Provided below is a curated selection of services and supports available for schools.

### Whole-School: Proactive / Preventative Approaches

"I’d like to explore what approaches and frameworks my school can develop and implement to promote whole-school wellbeing in my school community."

#### Professional Learning

- **Compass: Navigating Whole-School Wellbeing**
  A 12-18 month initiative supporting schools to review and renew whole-school wellbeing.

- **Suicide Prevention Training: (provided by LivingWorks)**
  Part of the NSW Government’s Mental Health Recovery funding, schools may access a range of suicide prevention training options with a focus on secondary school settings.

- **Suicide Postvention Planning (provided by Be You)**
  Designed to support school teams to develop a suicide response plan to complement a school’s existing policies and provide a thoughtful and organised response following a death by suicide.

- **Wellbeing Conference**
  The 2022 conference, *Along for the ride*, will highlight the latest research, resources and ideas to promote whole-school wellbeing. 9 September 2022 – Luna Park

- **School Counsellors’ Conference**
  The 2022 theme, *Growing Stronger Together*, invites delegates to reflect on the opportunity to develop strength following adversity. 26 and 27 May 2022 – Online event

#### Resources and Planning Tools

- **Podcast series: Wellbeing**
  A compilation of 12 wellbeing podcast episodes for wellbeing teachers and leaders to support a whole-school approach for wellbeing. Each episode is designed to spark interest, affirm existing, evidence-based practice and stimulate new ideas.

- **Newsletter: “Wellbeing News”**
  Distributed each term, Wellbeing News is available for teachers and provides up to date information and signposts to practical resources.

- **Wellbeing Literature Review 2021**
  An overview of the different approaches to wellbeing over the past decade which identifies the most effective ways to support student wellbeing in schools.

- **Principles of Practice to Support Student Wellbeing**
  A briefing paper that details the considerations for schools when supporting the wellbeing and mental health of all students through education, prevention, early identification, intervention and ongoing support.

#### Networks

- **Wellbeing**
  Held in Week 3 each term, these meetings provide an opportunity for wellbeing leaders to engage in professional discourse and learning and share their practice and approaches to wellbeing.

- **School Counselling**
  Facilitated in Week 5 each term, these meetings are specifically designed to support those in school counselling roles by providing an opportunity for them to connect with each other and share input across a range of pertinent topics.
Individual Student Matters: Responsive Support

“I’m seeking advice and support for a student whose mental health needs are increasing. The student is not responding to the current supports and adjustments.”

There has been a critical incident at my school, and I want to know what supports are available.”

Advice and Consultancy Support
- Responding to critical incidents, such as student death by suicide.
- Personalised planning related to student matters.
- Undertaking a school Risk Assessment and Safety Planning.
- Collaborating with external mental health specialists.

Professional Learning
- Undertaking a school Risk Assessment.
- Safety planning for an individual student.
- Refining school’s referral pathways and processes.

Resources and Planning Tools
- Fact Sheets and Planning Proformas
  Guidance focused on identifying actions and adjustments to ensure meaningful participation and to reduce barriers for participation to best meet students’ needs. This includes a focus on individual planning and undertaking a school risk assessment.
- Case studies, with accompanying sample plans
  A series of case studies with accompanying sample plans are available to highlight application of the planning process for students with diverse needs.

Guidance Document for School Leaders
- School Counselling: Informed Consent and Storage and Disclosure of Information
  Designed to assist school leaders with facilitating the effective operation of school counselling with a focus on consent and storage of documentation, policies and procedures, as well as contractual considerations.

Who to contact?

Lisa Ridings
Associate Chief Executive: Student Services
E: lidings@aisnsw.edu.au
M: 0402 149 235

Jo McLean
Head of Professional Services
E: jmclean@aisnsw.edu.au
M: 0400 474 022

Elizabeth Maher
Manager: Student Services
E: emaher@aisnsw.edu.au
M: 0414 82 908

Leanne Woodley
Manager: Student Services
E: lwoodley@aisnsw.edu.au
M: 0457 762 298

© The Association of Independent Schools of NSW