



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



Pastor Tim Jarick
College Pastor
E: tjarick@pacluth.qld.edu.au



Mr Ben Ryan
Director of Students
E: bryan@pacluth.qld.edu.au



Ms Annie Williams
College Counsellor
E: awilliams@pacluth.qld.edu.au



Ms Leigh Finter
Head of Senior College Students, Acting
E: lfinter@pacluth.qld.edu.au

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.

