



kidshelpline  
@HighSchool  
North QLD



# Help & Supports after Year 12

Jessica  
(Kids Helpline Counsellor)



Phone  
1800 55 1800

# Kids Helpline Anytime. Any Reason.

Counselling support for you and your friends  
We're here 24 hours a day, 7 days a week.  
No problem is too big or too small.



KHL Circles  
Peer Support



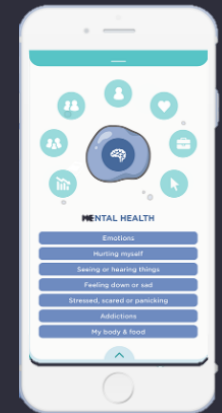
WebChat  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



Email  
[counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)



Tip Sheets  
[kidshelpline.com.au](http://kidshelpline.com.au)



Niggle App  
[kidshelpline.com.au](http://kidshelpline.com.au)

# Coping with Change

**1. NOW – This side  
of the River Bank**

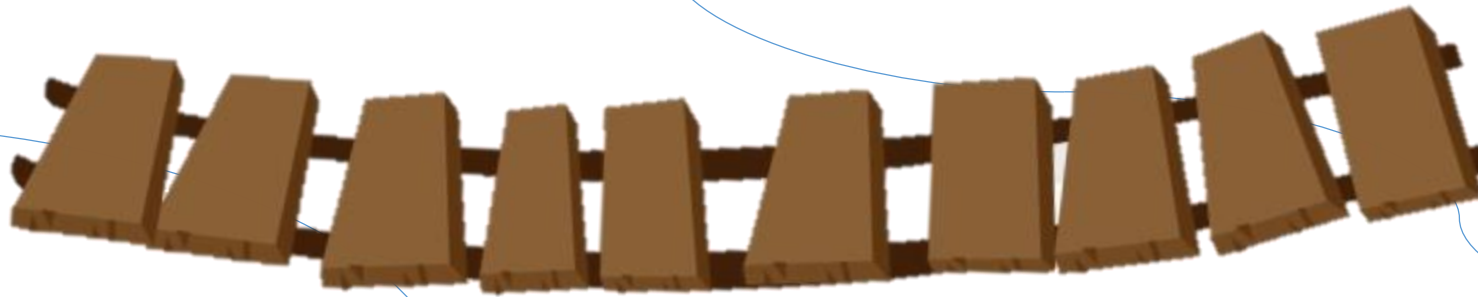
What are you going to miss  
about high school?

# Coping with Change

## 2. NEXT – Crossing the River

What are you worried about for next year?

# Coping with Change



## 3. Supports

What could help make this change easier?

- Work out what's in your control & remind yourself you've been through changes before
- Look after your wellbeing – sleep, exercise
- Keep up your regular routine
- Talk to others about how you are going
- Keep up what you enjoy doing & challenge yourself to give things a go

# Coping with Change

## 4. FUTURE – Woo Hoo!!!

What you are looking forward to in the future?