



30th March 2020

Using the school psychologist online

Dear Hampton Park Primary School community,

Over the next few months many of us will be working and learning from home as a result of the national response to the COVID-19 pandemic. Just as the teachers and students will be preparing to continue their work using on-line tools, so too will the school psychologist.

As always, requests for school psychology support usually occur through discussion with the teacher and Deputy Principal. Referrals may also come directly to my e-mail sheldyn.garnaut@education.wa.edu.au but these will still be discussed and prioritized with the student services team.

When a referral for a student working from home comes to the top of my waitlist, I will be offering families the choice to work with myself via the following on-line tools:

- Phone or E-mail
- Private chat room meetings (only via WebEx software).
- Video conference meetings (only via WebEx software).

Much of the support I provide on-line may be delivered through parents. When appropriate, I will also be able to run sessions with individual students using the on-line tools listed above.

The on-line school psychology service will remain available via appointment only and during my scheduled working day; Monday. Should there be a need to access psychology support at short notice or afterhours, the following services are recommended:

- Kids Helpline -phone; 1800 55 1800 | resources; <https://kidshelpline.com.au/>
- Headspace -phone; 1800 650 890 | chat; www.eheadspace.org.au
- Mental Health Emergency Response Line—phone; 1800 048 636 (Under 16) 1300 555 788 (16 years and above) | resources; <https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-response-line/>

Warm Regards

Sheldyn Garnaut

Psychologist with the School Psychology Service

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