

# Careers & Wellbeing Newsletter



## Benalla Careers Carnival

*Thursday 25th of March*

Students will be transported from school to experience a variety of university workshops, workplace visits and speedy talks. A great opportunity to gain a taster of different industries and workplaces.

## MAS Careers

*Tuesday 27th April and  
Thursday 13th May*

A guest speaker will be visiting Benalla FLC to provide some careers guidance to students. Rhonda from MAS Careers will initially present about careers, and then have one-on-one pathways discussions with students. Book in with Kelly for your one-on-one.

**Hoping to get your L's or P's  
but need some help?**



If you are hoping to get your L's or P's, but need some assistance, please talk to your learning mentor!

## Short Courses

Please put your name down on the Careers Board if you are interested in any of the following short courses:

- Barista
- Food Handling
- First Aid
- Responsible Service of Alcohol
- Responsible Service of Gaming
- White Card
- Traffic Control
- Working at Heights

Seek.com.au is a  
great way to find ad-  
vertised jobs online!



**indeed**

Au.indeed.com is another  
place to find jobs online!



## Upcoming Information Sessions

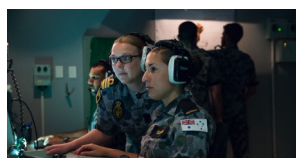
### VIC Police

To find out about upcoming info sessions:



[www.police.vic.gov.au/police-information-sessions](http://www.police.vic.gov.au/police-information-sessions)

### Australian Defense Force



To find out about upcoming info sessions:  
[www.defencejobs.gov.au/events](http://www.defencejobs.gov.au/events)

### ACN Nursing and Health Expo

*Saturday 24th April, 8.30-2.30, online*

Hear from nurses working in a range of organisations and explore potential educational and career pathways!



Register at  
[www.acn.edu.au/events/nursing-health-expo](http://www.acn.edu.au/events/nursing-health-expo)

### Careers in Maritime

*25th March, 11.30am*



Hear from Offshore and Specialist Ships Australia (OSSA) staff, and learn about educational opportunities, potential pathways and interesting stories! Please see Jenny for information if you are interested.

## Reminders

Make sure you are working on your:

### Resume:

This is a document that displays a snapshot of information about you, that you will need when looking for jobs.



### Unique Student Identifier (USI):

Your USI is an individual education number, that will record any VET studies you undertake. This is a number you should be keeping in your careers folder!



## Volunteering Opportunities!

There will be some opportunities for volunteering at places such as op shops throughout the year. Volunteering is a great way to gain experience and build your resume! Let Jenny know if you are interested.



# Well-being & Engagement



## March

21st-29th —Cultural Diversity Week  
21st —Harmony Day  
31st —International Transgender Visibility Day

## April

2nd—World Autism Day  
2nd—Good Friday  
4th—Easter Sunday  
7th—World Health Day  
25th—ANZAC Day  
26th - Lesbian Day of Visibility

## WHAT IS ANXIETY?

Anxiety is something that we can experience from time to time. Sometimes anxiety can help us perform better by helping us feel alert and motivated. The experience of anxiety is our body’s way of preparing us to manage difficult situations.

Anxiety can come and go—but for some of us, it can stick around for a long time and end up having a big impact on daily life. When this happens, it might be time to do something about it.



### You might be feeling:

- Very worried or afraid most of the time
- Tense and on edge
- Nervous or scared
- Panicky
- Being able to control the worries
- Having trouble concentrating and paying attention
- Being unable to relax
- Worried you’re going crazy
- Feeling like you may vomit
- Avoiding people or places like school
- Withdrawing from friend and family
- Feeling annoyed, irritated or restless
- Difficulty getting to sleep at night or waking up a lot through out during the night

### You might be thinking:

- ‘Everything’s going to go wrong’
- ‘I might die’
- ‘I can’t handle the way I feel’
- ‘I can’t focus on anything but my worries’
- ‘I don’t want to go out today’
- ‘I can’t calm myself down’

### You might be experiencing:

- Sleep problems
- Heart racing
- Faster breathing
- Feeling tense or having muscle aches or twitches and trembling
- ‘Pins and needles’
- Sweating, feeling dizzy or lightheadedness
- Shaking
- Butterflies or feeling sick in the stomach
- Excessive thirst
- Problems concentrating

# Managing Anxiety

Anxiety is physically and emotionally exhausting.

Getting help early means you can start to get relief and recover sooner. There are many professionals who treat all kinds of anxiety.

Severe anxiety can appear in ways that feel like other health issues

## What can I do to Manage Anxiety

- **Talk about how you are feeling**—with your family, friends, a teacher, coach, your mob or Elders
- **Notice your thinking patterns**—be aware of what thoughts are influencing your anxiety. It can help you understand what contributes to your anxiety and what your triggers are
- **Be aware of avoidance**—It's normal to want to avoid situations that make you feel anxious. It may help in the short term but over time it can make your anxiety feel worse
- **Try new breathing strategies**—Lots of anxiety symptoms involve a cycle of physical sensations. Working on controlling your breathing is a good way to try to interrupt that cycle
- **Care for yourself**—try to eat well, get enough sleep and stay active
- **Limit your use of alcohol and other drugs**

## Seeking Help

- GP
- Psychologists
- Psychiatrists
- Counsellors
- School counsellors
- Social Workers and occupational therapists
- Mental Health Nurses
- Aboriginal and Torres Strait Islander health workers trained in mental health
- **Beyond Blue**—1300 224 636—[beyondblue.org.au](http://beyondblue.org.au)
- **Sane Australia**—1800 187 263—[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)
- **Headspace**—1800 650 890—[headspace.org.au](http://headspace.org.au)



# Managing Your Mental Health Online

## Digital Mental Health Gateway

### Head to Health

**Head to Health**  
A website that links Australians to free or low-cost online and phone mental health services, information and resources.  
headtohealth.gov.au

## Phone and Online Counselling



**Lifeline** 13 11 14  
24/7 phone counselling, and online crisis support chat available each evening.



**Suicide Call Back Service** 1300 659 467  
National 24/7 professional telephone & online counselling for anyone affected by suicide.



**Beyond Blue Support Service** 1300 22 4636  
Telephone (24/7), online and email counselling, and moderated forums.



**1800RESPECT** 1800 737 732  
24/7 phone & online counselling for people seeking for domestic violence situations.



**MensLine Australia** 1300 78 99 78  
Advice, therapy and support for men with families and relationship concerns.



**QLife** 1800 184 527  
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



**Open Arms** 1800 011 046  
Phone and online counselling for veterans and their families.



**SANE Australia** 1800 18 7263  
Phone counselling and moderated forums providing peer-to-peer support.



**FriendLine** 1800 424 287  
A national support line "ready for a cuppa and a conversation" with trained volunteers.

## Apps



**MoodMission**  
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



**Daybreak**  
A website and app which supports individuals to cut back or take a break from using alcohol.



**Smiling Mind**  
A free website and app teaching mindfulness meditation to young people and adults.



**BeyondNow**  
A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

## Aboriginal and Torres Strait Islanders



**WellMob**  
Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.



**iBobbly**  
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

## Programs



**MindSpot**  
Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



**THIS WAY UP**  
A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



**Mental Health Online**  
Free online programs for a range of issues, with self-guided or therapist support options.



**MyCompass**  
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



**MoodGYM**  
A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



**e-Couch**  
A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



**Healthy Mind**  
An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



**ParentWorks**  
Online program for parents and caregivers providing evidence-based parenting strategies.



**Centre for Clinical Interventions**  
Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

## Young People



**Kids Helpline** 1800 55 1800  
24/7 phone and online counselling for youth (5-25yrs).



**Niggle**  
A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



**eheadspace**  
Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



**ReachOut**  
Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



**The BRAVE Program**  
Prevention, intervention, and treatment of anxiety in young people.



**BITE BACK**  
Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

# Resilience, Rights & Respectful Relationships

Benalla Flexible Learning Centre is a Respectful Relationship partner school. Respectful Relationships is a state government initiative designed to develop students' social, emotional and positive relationship skills. BFLC promotes learning opportunities to teach young people how to build healthy relationships, resilience and confidence. It supports young students to manage a range of challenges they may face and covers topics including being respectful, resilient, engaged at school and being confident within themselves. Respectful.









Benalla Flexible Learning Centre acknowledges the traditional owners of the land on which we work and live. We pay our respects to the Aboriginal and Torres Strait Islander peoples past and present, and we value Aboriginal and Torres Strait Islander histories, cultures and knowledge



# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)\*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

**BERRY STREET** | Believing In Children, Young People, Families & Their Future.

**Contact**  
your local Saver Plus Coordinator

**Phone**  
1300 610 355

**Email**  
WangarattaBenallaSP@berrystreet.org.au

**Online**  
saverplus.org.au

Find us on Facebook 

  
**saverplus**

\*Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information!

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.