



**HAMPTON**  
Senior High School

An Independent Public School

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**ASPIRE | INNOVATE | ACHIEVE**

Dear Families,

While we hope that you and your family have an enjoyable term break we also know that this time can be difficult for some students and families. If you have concerns about your child's social emotional well-being over the school holidays, please consider the following:

- Contact your **GP**. Your GP will be able to provide support and information as well as assist with referrals to other services through a Mental Health Treatment Plan.
- In an **emergency** take your child to Perth Children's Hospital or the emergency department at your local hospital.
- Contact the **Urgent mental health telephone support** line on **1800 048 636** 24 hours 7 days a week for emergency mental health assessment and advice.
- The following agencies may also be of assistance:
  - **Child and Adolescent Mental Health Service** (Referrals through GP or other health professionals). Phone 9250 5777
  - **Youth Focus** provides free counselling to young people aged 12 to 25 years and their families, who may be experiencing symptoms of depression. Phone 6266 4333.
  - **Headspace** provides mental health support and information for people aged 12 to 25 years. Midland Phone 9274 8860 or Osborne Park Phone 9208 9555
  - **Reconnect** provides support through individual and/or family counselling, mediation, information, advocacy and referral.
    - **Mercy Reconnect** (Morley and Southern Suburbs) Phone 1800 800 046
    - **Parkerville Reconnect** (City of Swan and Town of Bassendean Area) Phone 9274 8440

Useful telephone numbers:

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- Mental Health Emergency Response Line 1300 555 788
- Urgent mental health telephone support for children and families 1800 048 636
- Crisis Care 9223 1111
- eHeadspace 1800 650 890 or [eheadspace.org.au](http://eheadspace.org.au)
- Family Helpline 9223 1100 or 1800 643 000

We wish you a safe and enjoyable term break.

Yours sincerely,

Cary Wong  
Student Services Manager

Beatrice Foong  
School Psychologist

Hannah Cottrill  
School Psychologist

14 Dec 2023