

Tips for Learning @ Home

Your Mental Health and Wellbeing remains one of our highest priorities during this COVID 19 pandemic. We're all in this together, if you need to talk, then phone our Support Team any time during School Hours.

There are further support lines that are ready to listen 24/7: **Lifeline 13 11 14** | **Beyond Blue 1300 22 4636** | **Kids Helpline 1800 55 1800**

Tips for your Mental Health



STAND PROUD | STAND STRONG | STAND TOGETHER