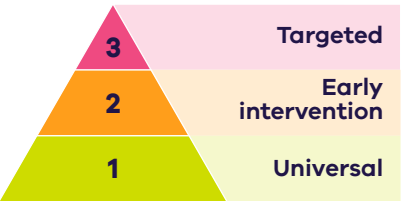


# Map of key mental health and wellbeing supports



This map sets out key mental health and wellbeing supports for students in Victorian government schools.

This is not an exhaustive list. Some support options may operate across more than one tier or differ according to local circumstance. For example, in a special school, individual education plans may be developed for all students as a universal intervention.

Wellbeing workforces are key to supporting student mental health and wellbeing across all three tiers.

Key workforces include:

- **Health, Wellbeing and Inclusion Workforces** including Health and Wellbeing Key Contacts, **Student Support Services** (such as psychologists, social workers, speech pathologists, occupational therapists and behaviour analysts), **primary and secondary school nurses, visiting teachers (VTs) and Koorie Engagement Support Officers (KESOs)**.
- **Mental health practitioners** (in Victorian government secondary and specialist schools) and Student Wellbeing Coordinators.
- **Mental Health and Wellbeing Leaders** (expanding to all government and low-fee primary schools by 2026).
- **Doctors in Secondary Schools** in up to 100 Victorian government secondary schools.

## Tier 1: Universal

Positive mental health promotion to help schools to create a positive, inclusive and supportive school climate. Builds the preconditions for optimal student learning, development and wellbeing and forms a foundation for Tier 2 and Tier 3.

<b>Victorian Curriculum F–10</b>	<ul style="list-style-type: none"><li>• Builds both knowledge and skills: Health and Physical Education, Personal and Social Capability and Intercultural Capability.</li><li>• Schools are supported to deliver the <b>Resilience, Rights and Respectful Relationships</b>.</li></ul>
<b>High Impact Wellbeing Strategies (HIWS)</b>	<ul style="list-style-type: none"><li>• 7 practical, evidence-based strategies that can be used in the classroom to have a significant and positive effect on student wellbeing.</li></ul>
<b>Mental Health and Wellbeing Promotion</b>	<ul style="list-style-type: none"><li>• <b>Mental Health and Wellbeing Toolkit</b></li><li>• <b>Schools Mental Health Menu</b> – Online menu of evidence-based programs and initiatives, including focus on prevention and promotion to help schools improve mental health and wellbeing outcomes for their students.</li><li>• <b>Mental Health in Primary Schools</b> – Supports whole-school approach to mental health and wellbeing for students, staff and families based on school community needs.</li></ul>
<b>Respectful Relationships</b>	<ul style="list-style-type: none"><li>• Supports schools to promote and model respect and equality and supports educators to teach children how to build healthy relationships, resilience and confidence.</li></ul>
<b>School-wide Positive Behaviour Support</b>	<ul style="list-style-type: none"><li>• Supports and provides resources for whole-school evidence-based approach to promote improved behaviour.</li></ul>
<b>Bully Stoppers</b>	<ul style="list-style-type: none"><li>• Resources for teachers, parents/guardians and students on preventing and addressing bullying and cyberbullying.</li></ul>
<b>eSmart</b>	<ul style="list-style-type: none"><li>• Cyber safety program is free to all Victorian schools.</li></ul>
<b>Health and physical activity</b>	<ul style="list-style-type: none"><li>• <b>Healthy Schools Achievement Program</b> – A health promoting schools approach to create healthier environments for learning.</li><li>• <b>Active Schools</b> – Encourages physical activity through a whole school approach.</li></ul>
<b>Protect</b>	<ul style="list-style-type: none"><li>• Guidance and training to supports schools to comply with the <b>Child Safe Standards</b> and identify and respond to signs of child abuse.</li></ul>
<b>Engagement</b>	<ul style="list-style-type: none"><li>• <b>Student Engagement Policy</b> – Guidance is available to support schools to develop a student engagement policy, student and family engagement strategies and prevent student disengagement.</li></ul>
<b>Lunchtime clubs</b>	<ul style="list-style-type: none"><li>• Promotes engagement and inclusion during recess/ lunch.</li></ul>

## Tier 2: Early intervention and cohort specific

Complements Tier 1 interventions and provide early intervention and additional support for cohorts of students who have specific needs or vulnerabilities.

### Early intervention

<b>Mental Health and Wellbeing</b>	<ul style="list-style-type: none"><li>• <b>School Mental Health Menu</b> – Online menu of evidence-based programs and initiatives, including early intervention and cohort specific support, along with staffing.</li></ul>
<b>Orygen early intervention guide</b>	<ul style="list-style-type: none"><li>• One-page guide to early intervention in youth mental health, for teachers and staff working with students.</li></ul>
<b>Student check-in resource</b>	<ul style="list-style-type: none"><li>• Screening tool to identify students who may be at risk of social, emotional, and academic behaviours that interfere with their learning. This tool supplements other processes schools have in place to identify students who may require support.</li></ul>
<b>School Focused Youth Service</b>	<ul style="list-style-type: none"><li>• Short-term interventions for students in years 5-12 who are vulnerable to, or showing signs of, school disengagement.</li><li>• Interventions are tailored to the needs of the school and students and delivered directly to identified student cohorts, or to staff for professional capability building.</li></ul>
<b>School Breakfast Clubs program</b>	<ul style="list-style-type: none"><li>• Offers free and healthy breakfasts, lunches and take-home packs for students in 1000 Victorian government schools. Expanding to all schools who opt-in from 2025.</li></ul>

### Cohort specific support

Some cohorts must be provided with a range of support options, including an Individual Education Plan (IEP), Student Support Group (SSG) and for some a learning mentor and an Educational Needs Analysis (ENA).

<b>Students with Disabilities</b>	<ul style="list-style-type: none"><li>• School level <b>Disability Inclusion (DI)</b> funding.</li><li>• Individualised student funding through <b>(PSD)</b> and <b>(DI)</b>.</li><li>• <b>Diverse Learners Hub</b> and <b>Inclusive Outreach Coaches</b> supporting schools to meet the learning and wellbeing needs of all students.</li></ul>
<b>Students In Out-of-Home Care (OoHC)</b>	<ul style="list-style-type: none"><li>• The OoHC Education Commitment has requirements for children in Out-of-Home Care to receive a Learning Mentor, SSG, IEP and ENA.</li><li>• A <b>LOOKOUT Education Support Centre</b> is in each region to support schools to meet the needs of students in care.</li></ul>
<b>Koorie students</b>	<ul style="list-style-type: none"><li>• <b>Koorie Engagement Workforce</b> assist in supporting Koorie students, who must have an IEP, and a learning environment that respects and values Koorie cultures and identities.</li></ul>
<b>Students from a refugee background</b>	<ul style="list-style-type: none"><li>• <b>Refugee Education Support Program</b></li><li>• <b>School's In for Refugees</b></li><li>• <b>EAL Support and Funding</b></li><li>• <b>Multicultural education program and resources</b>.</li></ul>
<b>LGBTIQA+ students</b>	<ul style="list-style-type: none"><li>• <b>Safe Schools</b> program supports schools to build safer, more inclusive environments for LGBTIQA+ students.</li></ul>
<b>Young carers</b>	<ul style="list-style-type: none"><li>• Identification and Support policy sets out requirements for schools to support young carers.</li></ul>
<b>Students with health care needs</b>	<ul style="list-style-type: none"><li>• <b>Student health support plan</b> must be completed for each student with an identified health care need.</li></ul>

## Tier 3: Targeted

Interventions targeted to individuals or small groups of students who are identified as requiring intensive tailored mental health support to engage positively in education.

<b>Mental Health and Wellbeing</b>	<ul style="list-style-type: none"><li>• <b>School Mental Health Menu</b> – Online menu of evidence-based programs and interventions, including targeted to individuals or small groups.</li></ul>
<b>Mental Health Support (in addition to SSS and school wellbeing staff)</b>	<p>For students:</p> <ul style="list-style-type: none"><li>• <b>1:1 counselling for secondary students via headspace centres</b> and a dedicated phone counselling service for rural students</li></ul> <p>Professional learning for schools:</p> <ul style="list-style-type: none"><li>• <b>headspace SAFEMinds and Suicide Risk Continuum Training</b></li><li>• <b>Be You Suicide Post-vention Toolkit</b></li><li>• <b>Suicide and self-harm and attempted suicide response</b> guidelines.</li></ul>
<b>Student Support Groups (SSGs)</b>	<ul style="list-style-type: none"><li>• Consists of parents/carers, school and student support services staff, and other allied health professionals as required, to assist students with disability and diverse learning needs.</li></ul>
<b>Behaviour support plans</b>	<ul style="list-style-type: none"><li>• <b>School Operations Behaviour Support Plans Guidance</b> – Developed in collaboration with students, parents/carers and allied health professionals, this is a school-based plan for students requiring additional support.</li></ul>
<b>Individual Education Plans (IEPs)</b>	<ul style="list-style-type: none"><li>• Tool to assist in developing individualised strategies to support educational needs of students (required for students in OoHC, Youth Justice, Re-engagement Programs and Flexible Learning Options, Koorie students and students with disabilities).</li></ul>
<b>Re-engagement Programs</b>	<ul style="list-style-type: none"><li>• Tailored support to students in years 7-10 who are disengaged, or at risk of disengaging from their enrolling school, through short-term interventions to re-engage the student back into their enrolling school.</li><li>• Delivered offsite from the enrolling school, by third-party Registered Training Organisations.</li></ul>
<b>Flexible Learning Options</b>	<ul style="list-style-type: none"><li>• Victorian government educational settings supporting students who are at risk, or are already disengaged from, their education. They are short-term interventions to re-engage students back into mainstream education or training.</li><li>• Three types of FLO settings, including FLO government schools, FLO campuses and FLO in-school programs. Students enrolled in a FLO receive individualised learning plans with a focus on providing holistic support for engagement and wellbeing.</li></ul>
<b>Education Justice Initiative</b>	<ul style="list-style-type: none"><li>• <b>Engagement Support for Young People in the Criminal Justice System</b> supports reconnecting young people appearing before the Criminal Division of the Children's Court with supported educational pathways.</li></ul>
<b>Navigator</b>	<ul style="list-style-type: none"><li>• Community Service providers deliver intensive case management and assertive outreach to support young people aged 12 to 17 years old to re-engage with education. A pilot to support 10 to 11 year olds is being undertaken in selected areas.</li></ul>
<b>Family Violence Support</b>	<ul style="list-style-type: none"><li>• Has a range of support options are available to students, families and staff affected by family violence.</li></ul>
<b>Financial Support</b>	<ul style="list-style-type: none"><li>• Is available for eligible families through <b>State Schools Relief</b> and the <b>campus, sports and excursions fund</b>.</li></ul>

For more information on supports, please see **Mental Health in Schools**