

Dear Families,

Today I was told about a state-wide Wellbeing Strategy for South Australian's.

Please have a look at the Open Your World website here ~ [Open Your World](#)

There are different sections with resources on;

- Connecting with others
- Staying active and healthy
- Looking after yourself and your family
- Learning and experiencing new things



The services and support section lists many agencies that can help and support families in many areas including;

- Mental health
- Domestic and family violence services
- Aboriginal community services
- Children's centre and school social supports
- Support services for kids, teens and young adults
- Food/emergency/financial relief



Stay safe!

Mel Lucas ~ Student Wellbeing Coordinator