



kidshelpline
@ School

is coming to our school!

will be connecting with a Kids Helpline Counsellor as part of the Kids Helpline @ School program



The program aims to:

- Improve students' emotional intelligence and wellbeing
- Assist students to develop resilience and learn new coping strategies
- Teach students about their support options and how to seek help
- Encourage positive digital citizenship/online safety

For more information about these sessions, please speak to your class teacher or visit:

kidshelpline.com.au/schools

For more information on Kids Helpline and how we can support your family, please visit:

kidshelpline.com.au

Optus Digital Thumbprint

Bupa Wellbeing

kidshelpline.com.au | **1800 55 1800**

FREE CALL
24/7

