



# Share the care with schools

Changes in your child's mental health can affect their schooling and relationships, however support is available for school students experiencing mental health concerns.

**Please let your school know if your child has presented at or been admitted to hospital for mental health issues so they can discuss further support.**

You or an advocate can talk to the Principal, Assistant Principal or School Counsellor/ Psychologist to develop a plan.

## Ask your school for help with:

- Keeping your child or young person safe.
- Returning to school following a mental health crisis.
- Identifying school staff your child or young person can talk to.
- Developing an individual support plan to help stay connected with school during tough times. This might include flexibility around school hours, homework or catching up with school work.
- Accessing support from the school and outside agencies.

