

APPENDIX A. MENTAL HEALTH

Schools play an important role in promoting wellbeing through connected, inclusive and culturally safe environments. Whilst it is recognised principals and teachers are not mental health professionals, schools implement strategies that strengthen student mental health literacy and promote student mental health. This includes implementing evidence-based social and emotional learning programs, alcohol and other drug prevention education, and the teaching of mental health resilience and wellbeing through the Health and Physical Education learning area, and personal and social capabilities.

Culturally responsive schools draw on the diversity and strengths of local communities to create opportunities to work collaboratively with them to identify aspirations and set directions for students. These protective factors strengthen a student's mental health.

Every school has access to the Department's school psychology service. School psychologists are registered mental health professionals who apply an educational perspective in understanding the impact of mental health and wellbeing on students in the school context. School psychologists work with school teams to:

- plan and implement effective, evidence-based whole school approaches to mental health promotion
- support prevention and early intervention for cohorts of students
- provide direct and indirect support to individual students who are experiencing mental health difficulties. This may include consultation and collaboration with interagency partners.

Education regions and Statewide Services provide further support to schools to promote mental health in accordance with the Student Health in Public Schools procedures.

Education regional offices provide:

- advice and guidance to schools to support student mental health
- complex case consultation with lead school psychologists.

Statewide Services provides:

- training and resources to support a whole school approach to mental health, social emotional learning, student services teams and responding to student mental health difficulties (staff only)
- assistance to deliver effective alcohol and other drug education (staff only)
- liaison, education and transition support for individual students under the care of Department of Health
- consultation and training for suicide prevention and postvention.

For further information, refer to:

- School Response and Planning Guidelines for Students with Suicidal Behaviour and Non-suicidal Self-injury (staff only)
- Access services provided by the Child and Adolescent Mental Health Service (staff only).