

Services and In-School Programs List



Program / Service	Topic	Support offered	Cost	Contact details:
Alannah & Madeline foundation	eSafety, preventing violence	<ul style="list-style-type: none"> E smart schools digital license Connect virtual workshops on cyber safety, bullying and the impacts of violence Sexting & image based abuse workshops 	Yes	https://connect.amf.org.au/book-a-workshop/
Be You	Training & Resources	<ul style="list-style-type: none"> Staff professional learning and training Whole of School wellbeing framework Online tip sheets and resources Once you are signed up you can be invited to local intra-school networking events and info sharing 	Nil	https://beyou.edu.au/
Be You - Consultants	Consultation & Networking	<ul style="list-style-type: none"> School signs up to be a 'Be You' school Partners with school leadership teams and/or education authorities to help implement wellbeing supports in schools Knowledge of mental health and wellbeing initiatives available to schools 	Nil	STaylor@headspace.org.au sdonald@headspace.org.au https://headspace.org.au/schools/headspace-in-schools/
Be You - Programs Directory	Programs Database	<ul style="list-style-type: none"> List of school-based programs to support social and emotional wellbeing 	-	https://beyou.edu.au/resources/programs-directory

Last updated: April 2021 Please email highschoolnq@kidshelpline.com.au to amend any incorrect details, or to request for any programs/ supports to be included in the directory. Inclusion in this list is not an endorsement of their services.

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Be You – Speakers List	Database	<ul style="list-style-type: none"> List of in available speakers Guidelines for best practice in inviting speakers into schools 	-	https://beyou.edu.au/resources/tools-and-guides/organising-speakers-guide
Brave Online Anxiety Program	Mental Health program	<ul style="list-style-type: none"> Online evidence based anxiety program for teens 	Nil	https://www.brave-online.com/
Bite back online program	Mental Health program	<ul style="list-style-type: none"> Online evidence based mental fitness program for teens 	Nil	https://www.biteback.org.au/
Bullying so Not Okay Program (headspace)	Facilitator Manual for teaching healthy friendship skills for female students	<ul style="list-style-type: none"> Group program manual 3 sections that teach group skill on 'all about bullying', 'friendships', and 'I am a girl' 	Nil	https://headspace.org.au/assets/Uploads/Bullying-So-not-Ok-Booklet.pdf
Cyberbullying Information portal - Old Department of Child Safety	Information and grants	<ul style="list-style-type: none"> Cyber Safety information and government grants for schools 	Nil	https://www.csyw.qld.gov.au/campaign/stop-cyberbullying/communities/local-projects-tackle-cyberbullying https://parentline.com.au/cyberbullying
Department of Education QLD - Mental Health & Wellbeing Coaches	Mental Health Consultants & Linking	<ul style="list-style-type: none"> Resource for staff seeking guidance on mental health support services available for students. 	Nil	https://intranet.qed.qld.gov.au/student/documents/mental-health-coaches.docx

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		<ul style="list-style-type: none"> • Good contact to ask about resources, programs, or what other schools are doing in the space of wellbeing • Some do school based parent talks 		
eSafety – Young and Esafe	Cyber Safety Lesson Plans	<ul style="list-style-type: none"> • Online safety lesson plans for Years 7-12 	-	https://beyou.edu.au/resources/programs-directory/young-and-esafe
headspace Schools - Suicide Response Support	Suicide Postvention	<ul style="list-style-type: none"> • School leadership & wellbeing staff support post a critical incidents of suicide or attempted suicide in the community • Can include a direct link (staff, parent, student) or member within that community 	Nil	<p>Phone or email a member of the team QLD Manager- 0455 079 803 (glivingstone@headspace.org.au)</p> <p>https://headspace.org.au/schools/contact-headspace-in-schools/</p>
Hinchinbrook Community Support Centre	Youth Support	<ul style="list-style-type: none"> • Counselling and youth worker support in the Ingham (Townsville) area 	Nil	http://www.hcsc.org.au/programs--services.html
Kids Helpline @ Primary School	Wellbeing and Cyber Safety Primary School workshops	<ul style="list-style-type: none"> • Video-link education sessions for primary school students by Kids Helpline Counsellors • Available Australia wide 	Nil	<p>07 3867 1284</p> <p>school@kidshelpline.com.au</p> <p>https://kidshelpline.com.au/schools</p>

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Love Bites Program	Respectful Relationships Education Program	<ul style="list-style-type: none"> School-based workshops on Relationship Violence and Sex & Relationships focus Two age groups designed for 11 to 14 year olds and 15 to 17 years 	Facilitator training costs	https://www.napcan.org.au/Programs/love-bites/
Principal Coaching and Support Service	Professional Learning	<ul style="list-style-type: none"> QLD Department of Education support for Leadership and school leaders 	Nil	Stephen Lewis-Driver, Principal Coaching and Support Manager SLewis-Driver@headspace.org.au 0455 935 808. https://headspace.org.au/schools/headspace-in-schools/
PCYC QLD	Youth Support Services & Program	<ul style="list-style-type: none"> PCYC centres often deliver respectful relationships programs such as Love Bites, Team Up social skills programs, and Drum Beat. 	Nil	https://www.pyc.org.au/youth-and-community/school-based-programs/
Positive Choices Website	Online drug education portal for school communities	<ul style="list-style-type: none"> Resource hub for schools Student fact sheets on drugs and alcohol 		https://positivechoices.org.au/
Project Rokit	Wellbeing & Cybersafety workshops	<ul style="list-style-type: none"> Student in school workshops YouTube videos sharing information for students on wellbeing & cyber safety 	Fee	https://www.projectrokit.com.au/schoolworkshops/

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QLD Health Ed-LinQ	Mental Health Consultants	<ul style="list-style-type: none"> • Support for school staff in navigating between education, QLD health & mental health services. Mental health advice • Some offer in school workshops 	Nil	https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/cymhs/cymhs-catchment-map.pdf
Reach Out Schools	Online mental health resources	<ul style="list-style-type: none"> • Activities and resources for teachers to teach mental health and wellbeing 	-	https://schools.au.reachout.com/
Real Talk	Sexuality and Relationships program	<ul style="list-style-type: none"> • Real Talk's presenters deliver the full message on sex and relationships using language and methods that teenagers respond to. Real Talk presents a message based on the Christian values of respect, dignity and self worth • Parent and carer workshops 	-	https://www.realtalkaustralia.com/
Resilience project	School resilience program	<ul style="list-style-type: none"> • The Resilience Project aims to support mental health in the classroom through school presentations and online learning packages based on positive psychology principles of resilience. 	Yes	https://theresilienceproject.com.au/education/
Schools Suicide Prevention Activities (SSPA) – headspace Schools	Suicide Prevention	<ul style="list-style-type: none"> • Student workshops for schools affected by bushfires • Teacher and parent workshops 	Nil	Narelle Corless, Program Manager 0418 527 145 email: ncorless@headspace.org.au .

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				https://headspace.org.au/schools/headspace-in-schools/
Strong and Deadly Futures School based AOD program	Alcohol & other drugs prevention Program	<ul style="list-style-type: none"> Alcohol and Other Drugs school based program designed for Aboriginal and Torres Strait Islander students University of Sydney designed 	Nil	https://strongdeadly.org.au/contact
Think You Know	Cyber Safety Workshops	<ul style="list-style-type: none"> Student, parent and teacher presentation. Information and resources 	Nil	https://www.thinkuknow.org.au/book-presentation
True – Relationships & Reproductive Health	Protective behaviours and relationships workshops	<ul style="list-style-type: none"> Student workshops on topics such as reproductive health, relationships and sexual relationships Educators Professional Development Parent and carer information sessions 	Fee	https://www.true.org.au/Education/all-school (07) 3250 0280 schools@true.org.au.
True – Phone support for educators	Lesbian, Gay, Bisexual, Trans, Intersex and Queer (LGBTIQ+) Professional Development	<ul style="list-style-type: none"> support line phone number is (07) 3250 0202. This phone line is open on Mondays from 1.30pm to 4.30pm and Tuesdays from 11am to 2pm during school term. 		https://www.true.org.au/Education/lgbtiq-inclusive-education diversity@true.org.au .

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Year 13	Post - School information for students	<ul style="list-style-type: none"> • Website directory of student supports for life after school • Free Professional Development on post-schooling pathways 	Nil	https://year13.com.au/
Youth Sense	Post - School pathways info for educators	<ul style="list-style-type: none"> • Website of webinars and articles, and research on how to support Year 11 & 12s with post schooling pathways 	Nil	https://youthsense.com.au/educators/year13-report-better-pathways-school-leavers/
Youth Wellbeing Project	Protective Behaviours & Pornography	<ul style="list-style-type: none"> • Education, professional training, student & parent presentations and resources for schools on online safety including sexual harms from pornography 	Yes	https://www.youthwellbeingproject.com.au/