



SHORE

Senior School

Counselling at Shore

during a school closure



Counselling at Shore during a School closure



During a school closure, the members of the counselling team will continue to offer a service to students and parents of the School. Although face-to-face meetings won't be possible, the counsellors will be available to 'meet' and consult via email, phone or teleconference. Members of the counselling team will continue to be available for consultation during office hours on their usual work days and work areas, as per the table at the end of this document.

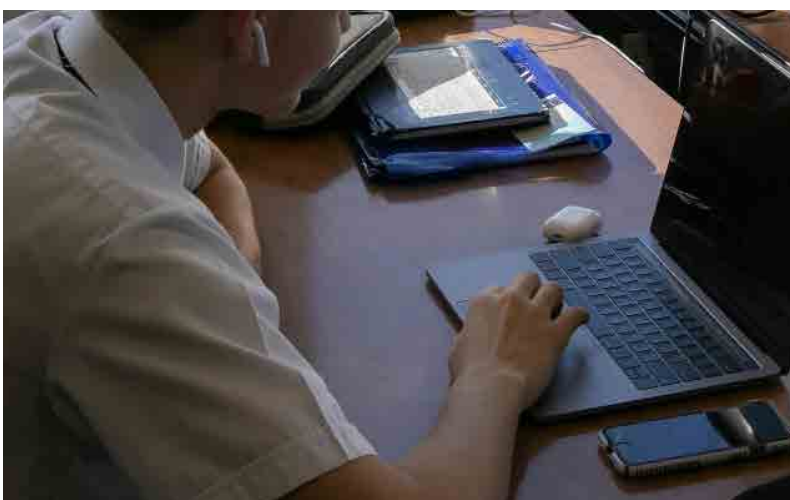
During a school closure there will be targeted triaging of students depending on their need. Counselling will be triaged as follows:

1 For students with low social-emotional needs:

Students who are generally coping well with their social-emotional demands will not be prioritised over the course of a school closure. Such students are encouraged to utilise the support of their family and friends.

2 For students with moderate to high social-emotional needs:

The Shore counselling team will continue to be available for students with moderate to high social-emotional needs. Counsellors will be able to monitor and talk with those students already known to them. In the first instance, students and parents should contact the appropriate counsellor via email (see below). Counsellors may then suggest further contact via phone or teleconference. Parents/students who are uncertain who to contact should use the following generic email address to raise a question with the counselling team: **shorecounsellors@shore.nsw.edu.au**



3 In the event of an emergency:

In the event of an emergency: Any student who experiences a social-emotional emergency during the course of a school closure should access community-based mental health support. We consider an emergency to be any scenario where there is an imminent risk of serious harm – either to self or others. The counselling team cannot provide emergency intervention in these instances.

Alternate avenues in the event of a major mental health emergency include:

- A general practitioner
- Other community based mental health services where the student is already know, such as the local Child and Adolescent Youth Mental Health (CYMHS) service
- The Emergency Department of a local hospital
- In the event of a critical emergency, families should call 000



Members of the counselling team will continue to be available for consultation during office hours.

Make an appointment to see a Counsellor via email

Psychologist/ Counsellor	Email	Work Area	Mon	Tues	Wed	Thurs	Fri
John Burns	jburns@shore.nsw.edu.au	Senior School Houses: AN, BS, BL, BY, CK, DN, EW, EY, HS	✓	✓	✓	✓	✓
Joelle Kinsella	jkinsella@shore.nsw.edu.au	Senior School Houses: GE, GR, MS, PE, RN, SL, SS, TY, WT	✓	✓	✓	✓	✓
Shelly Acland	sacland@shore.nsw.edu.au	Prep School: ELC/K-2/3-6	✓ North Sydney	✓ North Sydney	✓ North Sydney	✓ Northbridge	✓ North Sydney
Paul Kallaras	pkallaras@shore.nsw.edu.au	Senior School: Educational Services		✓	✓		✓
Cay Camden	ccamden@shore.nsw.edu.au	Senior School: Indigenous students	✓	✓			



Days Available



Not Available

If you are unsure which counsellor to see, email your request to: shorecounsellors@shore.nsw.edu.au

Kids Helpline

Tel: 1800 55 1800

is available to provide help to young people "Anytime. Any reason"

Kids helpline also offers and email and chat service via their website:

kidshelpline.com.au

Lifeline

Tel: 13 11 14

Lifeline also offers chat and text support via their website:

www.lifeline.org.au