

# School Guidance Officers

*Here to help students and their families*

Guidance officers are available to support *ALL* students in the areas of **social, personal and academic achievement, plus career development.**

Guidance officers help students by providing **confidential**, student-centred support in the following areas...



Guidance officers assist students in meeting learning goals and becoming productive, well-adjusted adults of tomorrow.

Guidance officers help schools manage **students with complex needs**, by working with teachers, families and community agencies to help ensure that individual students **develop to their potential.**



## Mental Health & Wellbeing

- Positive mental health and well-being, early intervention
- Respond to suicide ideation and refer to specialist help
- Respond to emergencies and critical incidents

## Counselling

- Personal & group counselling, promoting engagement in learning
- Personal, mental health, emotional and family issues
- Trauma and crisis counselling
- Mediation support for students with their teachers and families

## Work & Career Counselling

- Support with job readiness, resume writing, life planning
- Career guidance in subject selection and post-school pathways

## Assessment & Intervention

- Educational and psychological assessment in child and adolescent development
- Collaboratively plan and implement evidence-based interventions with staff, families and other professionals & agencies

## Behaviour

- Advice and support to students, families, and staff
- Individual interventions to re-engage students in learning
- Develop crisis and risk management plans
- Provide intensive individual and group behaviour programs





## Who is my school's Guidance Officer?

Mr. Karl Helbig is the school's guidance officer. He has an extensive background as a teacher and has completed a Masters qualification in Educational Guidance and Counselling, including career counselling.

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](mailto:GO@burnettsc.eq.edu.au)

**NOTE:** Email contact is NOT for emergencies.

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Please copy link here:  
[bullyingnoway.gov.au](http://bullyingnoway.gov.au)



**Kids Helpline**  
24 hour (FREE) call  
1800 55 1800  
[www.kidshelp.com.au](http://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](http://www.blackdoginstitute.org.au)

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

**#YouCanTalk**  
... about suicide  
[www.beyondblue.org.au](http://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**