



Where can I go to get HELP?

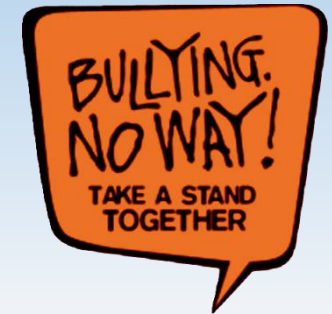
Mr. Karl Helbig is the school's guidance officer. He has an extensive background in schools and has completed a Masters qualification in educational guidance and counselling, including career counselling.

Supporting students is his number 1 priority.

Parents/guardians and students can confidentially ask our guidance officer a specific question or request a time to meet by sending an email to GO@burnettsc.eq.edu.au



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bullyingnoway.gov.au



Kids Helpline
24 hour (FREE) call
1800 55 1800
www.kidshelp.com.au
We care. We listen.

"I'M WORRIED ABOUT MY FRIEND"

Black Dog Institute
Support for Mental Health
www.blackdoginstitute.org.au

CRISIS SUPPORT CHAT
Text chat support, 7pm - Midnight

Lifeline
13 11 14
24 hours a day, 365 days a year.
Crisis Support and Suicide Prevention

NATIONAL SUICIDE PREVENTION LIFELINE™
1800-273-8255
www.suicidepreventionlifeline.org

#YouCanTalk
... about suicide
www.beyondblue.org.au
beyondblue

Help with overcoming Anxiety
The BRAVE PROGRAM.
For kids, children & teenagers

Talk now to a Mental Health Professional
1300 22 4636