- respect for their friends, clothing, sports and music choices, and interests.



Signs of stress

If you know that your teen is going through a difficult time, you can be on the lookout for changes in behaviour or things that might signal that they're experiencing excessive stress. For example, they

- can't sleep or are getting to bed later than usual
- seem fatigued, disengaged, panicky or down
- are saying they're tired all the time, have headaches or stomach aches
- are feeling irritable about themselves or others around them
- are having trouble concentrating
- are avoiding school
- aren't being themselves
- aren't eating very well
- are staying in their room a lot on the weekends when they usually would be out with friends.

If you suspect your child is stressed, talk to them to try and determine if something is going on. If you can identify why they're feeling stressed feeling stressed, it will be easier to help them address the cause and manage their stress appropriately.

Further support

- Speak to your GP about a mental health care plan. This can allow up to 10 sessions a year with a private psychologist at a discounted cost.
- Headspace.org.au provides support for young people aged 12—25 and their families around emotional or mental health issues, including substance use issues. Online, phone and face to face counselling available.
- Life Line: 13 11 14 Support in a crisis for all ages. Online and text chat www.lifeline.org.au
- Kids Helpline: 1800 55 1800 for ages 5—25. Online chat at kidshelpline.com.au
- Youth Beyond Blue: 1300 22 4636 or youthbeyondblue.com for online chat from 3pm—12am.
- Mental Health Triage: For those who need more immediate crisis support, 13 14 65
- Springbank Secondary College Support: Please talk with Karen Jones, Student Wellbeing Leader, if you would like more support options, including phone app recommendations that can help students take care of their wellbeing

