



Your Wellbeing

Wellbeing
for learning



THINGS YOU NEED TO KNOW

Why am I doing the survey? This survey helps us to understand the link between your wellbeing and your learning, and how we can best support you to do well at school.

Is it a test? Do I need to be prepared?

Don't worry, this is not a test! There are no right or wrong answers. People think and feel different things. Your answers are very important and there is nothing that you need to do to prepare.

Do I have to answer all the questions?

Can I stop the survey part way through?

If you'd rather not answer some questions in this survey, that's fine. You can stop at any time.

If the questions upset me or if I feel I need to talk to someone, who can I go to?

You can discuss any concerns with your parents or carer, or someone that you trust such as a friend or teacher. Your school may also have some people to help you such as social workers, school psychologists, speech pathologists or school health nurses.

SOME HELPFUL CONTACTS

- + **Kids Helpline** 1800 551 800
- + **Kids Helpline Webchat**
Open 24/7 – 365 days
www.kidshelpline.com.au/get-help/webchat-counselling
- + **Lifeline** 131 114, www.lifeline.org.au
- + **Aboriginal Health Services**
Hobart 6234 0777; Launceston 6332 3800; Burnie 6436 4100
- + **eSafety Commissioner**
www.esafety.gov.au
- + **Headspace Online and Phone Support**
www.eheadspace.org.au
- + **ReachOut** au.reachout.com
- + **Working It Out** www.workingitout.org.au
- + **Your local Doctor**
- + **Phoenix Centre** Southern Tasmania 6234 9138; Northern Tasmania 6724 2820

