Lean on me

**Previous Sessions in Review**

**Relationships**
- Relationships cover all the people we know and relate to
- Different people play different roles in our lives & vice versa
- Friendships are important

**Communicating**
- Maintaining good relationships requires good communication skills
- Good listening is active and attentive

**Emotions**
- We need to be aware of our own emotions
- We can use verbal and non-verbal cues to try to read others emotions
- We need to try and see other people’s perspectives

**Thoughts**
- What we think affects how we feel and what we do
- We can train ourselves to STOP and LISTEN to our thoughts
- We can then try to come up with alternative more helpful thoughts

**Solving Problems**
1. **Problem?**
2. **Options?**
3. **Consequences (for me & others now & later)?**
4. **Decision.**
5. **Do and Review**

**Working in Groups**
effective group work requires
- negotiation, problem-solving skills, good social and communication skills, being able to see another’s perspective, conflict resolution, structured decision-making

You need to believe in your ability to solve problems
1. Your group will be allocated 2 problem scenarios. Have someone read out each of the problems.

2. Then read the information describing the person or organisation on your support card (this information is outlined on pages 61 to 65). Each person should then report back to the group on what their person or organisation does.

3. As a group, try to decide if one (or more) of the people or organisations on your cards would be suitable to provide help or support for your problem scenarios.

4. Write below the group problems, the services the group selected and why you think they can help. If none of the people/organisations can help, explain why.

5. Report back to the class on what each problem was, who your group thinks can help and why they would be the best to help.

Problem 1 .................................................................
People/services that can help .................................................................
Reasons why they were chosen .................................................................
If none of the people/organisations can help, explain why .................................................................

Problem 2 .................................................................
People/services that can help .................................................................
Reasons why they were chosen .................................................................
If none of the people/organisations can help, explain why .................................................................
Lean on me

Session 8

SUPPORT CARDS

Psychologist

WHAT? A psychologist is a mental health professional trained to help with issues like depression/sadness, anxiety, anger, eating problems and stress, and they can help you develop skills for coping with life and solving problems. Psychologists do not prescribe medication.
WHERE? Psychologists work in hospitals, community agencies and private practice.
HOW? You need to make an appointment. You do not need a referral to see a psychologist. There will be a list of psychologists in the Yellow Pages if one has not been recommended to you.
COST? Psychologists who work in hospitals and community settings typically provide fee-free services. Psychologists in private practice will require a payment for services. Psychologists are not covered by Medicare. However, some health insurance funds offer rebates for psychological services.

Psychiatrist

WHAT? A psychiatrist is a medical doctor trained to work with people with mental illnesses and emotional disorders. Psychiatrists treat problems like depression, anxiety, eating disorders and schizophrenia. Psychiatrists are able to prescribe medication if they think it will help.
WHERE? Psychiatrists work in hospitals, community agencies and in private practice.
HOW? To see a psychiatrist you will need a referral from your GP (General Practitioner).
COST? Medicare covers psychiatrists working in the public sector. However, psychiatrists in private practice will charge a fee at the time of service and you will get some of the cost back from Medicare, leaving you out of pocket for the "gap" (difference).

Social Worker/Youth Worker

WHAT? Social and Youth workers can provide practical help and support for young people and families. Social/youth workers support young people by helping them work out just what the problem is and how to fix it, such as who can help and how to see them. Social/youth workers are trained to understand the needs of diverse groups of people.
WHERE? Social/youth workers tend to work in hospitals, schools, community services and youth health services.
HOW? You do not need a referral to see a social/youth worker.
COST? Not covered by Medicare but covered by some health insurance funds. There is usually no cost for social/youth workers in government agencies (such as, public hospitals, schools or youth centres).

General Practitioner (GP)

WHAT? A GP is a medical doctor who sees people for all health issues, including emotional and physical health. GPs understand a lot of different problems like depression, sexual issues, and family hassles as well as medical problems. GPs will refer you on to someone else who specialises in a particular problem if necessary.
WHERE? GPs typically work in the community in medical centres and surgeries. They will be listed in the Yellow Pages under Medical Practitioners.
HOW? You will usually need to make an appointment.
COST? Medicare usually covers some part of the cost to see a GP but you might be required to pay a "gap" fee. Sometimes GPs will "bulk bill" (charge the whole amount to Medicare). Either way, you usually need to have a Medicare card. You may apply for your own Medicare card at age 15. Before that you will be on your family card. Check on costs when you make the appointment.
**Support Cards**

**Paediatrician**

**WHAT?** A paediatrician is a medical doctor who specialises in the treatment of children and young people up to the age of 18. Paediatricians are trained to treat all aspects of children’s physical and emotional health. A paediatrician may refer you to another child specialist, such as a child psychiatrist, if it is appropriate.

**WHERE?** Paediatricians work in hospitals and private practice.

**HOW?** You will need a referral from your GP to see a paediatrician privately.

**COST?** Medicare covers the cost of seeing a paediatrician in a public hospital. However, if you see a paediatrician privately, Medicare will cover a portion of the payment but you may be required to pay a “gap” fee.

**School Nurse**

**WHAT?** School nurses provide all sorts of health care for both physical and mental concerns. Nurses help people understand their health conditions and how best to manage them. Nurses often work with other health professionals to plan what health care you need and to make sure that all of your needs are covered.

**WHERE?** School nurses are located at the school. You may need to ask at reception/administration where the nurse’s office is located and what days and times the nurse is at the school.

**HOW?** You will usually have to make an appointment, as generally the school nurse is not available on every school day. You do not need a referral.

**COST?** There are no costs involved when accessing a school nurse.

**Counsellor**

**WHAT?** A counsellor is someone who can help change the things that cause you distress. Counsellors are professionally trained to listen and help you deal with a range of issues such as family and relationship problems, stress, school problems, addictions and sexual health issues.

**WHERE?** Counsellors work in a variety of settings - community and youth health centres, hospitals, private practice, Kids Help line, Lifeline and schools (see also School Counsellor/Guidance Officer).

**HOW?** You usually need to make an appointment to see a counsellor but you do not require a referral.

**COST?** Counsellors who work in schools or community services usually do not charge for services. In private practice there will be a fee (some health insurance funds may cover some of the fee).

**School Counsellor/Guidance Officer**

**WHAT?** A school counsellor/guidance officer is someone who is there to provide assistance with health issues, mental health issues, educational and career issues, and any other issues young people want to discuss.

**WHERE?** School counsellors/guidance officers are based at the school. They have their own private office where young people can go to talk about their problems.

**HOW?** You usually need to make an appointment to see the counsellor/guidance officer but you do not require a referral.

**COST?** School counsellors/guidance officers do not charge for services.
Lean on me

Support Cards

Teacher

Sometimes young people talk to a trusted teacher if they are having trouble.
You could talk to a teacher, year level coordinator, pastoral care teacher, or home group teacher if you are having difficulties with school work, friends, relationships or any other worries you have.
They may not be able to help you directly but will know who will be able to help.
WHERE & HOW? Although you won’t always need to make an appointment, it is advisable to ask the teacher if you could arrange a time to talk to them when they are not too busy.

Spiritual Leader

WHAT? The main role of spiritual leaders such as ministers, priests, rabbis, or imams is to provide support and guidance with religious or spiritual matters. However, they are also able to help you work through other sorts of difficulties and issues by providing a safe and confidential way to discuss your problems.
WHERE & HOW? Spiritual leaders are mainly located in the community at their local place of worship.
Depending on a school’s religious orientation, it may have a spiritual leader associated with the school or a chaplain (See also Chaplain) who may be available to provide spiritual guidance and support.

Telephone Help Lines

WHAT? Help lines provide telephone counselling, information and referrals.
WHERE & HOW? Someone is available to talk to you about any issue you like, 24 hours a day, 7 days a week. It does not matter how long you need to talk to someone for.
Telephone help lines are confidential and you do not need to give your name.
COST? Kids Help Line is a free call from anywhere in Australia (except if you call from a mobile phone) 1800 55 1800. This help line is for all children under 18 years.
You can call Lifeline from most parts of the country for the cost of a local call on 131 114 (normal rates apply for mobiles). In South Australia you can call Youth Healthline on 1300 131719 for the cost of a local call (normal rates apply for mobiles).

Internet Sites

WHAT, WHERE & HOW? There are many websites that provide useful information for young people about mental health and other health issues. Most websites provide links to other useful sites and information.
Websites to check out if you are thinking about getting information and help related to depression or other mental health issues include:
- www.reachout.com.au
- www.ybblue.com.au
- www.headroom.net.au
- www.bluepages.anu.edu.au
Kids Help Line provides an online, free, and confidential counselling service for young people between the ages of 5 and 18 years. This service can be accessed via:
- www.kidselponline.com.au
Lean on me

SUPPORT CARDS

Family

Young people often find it helpful to go to family members to discuss issues if something is bothering them. Sometimes family members may be able to help you work through difficult issues. If not, they may be able to find other services or somebody else who is able to help.

If you want help approaching your family, maybe you can think of someone you trust who could go with you to talk with them.

Friends

Many young people go to their friends to discuss their concerns or problems, and to ask for help if something is worrying them.

Sometimes the friend is able to help, otherwise they may be able to locate the services of someone else who is able to help.

Trusted friends are good for talking to and for support.

Child & Youth/Adolescent Mental Health Service (CYMHS/CAMHS)

WHAT? Youth and adolescent mental health services provide free, confidential counselling and support for children and young people with mental health problems in the local community. These services help with life stresses, relationship stresses, and violence stresses, as well as mental health problems such as depression, anxiety, eating disorders, and behavioural problems. They are also able to help if young people are having thoughts about suicide or hurting themselves.

WHERE? Youth mental health centres are located throughout the community. To find your closest youth mental health service, have a look in the Yellow Pages or on the Internet.

HOW? You should make an appointment. However, if your need is urgent they may be able to see you immediately. You do not need a referral to go to a youth and mental health clinic. However, you may like to ask someone like your parent, carer, doctor, guidance officer/school counsellor or health worker to make an appointment for you.

COST? It is free to access youth mental health services.

Indigenous Health and Community Services

WHAT? These services provide culturally appropriate health care and support services for young Aboriginal and Torres Strait Islander people. The services work in partnership with other agencies and organisations to increase access for Aboriginal people to a broader range of mainstream services. A broad range of health care professionals such as doctors, nurses, counsellors, dentists and Aboriginal health workers work within these organisations.

WHERE? You may be able to find out about these services from an Aboriginal education worker if you have one in your school, or you could ask your school counsellor. These people may be able to provide you with information and contact details of local services. Appropriate services may be accessed through some of the child and adolescent services that operate in your area. Most Child & Youth/Adolescent Mental Health Services provide support for indigenous young people.

HOW? You will usually need to make an appointment. Generally, you will not require a referral, although your school counsellor/guidance/welfare officer, parent, or another teacher may like to make a referral for you.

COST? Most indigenous health and community services are either free or a limited cost applies. You should check about costs when you make an appointment.
**SUPPORT CARDS**

**Disability Support Services**

**WHAT?** These services support people with disabilities and their families. People with disabilities may require a range of services to assist them to be as independent as possible. Many services are provided at home, but other services are provided in community and school settings so that students with disabilities can better access education.

**WHERE?** A broad range of disability support services are available in each state. They may be located in hospitals, community agencies, and in private practice. There are many different services available, and you may receive support from more than one service.

**HOW?** You may be referred to a disability support service through a medical specialist, a nurse, your school, or a social/youth worker. You can also access services by contacting them directly. You can check the Yellow and White Pages under Disability Services to find out what is available in your area, or you could do a search on the Internet.

**COST?** You will need to check the service cost when you make an appointment. Many disability support services receive government funding but may ask you to pay a percentage of the cost of the service. The cost may vary depending on the type of service that is provided.

**Cultural Support Services**

**WHAT?** There are a wide range of cultural support services that cater for a variety of cultural concerns. They can provide information on health, employment, legal matters, housing, education, and immigration. They may also make referrals to services in other regions. Other services can include English language classes, counselling, emotional support, or women’s groups.

**WHERE?** A broad range of cultural support services are located in each state. They may be located in some schools, hospitals, community and government agencies, and in private practices. There are many different services available, and you may receive support from more than one of these services.

**HOW?** You may be referred to a cultural support service by a medical specialist, a nurse, a school counsellor, a social/youth worker, or an ESL (English as a Second Language) teacher if you have one in your school. However, you do not need a referral to seek assistance from these services. Have a look in the Yellow Pages under Organisations - Cultural & Educational for some listings of places close to you, or on the Internet.

**COST?** You will need to check if there is a cost involved when making an appointment with a service. If a cost is incurred, it may vary according to the service.

**Chaplain**

**WHAT?** The main role of chaplains in a school is religious or spiritual education and support. However, chaplains are also available to support and listen to young when they have personal or other difficulties. They often run extra-curricular or social type events in the school, attend excursions, camps, and other events, and can link young people with community organisations outside of school.

**WHERE?** School chaplains may only attend the school on a part-time basis so you may need to check with school reception staff about the days they are available.

**HOW?** It is advisable to make an appointment but if they are available they may be able to see a student immediately.

**COST?** There is no cost associated with seeing your school chaplain.

**Student Welfare Coordinator**

**WHAT?** A student welfare coordinator is someone who is there to provide assistance for students’ health and well-being. They provide direct counselling and support to students and will refer students on to other relevant support services if necessary. They can provide support with all personal, social, emotional, or educational issues, and any other issues young people want to discuss.

**WHERE?** Student welfare coordinators are based at the school. They have their own private office where young people can go to talk about their problems.

**HOW?** You usually need to make an appointment to see the student welfare coordinator but you do not require a referral.

**COST?** Student welfare coordinators do not charge for services.
The most important thing is knowing you are never alone - there’s always someone to talk to.
Lean on me

Session 8

home activity

2. Help-seeking behaviour

Now take a look at the graph on the following page representing the help-seeking patterns of young people.

Please note that:
This data was collected from the beyondblue survey that many Year 8 students at your school and other schools completed last year.
It reflects the responses of 5,632 students in three states – Queensland, South Australia and Victoria.
The graph represents students’ answers to 2 questions – (1) who they might suggest a friend get help from if their friend had been feeling sad and unhappy for a few weeks; and (2) who they might get help from if they were feeling sad and unhappy themselves.
The bars (or columns) represent how likely it was that students would recommend each source of support to their friend (dark column) and how likely they were to use each source of support themselves (light column).

Take some time to review the graph. Now answer the following questions in relation to the data:

Are these responses as you would expect? Were there any surprises for you in terms of who people were more likely to use or recommend for help?

Why might students be more likely to use or recommend some sources of support and not others?

Why do you think there are differences between the sources of support that students would recommend to friends compared with those that they would seek help from themselves?

What implications might these differences have for the design of the help-seeking space?
Year 8 (2003) Help-seeking patterns

The graph represents students' answers to 2 questions - (1) who they might suggest a friend get help from if their friend had been feeling sad and unhappy for a few weeks; and (2) who they might get help from if they were feeling sad and unhappy themselves.

The bars (or columns) represent how likely it was that students would recommend each source of support to their friend (dark column) and how likely they were to use each source of support themselves (light column).