

WELL-BEING *with Heart*


by the Chevalier College Counsellors:
Sarah Mangelsdorf and Felicity Webster

MENTAL HEALTH

FORTES IN FID

The Chevalier College Counsellors have prepared a selection of links to fact sheets and resources to support students who want to know more about mental health and staying well.



These links are a helpful starting point for students who are concerned about their own mental health, that of a loved one, or want to know how to support a friend who is struggling. 

IF YOU'RE CONCERNED about your own wellbeing or a friend, we encourage you to seek support from a trusted adult, your GP, or a mental health professional. You can also contact the college Counsellors Sarah Mangelsdorf at mangelsdorfs@chevalier.nsw.edu.au and Felicity Webster at websterf@chevalier.nsw.edu.au.

Information about common mental health concerns: depression and anxiety.



GETTING SUPPORT FOR YOURSELF

Follow these links to access support for yourself.

- [Digital mental health tools](#)
- [Depression](#)
- [Anxiety](#)

For more resources and tools to prevent mental health problems and stay psychologically well, see the [Black Dog Institute](#), [beyondblue](#) and [ReachOut](#).



HELPING OTHERS

- How to [ask a friend if they're ok](#)
- [Helping someone who has a mental illness](#)
- What to do [when someone doesn't want help](#)

