

What Do You Do When You Are Not Quite Sure What To Do Next?



Checking out what's available on our new [Your MindMatters](#) website is a really good place to start.

In this week's edition of the Counsellors' blog, we are very pleased to let you know about our new Your MindMatters section on the College website. Some of you may have already noticed this new addition to the website homepage which was added at the very end of 2018.

Over the last 12 months we, the counsellors, in conjunction with the school's MindMatters team have created for you, the parents, and for students, a comprehensive collection of professional, quality and peer reviewed websites that contain information and advice about a variety of issues in different formats.

These relate to parenting (much like we address in our regular blog), mental health, normal adolescent development and angst, as well as more serious mental health concerns such as depression, anxiety and self-harm. The idea is that you and your children will have access to good reading material at any hour of the day, from your devices, wherever you may be.

Please visit the site and have a look. You will find the link on the right-hand side of the web homepage.

There are three sections:

About Us which will give you a brief outline of the counsellors' role within the school and how to contact us.

Parent Matters which will give you direct access to the Counsellors' blog and all archived articles. It also provides links to some good organisations such as Headspace, esafety, Reachout parent coaching, uthinkyouknow, and recommendations for useful social media apps.

Student Matters provides links to helpful sites that are both peer-reviewed and monitored.

Here you will find fact sheets and advice on everyday issues such as sleeping difficulties, relationships, study/exam stress and dealing with conflict, right through to some pointy-end topics like self-harm, suicidal thoughts, depression and anxiety.

For many people we hope our website is a good first step in the help-seeking process. The students are all being given the opportunity at school to learn how to access and use the site – and we are hoping that you will do the same – making yourself familiar with all that it has to offer.

There are sections within the Student Matters section that are quite appropriate for upper-primary students, but we would always advise parental supervision when younger children are using such a resource.

The list of things available on the internet is endless. We have done our best to provide a small and manageable collection of resources that are of high quality, and as with all things that are web-based, change is a constant. We welcome your feedback and your input regarding our new addition to the College website.

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