



# AISNSW Student Services: Wellbeing and Mental Health

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?



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