



Health and Wellbeing Presentation

By the

Plympton International College

Wellbeing Ambassadors



Introduction:

- Who are we?

We are the 2019 student representative council wellbeing ambassadors. After looking at the student wellbeing and engagement data we decided that supporting students to find health agencies would benefit our college.

Our names are Francesca, Grace, Natalya, Paolo and Zaki.

- What will we be talking about?

Health agencies that we believe can support you with your wellbeing.

Mental Wellbeing



Black Dog:

- Black dog is an institution that aims to reduce mental illness such as anxiety, bipolar disorder, depression and prevent suicide and self-harm.
- Black Dog's vision is for a mentally healthier world.
- Black Dog directs you to many support services such as kids' helpline, suicide call back, beyond blue and many more.
- If you think you need any help you can head to their website (<https://www.blackdoginstitute.org.au/>) which is home to many *helpful* videos, articles (on when and where to get help) and emergency support services that you can visit any time.



Kids Helpline:

- Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years old.
- Sessions are completely private and remain confidential.
- Young people can choose which gender counsellor to speak to.
- Everyone is treated with respect and without judgement
- Kids Helpline provides a large variety of tips and suggestions.



Beyond Blue:

- Beyond Blue focuses on mental illness and is open to all ages.
- Beyond Blue wants to help people going through tough times and wants to equip people with a stronger mental wellbeing.



headspace:

- Is for young people aged between 12-25 that need information relating to general mental health, physical health, work and study and alcohol and other drugs.
- Some topics it supports you with is technology, bullying, anger, grief and loss, relationships and sex, sexuality and gender.
- It is a free confidential service.
- The closest centre to PIC is Wakefield Street, Adelaide and there is also clinics at Christies Beach and Port Adelaide.
- Here is a clip about what it's like in a headspace clinic...
- <https://www.youtube.com/watch?v=pTHVxrEsr68>



Sexual Wellbeing



SHINE SA:

- Today SHINE SA is a leading not-for-profit provider of primary care services and education for sexual and relationship wellbeing.
- They can help with sexually transmitted infections and blood borne viruses, contraception, pregnancy, puberty, sexual and gender diversity, disability and sexuality.
- The great thing about SHINE SA is that you don't need to make an appointment. You're able to just walk in from 1pm-4pm, Monday-Thursday at the Woodville clinic and 1pm-4pm on Fridays. They'll fit you in and its free!

The logo for SHINE SA is centered within a white circle that has a teal border. The circle is positioned on the right side of the slide, overlapping a vertical teal bar that runs from the top to the bottom of the page. The text 'SHINE SA' is written in a bold, sans-serif font. 'SHINE' is in dark blue, and 'SA' is in teal.

SHINE SA

SHINE SA services:



- Clinical teams include doctors, nurses and midwives who provide great help with STI testing and management, including contraception services, emergency contraception, pregnancy testing and referrals.
- Counselling provides help with relationship issues, any issues to do with sexuality (including body image), or living with a sexually transmitted infection.
- SHINE SA is located 64 Woodville Road, Woodville and 57 Hyde Street, Adelaide.

Physical Wellbeing



Butterfly National Helpline:

- Butterfly national helpline is the place to go for anyone with eating disorders and body-image issues.
- Butterfly Foundation offers many services and programs that provide support, treatment and prevention.
- If you feel you need help you can call their national help line on 1800 33 4673, you can chat online or email them.



How to physically look after yourself:

Exercise

Exercise regularly. Teens should be physically active at least 60 minutes of every day.

Eat

Eat a healthy diet. Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.

Sleep

Get enough sleep. Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.

Wear

Wear sunscreen. Getting just one bad sunburn as a child or teenager increases your risk of getting skin cancer as an adult.

Reduce

Reduce screen time. Try to reduce screen time each day.



Helpline contacts:

- Kids Helpline- 1800 55 1800
- Beyond Blue- 1300 224 636
- headspace- 1800 650 890
- SHINE SA- 1300 794 584
- Butterfly National Helpline- 1800 334 673



Thank you,
Any questions?