

Dear Parents/Carers,

We know times are tough at the moment given the uncertainty and worry of COVID-19 and as many parents juggle multiple roles at the same time. We know people's wellbeing is important so we wanted to reach out to all of our *Got It!* school communities. *Got It!* is an early intervention program that supports children's social and emotional wellbeing. The *Got It!* Program is provided through NSW Health.

We are reaching out to all the schools we have worked with over the last few years to let families know that our team are available to be a point of contact and support during this time.

The *Got It!* team are available to be contacted directly if you are experiencing any concerns related to parenting and/or for your children. The *Got It!* team are also able to provide relevant resources or facilitate referrals for support to families based on your individual circumstances.

Please don't hesitate to reach out and contact us via email: NSLHD-MACQ-GOTIT@health.nsw.gov.au or phone 9887 5886. The team are available between 9:30am - 5pm Monday to Friday.

Take care,

The *Got It!* Team

Emma McKeown, Liz De Jong, Kimberley Scriven, Donna Fenech and Kate Quick

Mental Health Line: Phone: 1800 011 511. A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people. This service operates 24/7.

Mental Health Line
1800 011 511 

Kids Help Line. Phone: 1800 55 1800. **Age Group:** 5 to 25 years. A private and confidential 24/7 phone and online counselling service.

Link: [kids helpline WebChat Counselling](#)

 **kidshelpline**
Anytime | Any Reason

Lifeline: 13 11 14. A 24/7 crisis support and counselling service.

 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.