



SCHOOL MENTAL HEALTH SERVICE

INFORMATION FOR STUDENTS

Mental health practitioners are based in our school to support you with mild to moderate and emerging mental health concerns.

You could see a practitioner for many reasons, including:

- assessing your mental health needs and concerns
- supporting you to develop strategies to manage distress and maintain your mental health
- helping you find someone to support more complex mental health needs
- supporting referrals and linking to other services.

Practitioners have formal training in psychology, social work and/or occupational therapy and experience working in mental health related settings. They work collaboratively with you, your families or guardians, education staff, other support service providers and external agencies to help improve your psychological health and emotional wellbeing.

How does the service work?

The SMHS provides a brief intervention service – short term, time limited support.

The practitioners work with you and your family or carer to identify difficulties, determine goals and complete a SMHS wellbeing safety plan. This information is then used to plan future sessions.

Focus on skill building and providing helpful information will support you to develop coping strategies and assist your family or carer to understand your current situation.

What if I need longer term support?

If longer term or more complex supports are needed, the practitioner will work with you and your family or carers to identify and link in with ongoing support services.

Are parents and carers involved in the service?

Where possible, the practitioners will take a family-based approach. This means we might ask your parents or carers to join the conversation.

Is there a cost?

The SMHS is free. The SMHS is fully funded by the Department for Education and is offered with no cost to you.

How do I book to use the SMHS?

Schools have a range of strategies and programs in place to support student mental health and wellbeing. If you have mental health or wellbeing concerns, these should be discussed with your teacher or the school's wellbeing staff in the first instance.

The wellbeing team will consider your needs refer you to the SMHS if needed. You don't need to see a general practitioner or get a mental health care plan to access the SMHS.

How does the service maintain confidentiality?

The SMHS offers a confidential service and relevant information may be shared with School Leaders (with parent and your consent). Details about confidentiality and information sharing will be discussed further at your initial appointment.

When issues of safety are identified, the practitioner will provide information to the school to ensure you are supported.

SMHS practitioners are Mandated Notifiers.



Where can I go for more information?

For more information about the SMHS, visit www.education.sa.gov.au/SMHS

