



# Wellbeing Support

*Prep - Year 12*

If you require wellbeing support, please connect with your class teacher, PCG teacher or Head of House via email.

The following staff are also available for your support.



**Mr Damian Davis**  
Head of Staff and Students P-5  
E: [ddavis@pacluth.qld.edu.au](mailto:ddavis@pacluth.qld.edu.au)



**Pastor Tim Jarick**  
College Pastor  
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**Mr Ben Ryan**  
Director of Students  
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**Ms Annie Williams**  
College Counsellor  
E: [awilliams@pacluth.qld.edu.au](mailto:awilliams@pacluth.qld.edu.au)



**Ms Leigh Finter**  
Head of Senior College Students, Acting  
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## Other networks

**As well as the College's Pastoral Care program, there are a variety of external tools and resources which families can access to assist in supporting their wellbeing during this time.**

The College has a SchoolTV subscription, which is free for students and parents to access. There are monthly editions with a variety of resources on different topics. Specifically, they have released the following Special Reports in response to COVID-19:

- [COVID-19 Special Report](#)
- [Remote Learning Special Report](#)



*Headspace has a range of interactive meditations available and articles on how to reduce stress, anxiety and improve sleep. The app can be downloaded for free on Apple or Android.*



*Smiling Mind focuses on mindfulness and has released a Thrive Inside initiative in direct response to COVID-19. Their app also has a range of daily exercises and is available for Apple and Android.*



*In response to COVID-19, Beyond Blue is developing a dedicated Mental Health Support Service to help Australians. The service will offer free counselling and resources to support mental health during this time.*



*Kids Helpline offers free counselling 24/7 either online or over the phone. During COVID-19, Kids Helpline Counsellors can provide emotional support at any time for both students and parents.*



*Black Dog Institute has a range of evidence-based tools and resources for students and parents to access during COVID-19. Focusing on reducing anxiety and stress, their resources aim to 'settle the mind'.*



*ReachOut is a free online mental health organisation for young people and their parents. They provide support across a range of areas including mental health and relationships.*

