

## Information for school and TAFE counsellors

This checklist has been developed to assist you to start planning early with students who have been experiencing difficulties during the term. During the holidays they may not be receiving support from yourself, friends or have the benefit of the school/TAFE routine or structure.

In the lead up to the break, many health services receive a large volume of referrals. It is also a time of reduced staffing.

The Holiday Survival Card is a preventative resource to help avoid escalation of young people's difficulties over the holiday period.



## Checklist

**Planning:** Start planning with the student mid-term

**Referral:** Consider whether the student may need support from an external service over the break- this referral should be at least one month before the break commences.

**Meeting with the student.** Discussion with the student may include:

- What are holidays like at your place?
- What are the difficult things for you about holidays?
- What was helpful/not helpful during previous holidays?
- What are some activities you'd like to do during this holiday?
- Discuss support people and services using the Holiday Survival Card

**Note:** The Holiday Survival Card is designed to be completed by the counsellor and student together. Students who are already feeling vulnerable and isolated will need support to get the most out of this card

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