



Relieving Principal
Kathleen Maksymczuk



Deputy Principal
David Lickess
Lee-Anne Jones

Year 7
Tara Morrison

Year 8
Hayley Wilson

Year 9
Riley Pike

Year 10
Peita Coote

Year 11
Georgina Price

Year 12
Rachel Eagles

Careers Advisor
Daniel West

School Counsellor
Elisabeth McIntyre

**Student Support
Officer**
Brooke Sargent

**HT
Wellbeing/Transition
and SRC Coordinator**
Amy Adams



LIKE US ON





Principal's Message

Dear Parent, Carers and Students,

It is hard to believe we are coming to the end of Week 4 already. We have certainly returned to a busy time here at school and it is great to be able to offer a range of experiences for our students in a Covid-19 safe way. Congratulations to all the students who participated in our week of colour runs. It was a great way to cap off each day of the week last week and to also take some time to open the conversation about ensuring we look after our mental health.



Year 12 Colour Run



This week is the final week for year 12 onsite before they commence their Higher School Certificate examinations on the 9th November. As I write this, we have all of the final preparations in place for our farewell event. We will record this event and share it with our families who are not able to be on site. We are excited for the formal graduation dinner when we can come together to celebrate the achievement of completing the Higher School Certificate.



FHS Year 12 Students 2021

Year 11 reports will come home next week, and we have a new process for students to following regarding changing subjects. This is an important decision and I encourage you to speak with the school before confirming that change.

Attendance is incredibly important, and we are looking for different ways to celebrate students with excellent attendance. We do ask that you help us by trying to make appointments outside of school hours wherever possible. Additionally, there are some



students arriving late in the morning. The time in the morning to meet with their Year Advisor is a great start to the day and to also receive notices and changes to daily routine. Please support us in supporting your child by having them here on time. Attendance does matter.

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...



education.nsw.gov.au

Additionally, we do not always have a duty student available. Please ensure that you call to organise a leave pass, only if necessary for a vital appointment. Where possible, ensure your child is aware and able to pick up that pass at recess or lunch. From the above infographic, you can see how quickly a small amount of missed time accumulates. Learning happens when students are in the classroom.

We are also introducing changes to how the students are able to engage with their mobile phones at school. More detailed information is being sent home and we have provided information in previous newsletters. The evidence is clear on the impact of mobile phones on student learning. We ask that you work with us to strengthen the learning of your student here at Forbes High and we know that this first step, although there may be some challenges is a necessary one. Please contact the school if you need any further information.

Thank you for all that you do every day to support our school. We are eager to have parents and community back on site as soon as we restrictions ease. Please reach out and contact the school for anything that you need.

Warm regards.

Kathleen Maksymczuk

Deputy Principal's Message



Dear Parents and Carers,

Firstly, I would like to thank the Forbes High School community for welcoming me so positively into the Deputy Principal chair.

While I have been a Head Teacher at the school for 5 years now, this position allows me to further my passion of developing the amazing student body we have at this school in collaboration with the dedicated and enthusiastic staff.

The first few weeks back have been a whirlwind and it is hard to believe we are now into Week 4. We have run elections for, and duly elected, our 2022 School Captains and my heartiest congratulations to them. I know you will make the school and your families proud over the coming year.

We have just finished Check-in Assessments with years 7, 8 and 9. These assessments are critical in allowing us to see where the students are achieving regarding their literacy and numeracy. It also allows us to tailor the teaching to fill in the gaps in the students learning.

I hope that the washing machines coped with all the washing that came home from the colour runs last week. However, the students were amazing. They engaged in the fun and frivolities, great big smiles on their faces and having fun in what, to be honest, has not been the most enjoyable of times of late. I would like to take this forum to thank ALL the staff and at the school who helped to organise and run the events. Without the dedication of staff and the school spirit of the students these events do not get run.

While on the subject of uniforms, we are absolutely cognisant that we are close to the end of the year and buying new items for them to grow out of them over summer isn't really a good use of family income. It is becoming more frequent that we are having to speak to students in regard to not wearing the correct attire to school.



A simple note from home explaining the reasons for non-uniform items as well as the length of time it is expected to last would avoid unnecessary stress on students at the beginning of the day and recess.

You will no doubt by now be aware that Forbes High School is introducing “Yondr” pouches later in the term. There is more information later in this newsletter and coming home in a letter as well as on Facebook. Data shows us that since the introduction of mobile devices it is universally understood that the use of these devices can have a negative impact upon learning.

At FHS these impacts include a distraction to learning, poor sleeping patterns, lack of focus in class, being withdrawn, cyberbullying, used to coordinate meetings and enflame conflict, constant need to be in contact with peers and family leading to Fear of Missing Out. I am sure, as parents and carers, you can identify with these and other behaviours that occur daily. Please feel free to contact myself or Ms Jones if you require any further information about the pouches.

Covid has brought us many changes, one of the more positive for me has been the way the students have reacted to the imposition of them having to stay in year groups during recess and lunch this term. They have readily accepted that this will be the norm for the short term, and it is also great to see how the students are engaging with different friendships within their year group and forming new bonds through adversity.

Have an amazing rest of the week

David Lickess



School Learning Support Officer - Secondary

School Learning Support Officers at Forbes High School in Regional NSW

- Expressions of Interest for Casual and/or Temporary Employment

Why work with us?

At Forbes High School we deliver education for a better quality of life, through innovation, enabling young people to lead extraordinary lives.

Forbes High School is a rural 7-12 coeducational comprehensive high school that caters for a diverse demographic of 330 students. 29% of our students identify as Aboriginal and Torres Strait Islander students. We have 4 Support classes accessed by 30 students.

We promote Positive Behaviour for Learning and have core values of Respect, Responsibility, Doing Our Best and Honesty which are reflected across all aspects of school life. We have a Wellness Hub on site that underpins and supports positive student wellbeing. We actively identify as a White Ribbon school.

We adopt a holistic approach to student achievement and students have the opportunity to succeed in sporting, cultural, creative and performing arts. We maintain a broad and rigorous academic curriculum and offer an extensive range of vocational courses. Our students are taught by dynamic, motivated and committed staff in a technology rich environment.

Strong community partnerships have been formed and these provide invaluable support to the school across many contexts including student wellbeing programs, vocational opportunities and shared resources.

About the role

School learning support officers work under the direction and supervision of the classroom teacher. They provide support and assistance to students with diverse learning needs including disability to achieve educational outcomes. School learning and support officers provide assistance with:

- School routines,
- Classroom activities,
- Other learning environments, and
- The care and management of students with disability and additional learning and support needs.



Specific selection criteria

- Demonstrated ability to work effectively as part of a team.
- Ability to work with students with emotional, physical or intellectual disabilities. (max 300 words)
- Awareness of the needs of students with emotional, physical or intellectual disabilities. (max 300 words)
- Effective communication skills. (max 300 words)

Essential Requirements

- Working with Children Check Clearance
- Completion of mandatory training required by the Department of Education and willingness to undertake first aid training relevant to the School Learning Support Officer role.
- Administration of Medications – training to be provided based on student needs.
- Health support training to be provided based on student needs (subject to transition provisions).

How to apply

Applicants should email an expression of interest including a cover letter (maximum 3 pages) and resume (maximum 5 pages), that demonstrates how their skills, knowledge and experience can contribute to the success of this role and meets the essential qualifications/certifications and selection criteria. Applicants should also include the contact telephone number of two referees, one being their current supervisor.

Contact: Anita Morrison

Email: anita.morrison1@det.nsw.edu.au

Call: 02 6852 2666



General Assistant – Expression of Interest

General Assistant at Forbes High School in Regional NSW.

- Relieving part time

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About the role

The General Assistant performs a range of tasks relating to the routine maintenance and upkeep of a Departmental school/grounds. The role may assist with the set-up and removal of furniture and equipment for school activities.

A General Assistant may be required, subject to Workplace Health and Safety obligations, to perform duties from the range listed:

- Organising rooms, furniture, audio visual aids, public address systems, lockers and other items/equipment for school activities as required; dismantle and store items when not in use (with assistance where required). (NB. the role is not responsible for operating audio visual equipment or public address systems)



- Identify and report maintenance / safety issues to the role supervisor; undertake minor maintenance of buildings and equipment not covered by contracts or requiring a qualified tradesperson
- Maintaining and caring for school grounds, including: mowing school lawns and playing fields; marking of school playing fields; preparation of ground for planting trees and shrubs and planting and watering of same; pruning shrubs, trimming hedges, light lopping and trimming of trees. Safely and proficiently operate mowers, tools and equipment; store and maintain mowers, tools and equipment in accordance with WHS standards.
- Unpack, store and/or distribute supplies in accordance with school procedures and safe work standards (e.g. chemical storage and handling); assist with school stocktakes as required
- Monitoring school security systems and reporting faults to the Principal or Line Manager.
- To be successful in the role you will need to have good planning and prioritising skills and good communication skills to work effectively with others. Work cooperatively with the role supervisor to prioritise upcoming tasks and respond flexibly to competing / emerging minor maintenance priorities.
- Maintaining cooperative relationships with teaching and non-teaching staff

Specific selection criteria

- Provide an example of how you have prioritised tasks to maintain a property with minimal supervision (max 300 words).
- Provide an example of how you have identified and managed a potential hazard requiring maintenance (max 300 words).

Essential Requirements

- Working with Children Check Clearance
- Completion of mandatory training required by the Department of Education

How to apply

Applicants should email an expression of interest including a cover letter (maximum 3 pages) and resume (maximum 5 pages), that demonstrates how their skills, knowledge and experience can contribute to the success of this role



and meets the essential qualifications/certifications and selection criteria. Applicants should also include the contact telephone number of two referees, one being their current supervisor.

Contact: Anita Morrison

Email: anita.morrison1@det.nsw.edu.au

Call: 02 6852 2666

Mobile Device Plan and Procedures

In response to the increasingly negative impact of mobile phones and social media upon student's education and levels of happiness, Forbes High School have redeveloped the school Mobile Device Procedure. The aim of this procedure is to clearly outline to students, parents and staff the school's intent to become a phone free school.



In order to become a phone-free school, Forbes High School has joined with Yondr to purchase pouches and unlocking stations. Yondr pouches are used in 1000s of schools locally and around the world and have been found to be an effective way to manage distractions and improve educational outcomes. Each student will be issued with a pouch into which they will place their phone and lock into the pouch upon arrival at school until they leave.

Please use the QR code to read the Responsible Use of Mobile Devices Plan Procedures document. Or [follow this link](#) to read the document.

We are sure that students and parents will have many questions and we will be responding to frequently asked questions in the next newsletter.

This procedure will come into effect from Monday 6 December 2021.



**What's
Happening
At
Forbes
High
School**

Week 3 & 4 of Term 4 2021

Week 3

1 Nov
2 Nov Transition
3 Nov
4 Nov
5 Nov

Week 4

8 Nov
9 Nov HSC Exams commence
Transition
10 Nov
11 Nov
12 Nov

Reminder

To start the day off
right, breakfast club
is now running out of
the canteen and is
now serving free toast

FHS P & C

Below are the dates of the FHS P&C meetings for the remainder of 2021. All members of the Forbes High School Community are welcome to attend.

- Wednesday 10th November (venue/ time TBC)
- Wednesday 8th December + Xmas dinner @ Club Forbes

FHS P&C Executive committee 2021

President: Raewyn Molloy **Vice president:** Jo Barnard
Vice President: Louise Allen **Treasurer:** Lisa Fraser
Secretary: Nat Walker

FHS P&C would like to welcome new families to come along and join up.

Membership forms can be found on the school website.

Membership fees are \$2.

For further information please feel free to contact the committee on forbeshighschool@pandcaffiliate.org.au

**IMPORTANT – PLEASE READ
PASS OUT PROCEDURE**

If your student requires a pass out from school, please send a note to be handed in to the office when they first get to school or ring the office on 6852 2666. Please be aware that pass outs can only be collected at recess and lunch.

Please let your student know that they need to collect the pass out from the office during recess (11-11:30am) and lunch (1:30 – 2pm). Pass outs will not be delivered to the students during class time.



SCHOOL VISITOR CHECK IN

A single School Visitor Check-In system for every school across the state is coming from 18th October! The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include: -

- Accelerating your check-ins to as fast as 20 seconds!
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW COVID-19 mandate.
- Giving every school greater access to streamlined NSW Government services.

Watch our short parent video to see [how it works for parents](#) or our [contractor video](#).

Who can use School Visitor check-in: - visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-In. For more information visit School Visitor Check-In on the department website.

NSW Department of Education

School Visitor Check-in



All visitors and contractors are required to check-in at the front office at all times.

education.nsw.gov.au



NSW Department of Education

Thank you for visiting our school



Please remember to check out **on your app** and return your visitor ID to the front office.

education.nsw.gov.au





ATTENDANCE MATTERS

Attendance at school every day improves a student's chance of completing the HSC, getting a good job and having good health and happiness across their lifetime. This week we have recognised the students below who have maintained above 90% attendance in the first 12 days of term.

161 students met this benchmark, that is 49% of the school.

Well done to all of these students and we hope you enjoyed your little treat!

Ashden Berry	Taleeka Bakker	Gabrielle Clark
Tylah Bond	Bella Bond	Ebonnie Colvin-Hopley
Benjamin Boyd	Jesse Byrne	Jackson Cowell
Abbey Browne	William Cheney	Emma Dick
Noah Bryant	Stuart Cuskelly	Gemma Ellis
Madison Burbage	Jeremy Darcy	Jade Emerson
Jye Bush	Karl Emery	Ayden Flick
Seth Butler	Lochie Farrelly	Brodie Gartner
Myah Clarke	Jesse Flick	Logan Mailes
Hayden Coleman	Zac Fraser	Kye McDaniel
Konnor Coleman	Hayden Girdlestone	Bea Miller
Marcus Colvin	Annaliese Green	Riley Mylecharane
Kai Cowell	Logan Harvey	Gemmah Neilsen
Logan Davies	Sarah Herford	Kyle Nielsen
Hydee Fairley	Ashton Johnson	Jessica Nightingale
Bert Fishwick	Lachy Kearney-Pallister	Czarah Saladino
Olly Flick	Preston Kennedy	Danny Sideris
Daiine Gavin	Philip Klingner	Cohen Stavleu
Kaya Gavin	Alex Lemon	Tiahna Stevenson
Belle Hartwig	Katana Mahoney	Sarah-Jane Sullivan
Methmi Hettiarachchi Gamage	Thomas Marsden	Paula Terrado
Ella Horner-Skinner	Maddi McKeown	Claire Turner
Albie Hughes	Chase Moses	Angus Webb
Adelaide Langham	Sophie Nash	Rebecca Withers
Chloe Little	Lexie Rattenbury	Katelayne Barnes
Reece Matheson	Brooklyn Read	Kynan Bond
Blaze Miller	Ryan Read	Lily Boyd
Emma Mitchell-Melon	Eamonn Ryan	Paige Britton
Halle Molloy	Reggie Sharkey	Oscar Browne
Bradán Mugridge	Chase Swansborough	James Burton
Heidi Nicholson	Skye Walsh	Joel Coble
Annabelle Pearce-Collins	Chaise Weaver	Georgia Cole
Nash Pout	Claire Williams	Angela Emery
Chloe Reid	Hannah Williams	Brianna Horner-Skinner
Tylah Rogers	Noah Wilson	Conor Howarth
Hollie Stavleu	Peta Allen	Luke Knights
Julia Sullivan	Grace Barbary	Darcy Langham
Seth Swansborough	Isaac Barnard	Hallie Lemon
Stephanie Vonthien	Finn Berry	Claire Little



Dakota Ward	Isabella Brown	Kirby Maslin
Aiden Miller	Jessica Tudgey	Jacinta McClenahan
Blake Neilsen	Laura Vonthien	Derek Pymont
Kobe Quirk	Deegan Weaver	Jake Schaefer
Melissa Read	Benjamin Barnard	Jake Smith
Callum Reedy	Tyler Beaumont	Rachel Todd
Tait Ryan	Le'Kiesha-Lee Bowden	Jessica Williams
Aleesha Saville	Annika Dukes	
Dylan Saville	Laura Eldridge	
Ethan Smith	Emily Gartner	
Hayley Spice	Emma Herford	
Haylee Sullivan	Dylan Jones	
Jaimes Thornton	Maddy Kemp	

SERVICES NSW DRIVING TEST BOOKINGS



Services NSW are now open for bookings for driving tests. Bookings must be made in person in the Services NSW office on Rankin St. No bookings will be taken online.



Year 11 Construction

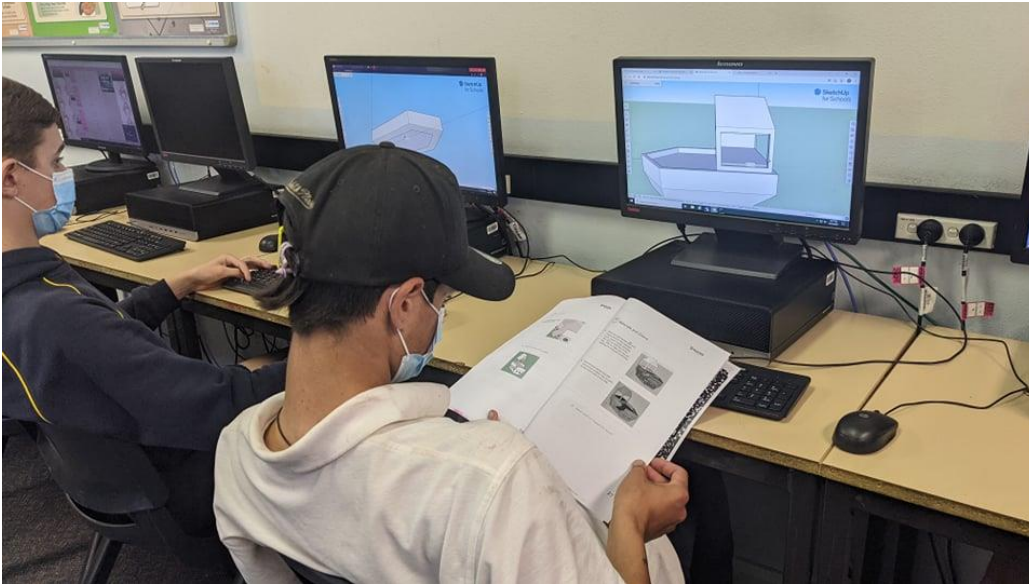
Our Yr 11 Construction Crew have been getting their hands dirty and practicing levelling skills in the recent weeks. Students have accurately levelled two areas and soon will be installing the formwork they have already constructed. This unit also integrates a range of measurement and calculation skills, so students get to flex their muscles and brains.





Oscar, Alex and Emma are finishing off their LED light projects and have started designing some metal key tags in the metal work room





Danny and Ashton work on 3D CAD modelling in D&T: Multimedia.

HSIE

This year HSIE hit the ground running, with students participating in a range of classroom projects and competitions. As part of their investigations into archaeological practice, year 7 students conducted an excavation of a baked bread slices; with Ashden Berry, Jye Bush, Albie Hughes, Eli Brown, Jack Kemp, Hyde Fairley and Olly Flick taking first place with the neatest excavation site.



Earlier this year selected students from years 8 to 10 participated in the 2021 Australian Geography Competition. The competition focuses on engaging students across Australia in Geography and promoting an interest in the environment and its processes.

After a long wait, we are delighted to congratulate the following students: Jesse Byrne (8), Jeremy Darcy (8), Zac Fraser (8), Annaliese Green (8), Sarah Herford (8), Lachy Kearney



(8), Alex Lemon (8), Tom Marsden (8), Halle Rattenbury (8), Eamonn Ryan (8), Skye Saville (8), Reggie Sharkey (8), Maddie Tomkinson (8), Hannah Williams (8), William Cheney (8), Chase Moses (8), Brooklyn Read (8), Oliver Walker (8), Grace Barbary (9), Isabella Brown (9), Logan Mailes (9), Angus Webb (9), Jake Bush (10), Thomas Bush (10), Michael Casey (10), Claudia Cheney (10), Joel Coble (10), Duke Matty (10), Conor Howarth (10), Hallie Lemon (10), Aiden Miller (10), Molly Milton (10), Lauren Neilsen (10), Kobe Quirk (10), Hannah Thorpe (10), Lily Boyd (10) and Tait Ryan (10). We are proud of all students who participated in the competition and wish to congratulate them for striving for academic excellence.





BE CONNECTED

Horticulture: IConnect

Do you want to contribute to the sustainability and rehabilitation of our native environments?

Gain specialist training to cultivate, grow and produce plants. Learn skills that transfer across a range of areas such as: Conservation & Land Management, Agriculture and Aboriginal Sites Work

**TAFE** NSW

Code	CSO5555
Duration	50 Hours 4 weeks part-time
Cost	Nil Cost – pending eligibility
Location	Forbes
Dates	Wed 3 - Thurs 4 November 2021 Wed 10 - Thurs 11 November 2021 Tues 16 - Thurs 18 November 2021 Tues 23- Thurs 25 November 2021

WHAT YOU CAN BE

IConnect provides participants with a taste of targeted vocation areas and assistance in establishing pathway options for further learning.

The 50-hour program is structured as follows:

Vocational focus area:

- Horticulture (30 hours)

Cultural focus:

- Cultural Art- Murals (20 hours)

This program is a pathway to:

- Vocational accredited qualifications in Horticulture, Aboriginal sites work, Agriculture, Conservation and land management, Landscaping and design and Rural operations.
- Certificate II in Aboriginal and Torres Strait Islander Cultural Art.

HOW DOES IT WORK

The IConnect Program is an entry level course designed to connect Aboriginal and Torres Strait Islander people with education and culture.

Upon completing the 50-hour program participants will receive a TAFE Statement in Education and Employment Pathways.

ELIGIBILITY

Participants will need to meet the below criteria to be eligible for this training:

- 15 years or older.
- Live or work in NSW.
- No longer be at school.

NEXT STEPS

- Attend Forbes campus to enrol or;
- Register your interest via the QR code below.

READY TO BE DEADLY?

If you are interested in participating in this program, please attend your local campus to enrol, register your interest by scanning the QR code or contact your local Aboriginal Education & Engagement Coordinator: Katie Turner on 0417 464 290

**BE CONNECTED**

Terms and conditions may apply. Information is correct at time of printing: August 2021

131 601 tafensw.edu.au



School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Transport
for NSW

Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback



PLAY CRICKET

Join your local club
Play cricket with your
friends and stay active

JOIN YOUR NEAREST CLUB

 **Play Cricket**



**PROUDLY
PRESENTED BY**





SHOW YOUR SKILLS PLAY TOGETHER



JUNIOR CRICKET 1

AGES UNDER 10-11
2 HOURS

- ✦ Short, action-packed games played in under two hours.
- ✦ Smaller team sizes offer everyone more opportunities to bat, bowl and field.
- ✦ Play on a shorter pitch for more consistent ball delivery and skill development.
- ✦ A fun, welcoming and inclusive environment.



7 PLAYERS



20 OVERS



16M PITCH

JUNIOR CRICKET 2

AGES UNDER 12-13
2-3 HOURS

- ✦ Short, action-packed games played in under three hours.
- ✦ Improve your technical cricket skills with a longer pitch & wider boundaries.
- ✦ Develop your teamwork in a friendly competition.
- ✦ Smaller team sizes offer everyone more opportunities to bat, bowl, field.
- ✦ A fun, welcoming and inclusive environment.



9 PLAYERS



20/30 OVERS



18M PITCH

JUNIOR CRICKET 3

AGES UNDER 14-18
2.5-4 HOURS

- ✦ Short, action-packed games played in under four hours.
- ✦ Refine your technical cricket skills with a full length pitch and wider boundaries.
- ✦ Develop your teamwork in a friendly competition.
- ✦ A fun, welcoming and inclusive environment.



11 PLAYERS



20/40 OVERS



20.1M PITCH

JOIN YOUR NEAREST CLUB

Forbes Junior Cricket Club

Jeff Nicholson (President)

0421490083

forbesjnrcricket@gmail.com

<https://www.facebook.com/Forbesjnrcricket>



Play Cricket



**PROUDLY
PRESENTED BY**





Run, Jump, Throw, Walk or Roll **TO BE YOUR BEST**

Sign up for your local Little Athletics Centre this Summer

Forbes Little Athletics

welcomes you and runs **Tuesday Evening**

Visit lansw.com.au to join today

Active Kids vouchers accepted

Little Athletics is a Foundation sport that focuses on learning and developing fundamental skills with a focus on Family, Fun and Fitness!



Scan to register at your
Little Athletics Centre



Major Sponsor





Your personal mental health check-in



Feelings

On a scale from 0 ('not at all') to 10 ('extremely'), how stressed, anxious or down you are feeling?

Body

Notice any tension in your body like tight shoulders, chest, or jaw. Other signs you might be feeling stressed include dryness of the mouth, difficulty breathing, and a racing heart.

Sleep

Are you constantly struggling to get to sleep, waking in the night, earlier than usual, or finding it difficult to get back to sleep? These are signs your mind is unable to switch off and relax.

Thoughts

Are you always worrying about the worst-case scenarios? Focusing on the 'what if' scenarios is not useful and it's best to try and limit this as much as possible.

Reactions & behaviour

If you're frequently snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope, it's time to prioritise your mental wellbeing.

Check-in buddy

Choose a check in buddy. This may be your partner, housemate or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.



24/7 support lines

If you or someone close to you is experiencing distress or is in immediate danger dial **000**

beyond blue
1300 22 4636

lifeline
13 11 14

mensline
1300 78 99 78

kids helpline
1800 55 1800

suicide call
back service
1300 659 467

qlife
(3pm-midnight)
1800 184 527

1800RESPECT
1800 737 732



**Black Dog
Institute**





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BE CONNECTED



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