



# 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](http://www.kidshelpline.com.au/get-help/webchat-counselling)
- + **Lifeline** 131 114, [www.lifeline.org.au](http://www.lifeline.org.au)
- + **Aboriginal Health Services**  
Hobart 6234 0777; Launceston 6332 3800;  
Burnie 6431 3289
- + **eSafety Commissioner** [www.esafety.gov.au](http://www.esafety.gov.au)
- + **Headspace Online and Phone Support**  
[www.eheadspace.org.au](http://www.eheadspace.org.au)
- + **ReachOut** [au.reachout.com](http://au.reachout.com)
- + **Working It Out** [www.workingitout.org.au](http://www.workingitout.org.au)
- + **Your local Doctor**
- + **Phoenix Centre** Southern Tasmania  
6234 9138; Northern Tasmania 6724 2820

