

JOHN XXIII COLLEGE PSYCHOLOGISTS

WHEN YOU MAY WANT TO SEE A PSYCHOLOGIST

If you need support with:

- Anxiety/depression or any other mental health issue
- Social/family relationships
- Strategies for dealing with day-to-day life
- Concern for a friend
- Talking about or involvement in unsafe behaviours

WHAT IF I'M WORRIED ABOUT PEOPLE KNOWING?

Our support is confidential, and we can provide before and after school appointments if you prefer.

HOW DO I GET IN CONTACT?

Email psychologists@johnxxiii.edu.au *** to make an appointment or ask any further questions.

IF YOUR CONCERN IS AN EMERGENCY PLEASE CONTACT

- A trusted adult
- Kids Helpline 1800 55 1800 www.kidshelpline.com.au
- Headspace 1800 650 890 www.headspace.org.au/eheadspace
- Lifeline 131 114 www.lifeline.org.au
- Police 131444

