



Sarah Mitchell

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MEDIA RELEASE

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MENTAL HEALTH HUB FOR STUDENTS, PARENTS AND TEACHERS

Students, parents and teachers will now have easily accessible mental health advice and support at their fingertips, with the NSW Government today launching their new online *Mental Health Hub*.

Minister for Education Sarah Mitchell said the website has been developed to ensure advice is available to anyone who needs it, at any time.

“Mental health support for our students has to be varied and accessible for everyone,” Ms Mitchell said.

“We know that overwhelmingly students do their own research before they reach out for help, so we need to make sure that information is accessible and designed for our school communities.

Minister for Mental Health Bronnie Taylor said the *Mental Health Hub* will be a useful toolkit for students, parents and teachers.

“The hub has some really practical resources, from tips on how to start a conversation with someone doing it tough to finding ways to improve their own mental fitness,” Mrs Taylor said.

The website is broken down into three categories; information for parents, information for teachers and information for students.

“The hub has been designed for everyone in the school community, I encourage anyone who has questions, stressed or wants to know how to support people in their lives,” Ms Mitchell said.

The site can be accessed by teachers, parents and students across every school sector, including independent and catholic schools, and has had input from leading mental health advocacy groups, including ReachOut, headspace, Kids Helpline and Beyond Blue.

The Mental Health Hub: <https://education.nsw.gov.au/student-wellbeing/counselling-and-psychology-services>

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