



Tuesday 25 February 2020

RESOURCES

There is a significant support network available to our students at the School and we encourage them to draw on these resources at any time. Access to support from our psychologists at the Kennedy Medical Centre (Corio Campus) can be arranged by [email](#), or by visiting the Kennedy directly to make an appointment. We also encourage students to speak directly to their Head of House, a trusted teacher or staff member.

One-on-one support

Reach Out provides one-on-one support with a professional family and parenting coach to help you to better understand what's going on with your child, build skills to connect and communicate, and create an action plan to help them through a tough time. **For more information visit [Reach Out](#)**

Talking to children about a suicide loss

Children and young people have different ways of responding to the loss of a loved one compared to adults. A child's understanding of death is related to age, verbal ability and cognitive development. Being honest and helping a grieving child feel safe is very important. **For more information visit [Beyond Blue](#)**

Suicide Bereavement

Grief is a normal response to losing someone important to us. When someone dies by suicide, those bereaved often experience a very complicated form of grief caused by a combination of sudden shock, unanswered questions of 'Why?' and feelings of 'What could I have done?'. They may experience a range of emotions highlighting the dramatic personal effect suicide can have and the important but difficult task of helping someone bereaved by suicide. **For more information visit [Lifeline](#)**

Suicide Prevention

Suicide is the leading cause of death for Australians aged between 15 and 44. Men are four times more likely to die by suicide than women and ABS data (2012) shows more people die from suicide than road deaths. Most people don't want to die they just want their pain to stop. Everyone has a role to play in preventing suicide. Choices we make today can help prevent suicide. **For more information visit [Lifeline](#)**

Mental Health

There are many factors that can contribute to someone experiencing suicidal thoughts. These thoughts can be related to a person's mood, past or current life circumstances, or as a part of a mental health condition. Many young people have thoughts of suicide when life seems unbearable and they want to end their pain. Most young people who have suicidal thoughts may not actually want to die, they just can't imagine another way out of what they are going through. **For more information visit [headspace](#)**

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