

## PRINCIPAL'S REPORT

## Newsletter No 8 - 2020

All too quickly, we have come to the end of Term 4. After such a tough and challenging year for students and staff, it was wonderful to have students back, to have lunchtimes filled with music performances, and even being able to hold a mini arts festival and art exhibition this term

We were delighted that changes to restriction meant we were able to hold Year 12 graduation ceremonies in our auditorium. Whilst we had to split the Year 12 graduation ceremonies over two evenings and stream them at a later date to friends and families, the ceremonies were a fantastic celebration of the resilience and the dedication of our Year 12s. Student speeches were outstanding and moving.

I want to congratulate all our other students on seeing out the year and especially those who made the effort to continue to work after classes had finished so they could complete the year successfully.

### Mental Health Support for Students Over the School Holidays

There is no doubt that the isolation and restrictions as a result of COVID have had a major impact on many young people. Whilst many have been able to bounce back, a number are still experiencing anxiety and depression and finding it hard to get motivated. Included in this newsletter is a leaflet produced by DET with well-being advice for students.

### Year 12 VCE Results/ATAR published on 30<sup>th</sup> December

As you would be aware, VCE results and ATAR rankings come out on the 30<sup>th</sup> December. Robbie Grant, the VCE Coordinator, Ian McKey, the Careers Coordinator and I will be available at school that morning from 8.30am if any student requires support or advice.

### Art Acquisition Prize

This year's Principal's Art Acquisition prize was awarded to Carolyn Robertson. Carolyn is a young Aboriginal woman from Queensland who left her family to come and study at NCAT.

Carolyn wanted to create a tribute to the Black Lives Matter awareness movement in Australia. The left figure represents Aboriginal culture and the right figure represents Torres Straits Islander culture. Carolyn should be congratulated on this exemplary work and on being selected for the award.



### Principal's Award 2020

This award is given in recognition of outstanding contribution to college life. This year's recipient is Taneesha Patterson.

Taneesha has been an exceptional Student Leader. She has mentored, cared for and supported other students. This year she went above and beyond in helping and supporting other VCE students.

Taneesha has been a great ambassador for the college. She has contributed to numerous college events both as a dancer and at community arts events and information evenings. She has risen to every challenge that has come her way and been an exemplary model of the values and ethos that NCAT represents.

A huge congratulations to Taneesha. We wish her well in her Year 12 VCE results and in pursuing tertiary studies next year.



### Staff Changes for 2021

There are a number of staff changes for 2021. Carol Basil, Maths teacher, is leaving and being replaced by Georgia Carson. Vincent Erickson, the Plumbing teacher is being replaced by Craig Anderson. We also farewell David Cauchi who has been replacing Xiomara Lopez, the Assistant Business Manager who is returning from maternity leave in 2021. We wish them all the very best in their future endeavours and thank them for their service to NCAT.

Next year we will have four Pre-App Building & Construction classes, one more than this year. To cater for this we have employed Darren Gunstone, who not only has his own building business, but also a degree in the Arts. Susie Blackburn is taking over Ali McCann's Photography classes while Ali is on maternity leave. We also have a new Art teacher, Georgia Thomas. A warm welcome to all the new staff.

The NCAT staff and I would like to thank all of you for your support throughout the year and extend the very best wishes for the Festive Season and for a safe and Happy New Year.



**Raffaella Galati-Brown**  
PRINCIPAL

## CALENDAR OF COMING EVENTS

### 2020

Friday 18<sup>th</sup> December      Term 4 ends

### 2021

Friday 22<sup>nd</sup> January      General Office open 10.00am – 2.00pm

Monday 25<sup>th</sup> January      Office open 8.00am – 4.30pm (normal hours ongoing)

Tuesday 26<sup>th</sup> January      Australia Day – Public Holiday

Thursday 28<sup>th</sup> January      Term 1 starts – Year 10 Welcome Breakfast and Orientation Day

Friday 29<sup>th</sup> January      Year 11 & 12 Orientation Day – ALL PROGRAMS / No classes for Year 10  
Cert IV Instrument Making & Repair and Cert IV Music Orientation Day

Monday 1<sup>st</sup> February      Classes begin for all Years 10 – 12 students  
Folio Preparation Orientation Day  
Art Immersion Industry Week

Wednesday 3<sup>rd</sup> Feb      VET in Schools start

Monday 8<sup>th</sup> February      Diploma and Cert IV Photography classes start

Tuesday 9<sup>th</sup> February      College Photo Day

Wednesday 17<sup>th</sup> Feb      School Council Meeting

Monday 8<sup>th</sup> March      Labour Day Public Holiday – **students do not attend**

Tuesday 30<sup>th</sup> March      Parent/Teacher/Student conferences, 12.30pm – 7.30pm

Thursday 1<sup>st</sup> April      Term 1 ends

### 2021 Term Dates

Term 1: 28<sup>th</sup> January – 1<sup>st</sup> April 2021

Term 3: 12<sup>th</sup> July – 17<sup>th</sup> September 2021

Term 2: 19<sup>th</sup> April – 25<sup>th</sup> June 2021

Term 4: – 4<sup>th</sup> October – 17<sup>th</sup> December 2021

## Awards Afternoon

Like many annual events during this year of COVID19, our awards for students were very different. Because so much classwork happened offsite during lockdowns it was far too difficult to make decisions as to who was worthy of the large range of awards usually bestowed to students. We gave some program awards in core classes and decided to give the major awards at an Awards ceremony in the auditorium on Tuesday 1<sup>st</sup> December attended by the recipients, one parent and teachers. The number of awards given were much fewer, not because our students had not worked hard and were not deserving but because of the circumstances we found ourselves in.



We congratulate all our students for their efforts and achievements over this very challenging 2020 school year.

Awards recipients are from top left down: Taneesha Pattison – Principal’s Award, Jade Perry - Year 10 University of Melbourne Kwong Lee Dow Young Scholar, Ella Bloom – John Cummins Scholarship, Jack Meyer - Long Tan Future Innovator Award, Drew Kaat - Powell John Cummins Scholarship.



Right side: Chloe Jasper Bateson - Ged Kearney Award, Bailey Murphy – John Cummins Scholarship, Jaden Lal - John Cummins Scholarship, Jaden Lyons - Long Tan Future Innovator Award, Kiara Spalviero - John Cummins Award.



**Raffaella Galati-Brown - PRINCIPAL**





## Halloween Fundraiser

As part of the General VCAL PDS Program students held a Halloween Fundraiser. Their chosen charity was **Berry Street**.

The day consisted of a dress up theme and a scavenger hunt organised by the students themselves.

Congratulations to all students involved for your hard work and commitment, a great day was had by all.

We would like to thank all the staff and students who donated items for our food drive for Berry Street which will help people throughout the Northern Suburbs who depend on them.

**Alex Tsenalidis**  
VCAL COORDINATOR



## VCAL 2020 - Celebration BBQ

The last day of VCAL 2020 was a celebration of all students and programs across the school. The Plumbing students organised a lunchtime BBQ for everyone and raised \$120 for their chosen charity, *EJ Whitten Foundation*.

The Music and Dance students set up the area outside the café with picnic rugs and hay bales for students to sit, relax and be entertained by our bands and dancers. It was a wonderful way to end the year.



## VCAL Graduation

It was wonderful to be able to combine the graduation ceremony for our Art Immersion, Performance, General VCAL and Pre-App students using COVID safe guidelines in our large performance space.

Students took the time and effort to dress up and appreciate time together with their friends.



We were so happy to see our VCAL students receiving their well-deserved certificates after such a challenging year, a year like no other! The NCAT community is so very proud of their achievements. Congratulations class of 2020.



Families and friends were invited to share in their success by viewing the evening via NCATV the NCAT YouTube channel.

*Alex Tsenalidis*  
VCAL COORDINATOR

## Plumbing Bathroom Project 2020

This student project involved the installation (referred to in the plumbing trade as 'roughing in') of hot and cold water pipes within a wall frame structure built by Year 10 Technology students. The plumbing students task was to develop a suspended drainage system that would connect to either a toilet, wash basin or laundry trough and to under ground pipes for a shower drainage system.



On completion of the 'roughing in' students installed a shower base along with the taps and a shower rose. The next stage involved installation of a laundry trough with hot and cold tap fittings, a toilet, a cistern and the installation of a waste pipe system. On completion of the project the bathroom/laundry system was fully operational with all waste water discharging below ground.

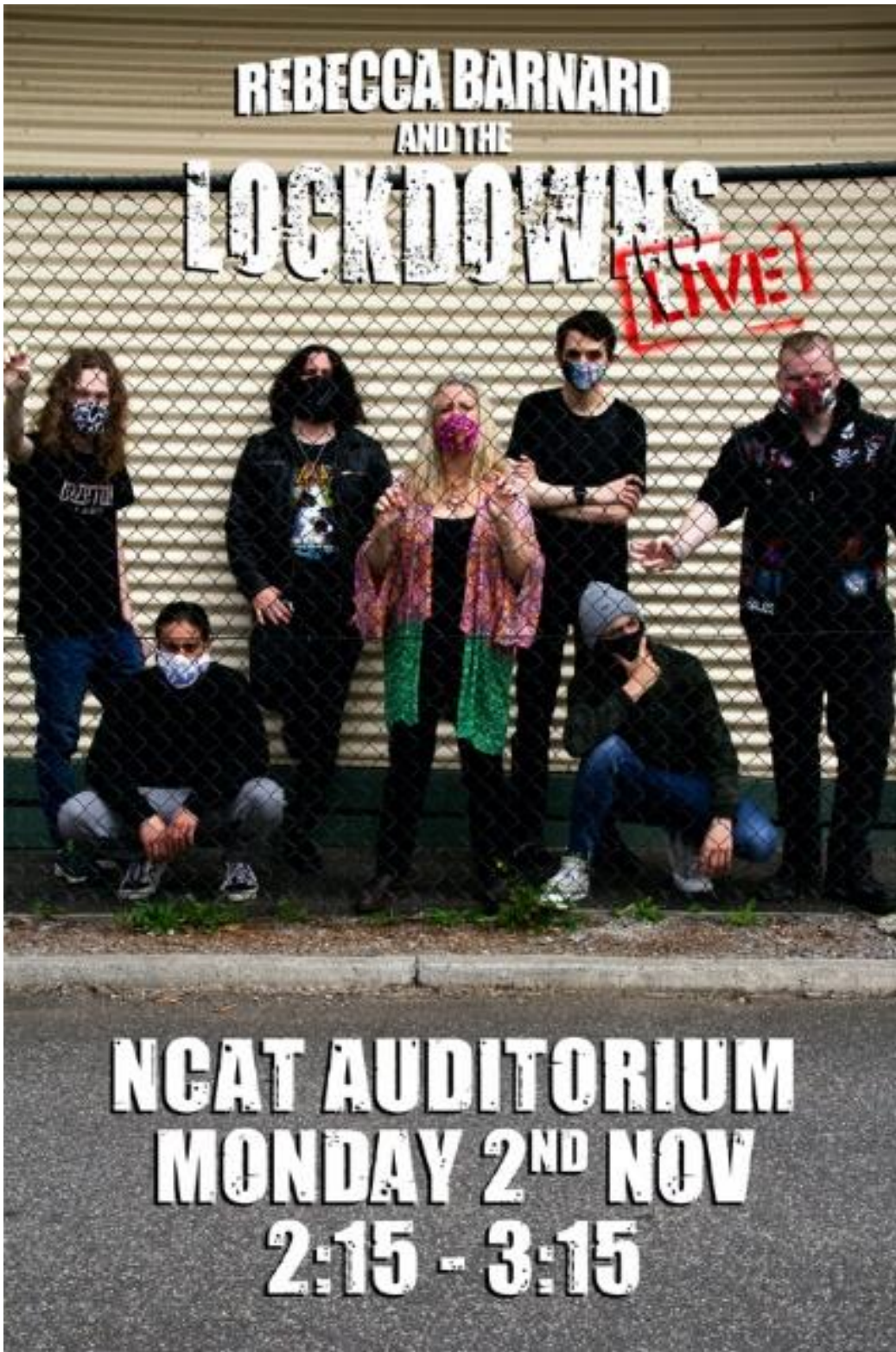
Given the difficult school year with lockdowns and remote learning all students involved in the bathroom project are applauded for diligently and efficiently completing the project within the school year.

**Photos above L to R:** Harrison Frantz cutting in a vent for the bathroom drainage system / Tyrone Tuffy checking workings of the sink / Tyrone Tuffy testing the shower / Amelia Gelai, 1<sup>st</sup> Year VET Plumbing student welding steel plates with an oxy welder / Marcus Williams levelling sand in preparation for laying the bathroom floor / Lucas Franin locating the underground drainage junction to connect the vent / Sam Duffel and Nicolas Dimitrievski making final adjustments to their in ground drainage system / Tom Goss levelling out the bathroom floor.

Vince Erikson - PLUMBING TEACHER

## Certificate IV in Music Industry 2020

This has been an awful year for all of us, but I have a special pocket full of sympathy for the Cert IV Music Industry students who were not able to go on tour this year.



This is the first time in 6 years that we haven't played at the Aireys Inlet pub on the second Saturday in October. (Super big sad face emoji...) However, the students valiantly stuck with the course and finally did their first live gig recently on a Monday afternoon at NCAT.

**Carl**, *Guitar and Sound Production* student, made our *FAB* poster (pictured) using **Bridget Hoare's** (*Cert IV Photo Imaging* student) *TERRIFIC* photograph of the students and Beck wearing the *AMAZING* masks made by Ann Connor's *Product Design Year 11* students!

You see, collaborative projects continued at NCAT in spite of the pandemic.

Audience places were limited as we could only have a certain number of folks in the auditorium, and the Year 10 Music class had first dibs.

Gradually the building started to rock, and the ringing tones of *'Pumped up Kicks'* drew more fascinated staff and students to the gig. (I feel almost certain some of them were meant to be in a class somewhere...)

The band played a brilliant set and the two ACDC numbers registered 10 on the sing-along-ability scale.

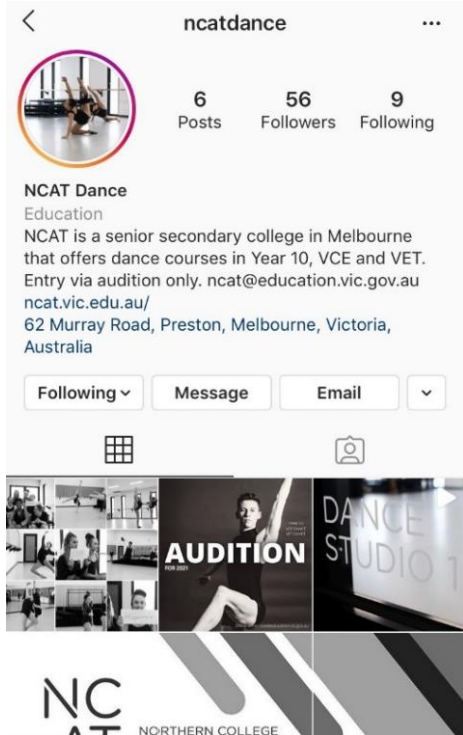
The dance floor was full at the end of the set, even though we didn't know we had one, with the Year 10s busting some seriously impressive moves! Clearly, we all need to get out into the world and dance and sing (with a mask on). 2021 can't come soon enough.

**Shelley Scown**  
*NCAT Music*



# NCAT Dance News

## DANCE INSTAGRAM



The Dance department has a new Instagram; you can follow us @ncatdance

Here is a sneak peak of some pics. You will also find current videos of what the students have been up to since returning to school this term.

### STUDENT PATHWAY SUCCESS



**Alex Knights** (above) – accepted into *Patrick School of the Arts, Diploma in Dance*

**Tahlia Calabrese** (left) – accepted into *Patrick School of the Arts, Diploma in Dance*

**Lachlan Draper** (below left) – accepted into both *Transit Dance and Ministry of Dance Diploma in Dance*

**Emilia Kyprianou** (below right) – accepted into *VCA Dance, Bachelor of Fine Arts Dance*

Congratulations to these students on their successful auditions into these well-respected training programs and onto the next step of their exciting careers.

**Lee-Anne Di Stefano**  
DANCE CO-ORDINATOR



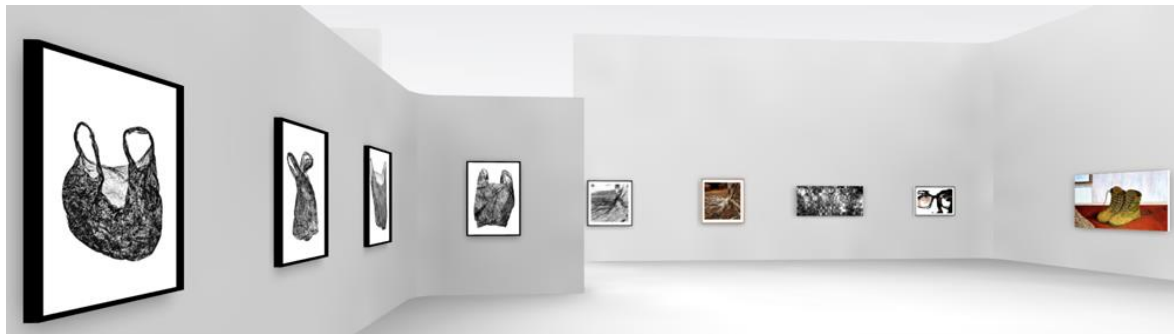
# summation

seven artists



This has been a massive year for NCAT Create. We introduced our new two-year part-time Diploma of Visual Arts not knowing that we were heading into the uncharted waters that has been 2020!

In addition to the first year students, a select group chose to take a leap of faith to continue on from 2019 Create #1 to complete the new second year of the course. Despite every obstacle thrown at them this year, they have thrived, building creative confidence and an outstanding work ethic. Each student has produced a unique and distinctive body of work and is now ready to take their next step as an emerging artist.



As staff, we are incredibly proud and excited about all their achievements and we would love you to check out *Summation*, an online exhibition of their work, accessible here:

<https://artspaces.kunstmatrix.com/en/exhibition/3315693/summation>

*We are proud to present Summation; the culmination of both a year and a lifetime of work. The 2020 2nd Year NCAT Create cohort stands on the precipice of the next thing, with one foot on the uneven surface of the thing before. To help the next step be a confident one, we were asked to produce a body of work that drives and represents us as artists; what we find captivating, meaningful, and colours how we see the world. While 2020 slowed right down, each of us found the opportunity for a deep long look inwards. Seven separate and uniquely individual bodies of work, each representing its artist. The result is this diverse online exhibition featuring work by:*

**Karen Amos, Katie Banakh, Min Ray, Sarah Vandeeper Steph Briggs, Susannah Low, Irianna Kanellopoulou**



**KAREN AMOS**  
*Dancewear Mayhem, 2020*  
59 x 44.5 cm (h x w)  
Woodblock repeat print



**KAREN AMOS**  
*Blue Dress Freedom, 2020*  
60 x 50 cm (h x w)  
# Oil on canvas board



**KAREN AMOS**  
*Dancing Dream 1, 2020*  
25 x 16.5 cm (h x w)  
Lino Cut on paper



**KAREN AMOS**  
*Dancing Dream 2, 2020*  
29.5 x 21.5 cm (h x w)  
Lino Cut Print on Paper



**KAREN AMOS**  
*Dancing Dream 3, 2020*  
25 x 16.5 cm (h x w)  
Lino Cut on paper



**KATIE BANAKH**  
*Lockdown Landscape, 2020*  
12 x 16 inch (h x w)  
Oil on Canvas Panel



**KATIE BANAKH**  
*Self portrait 1, 2020*  
10 x 8 inch (h x w)  
# Oil on canvas board



**KATIE BANAKH**  
*MVP, 2020*  
8 x 10 inch (h x w)  
# Oil on canvas board



**KATIE BANAKH**  
*Opulence, 2020*  
8 x 10 inch (h x w)  
Oil on canvas



**SARAH VANDEPEER**  
*Distorted Tree #1, 2020*  
 60 x 60 x 3 cm (h x w x d)  
 Digital Giclee Archival Print



**SARAH VANDEPEER**  
*The Melting Tree, 2020*  
 60 x 60 x 3 cm (h x w x d)  
 Digital Archival Giclee Print



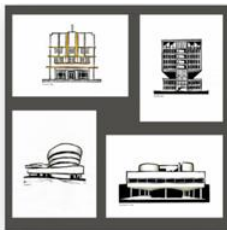
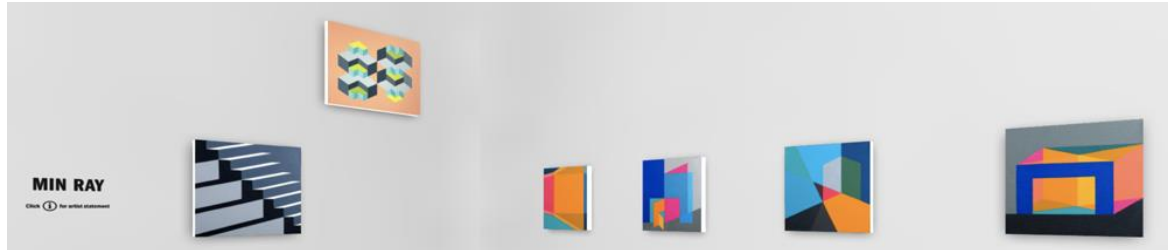
**SARAH VANDEPEER**  
*Distorted Forest #2, 2020*  
 16 x 32 x 0.3 inch (h x w x d)  
 Digital Art on Glass



**SARAH VANDEPEER**  
*The Eyes, 2020*  
 40 x 60 x 3 cm (h x w x d)  
 Digital Giclee Archival Print



**SARAH VANDEPEER**  
*Transition, 2020*  
 24 x 36 x 1.5 inch (h x w x d)  
 Oil and Applique on Canvas



**STEPH BRIGGS**  
*Architectural styles, 2020*  
 60 x 60 x 1 cm (h x w x d)  
 Lino print



**STEPH BRIGGS**  
*Cityscape2, 2020*  
 21 x 30 x 1 cm (h x w x d)  
 Lino print



**STEPH BRIGGS**  
*Urban Growth 1, 2020*  
 42 x 62 x 1 cm (h x w x d)  
 Acrylic on Board



**STEPH BRIGGS**  
*Streetscape 2, 2020*  
 21 x 30 x 1 cm (h x w x d)  
 Lino print on paper



**SUSANNAH LOW**  
*Isolation, 2020*  
 28.7 x 27 cm (h x w)  
 Assemblage



**SUSANNAH LOW**  
*Safe, 2020*  
 40 x 30 cm (h x w)  
 Assemblage



**SUSANNAH LOW**  
*Into the Woods, 2020*  
 26 x 21 cm (h x w)  
 mixed media



**IRIANNA KANELLOPOULOU**  
*In the bag XII, 2020*  
 59.5 x 42 cm (h x w)  
 Archival pigment print on Hahnemühle  
 photo rag paper 308gsm



**IRIANNA KANELLOPOULOU**  
*In the bag XI, 2020*  
 59.5 x 42 cm (h x w)  
 Archival pigment print on Hahnemühle  
 photo rag paper 308gsm



**IRIANNA KANELLOPOULOU**  
*In the bag IX, 2020*  
 59.5 x 42 cm (h x w)  
 Archival pigment print on Hahnemühle  
 photo rag paper 308gsm



**IRIANNA KANELLOPOULOU**  
*In the bag V, 2020*  
 59.5 x 42 cm (h x w)  
 Archival pigment print on Hahnemühle  
 photo rag paper 308gsm



## Work Ready Courses

Congratulations to our VCAL students who completed a number of job ready courses this term.

The courses consisted of The Barista course, Responsible Serving of Alcohol and Food Handlers course.

It was great to be able to hold this training face to face in a COVID safe manner. Students enjoyed the experiences and gained valuable employability skills.

Pictured here are some of our expert Baristas

**Alex Tsenalidis**  
VCAL COORDINATOR

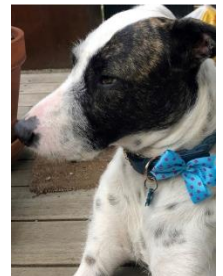
## ‘Dear Dexter...’

*An advice column, where Dexter answers your most important questions.*

Dear Dexter,

*It was nice to see you on the first day of VCE exams and the last day of VCAL and Pre-App classes. I will be back next year – will you?*

*Anonymous, Year 11 VCAL*



(Kind girls' bags make a nice pillow but I wish I hadn't drunk the whole bottle of Powerade...)

Hi Anomalously,

Yes – that day was fun! I got heaps of pats and ear scratches in the morning and then I had to rest until lunch. I didn't want to, but my person said I wasn't allowed into the exam room. My name wasn't on the seating plan due to some administrative oversight, which was disappointing.

I enjoyed the BBQ though. I got quite hot and the music was a bit loud but there were several dropped sausages, *AS I PREDICTED*, so overall it was a good day.

My person and I are planning our presentation to School Council early in 2021 (they are the important decision-making folk...) so that I may become a regular weekly attendee of NCAT. I'm thinking of coming on a Thursday so I can enrol in a Building and Construction VET. I can already dig, and I already have my White Card: on my immunisation record it says that I am white. And it's written on a card. So that's done. (I don't know what all the fuss is about frankly...)

Remember to put sunblock on the pink bit on your nose, and be super cautious around wavy water.

Really hope I see you soon,

**Woof!**  
**DEXTER THE MOON-DOG**

# The Young Changers Program Inner North Community Foundation



General VCAL students recently worked in collaboration with the Inner North Community Foundation on a program called *The Young Changer Program*.

Three students were given the opportunity to decide how \$15,000 would be granted to three local charities. The charities selected were *Hello CASS*, *Youthworx* and *CERES*.

The program aimed to inspire young people through activities that have a positive impact on the communities in which they live and will one day work.

The Program also aims to build awareness about community issues and in particular, the way community issues are being developed in response to COVID19.

## STUDENT REFLECTIONS

Over the course of this project, I have learnt a multitude of skills and knowledge further deepening my understanding of philanthropy and the grant application process. Including grant submissions and knowing if an organisation is eligible through DGR status, and a tax deductible gift receipt. I have become more equipped to analyse companies and seek relevant information. I have enjoyed learning about the process of granting money and definitely feel more confident in doing so.



*Zoe Bakaras - YEAR 12 GENERAL VCAL*

During the schools in philanthropy program I've learnt many valuable skills and lessons. I found that my ability to prioritise and to rationalise has greatly improved. I feel that my maths and literacy skills have improved also. Learning to articulate my thoughts and figure out income and expenditure is going to be a huge help in my future. It's taught me to organise and plan. With four modules in this program I had to really plan how and when I was going to complete the work. The program has also helped me build my confidence and has allowed me to help real people and make a difference in our community.

*Georgia Hursch  
YEAR 12 VCAL GENERAL*

*Alex Tsenalidis - VCAL COORDINATOR*

## Year 10 End of Year Excursions

On Wednesday 25<sup>th</sup> & Thursday 26<sup>th</sup> November, Year 10 Arts Students ventured to the Greensborough Bowls, Latrobe Park and Sidetracked Entertainment Centre to celebrate the end of year.



Our Year 10 students endured the longest remote learning period and yet returned to school with such positivity, we are extremely proud of them. We wish them all the best for their 2021 pathways and beyond.

*Natalie Gates*  
YEAR 10 ARTS COORDINATOR

## 2020 NCAT Photography Graduate Exhibition

The annual NCAT Photography Graduate Exhibition is a culmination of hard work, personal development and high standards of output achieved by students completing the Certificate IV and Diploma of Photography and Photo Imaging at NCAT Photography.

Below are some student images featured in the 2020 Graduate Exhibition and screenshots of the virtual exhibition.



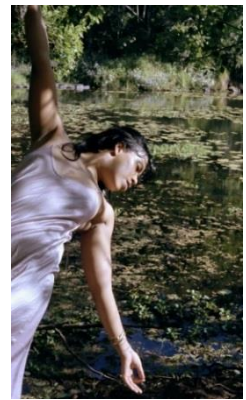
Bella Lane



Tina Wilkins



Cansu Selvi



Estella Paltos



Joel Condello



Laura Darling-Filby



Marisa Bara

Luke Fisher - NCAT PHOTOGRAPHY



# headspace Work and Study can help

## Are you supporting young people who don't know what's next in their work or study journey after school?

headspace Work and Study is a free online service delivered over the phone, webchat or video chat to support 15-25 year olds with planning and achieving their work and study goals. We can support young people you work with to identify post school options and to transition from school to employment, further study or training.

Our team is made up of Career Advisors as well as Mental Health Clinicians who can support young people with any mental health related barriers to their work and study.

### We can help young people with:

- Further education planning, course selection and enrolment
- Career, industry and labour market research
- Job seeking skills and tools
- Resume and job application support to find work
- Support starting work or further study
- Balancing mental health and wellbeing with work or study
- Navigating Centrelink and other government support options

### To register:

Young people can self-refer by clicking the button below or calling 1800 810 794. If you have any questions, feel free to call this number too.



Website: [headspace.org.au/workandstudy](https://headspace.org.au/workandstudy)



# FOR STUDENTS

## Wellbeing support over the school holidays

It's been a big year and this guide provides tips to continue looking after your mental health and wellbeing over the school holidays and services to reach out to if you need support.

### Actions to support positive mental health over the school holidays

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Seek professional help if needed.<sup>1</sup>

**Feeling it:** [mindfulness resources and activities for students](#). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

### Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2 3</sup>



<sup>1</sup> headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

<sup>2</sup> headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

<sup>3</sup> headspace – how to talk to your children about mental health <https://headspace.org.au/gads/>

## Supporting your friends

You and your friends are **most likely to turn to each other for support** before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#).

## Mental health support

- **Your local GP** can provide you with additional support
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your [local headspace centre](#).
- **eheadspace:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au)
- **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **Contacting 000** if you need urgent assistance.

## Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

## Family violence support and resources

- **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home:** [www.woah.org.au](http://www.woah.org.au)
- [Family violence support](#)

## Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary of the 2019–2020 summer Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels that are similar to what was experienced during the event. For more information:

- **Emerging Minds:** [Traumatic events: anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

## Mental health resources

- [Mental Health Toolkit](#)
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)