

# Enhancing Mental Health Support in Schools Consent Form

## **Purpose**

This form is used to obtain consent for a student to be referred to headspace for counselling or a related service provided through the Enhancing Mental Health Support in Schools (EMHSS) initiative.

The person providing their consent should read and understand the following information, which will help them decide whether to consent for an EMHSS referral to occur.

## **About EMHSS**

The Victorian Department of Education has engaged headspace to deliver free counselling and related supports to Victorian government school students experience mild to moderate mental health concerns.

A student is capable of giving their own consent to be referred to headspace for an EMHSS service, and will be able to complete this consent form themselves, if:

they are aged 18 or over; or they have been assessed by their principal or their principal's nominee (in accordance with the Schools Policy and Advisory Guide) as a mature minor for the purpose of consenting to be referred to headspace.

If a student is under 18 and is not a mature minor, the student's parent or carer must provide consent for the referral to occur.

At a student's first appointment at headspace, the headspace clinician will again seek consent from the student or their parent/carer for the EMHSS service proceed.

## ***What information will the student provide?***

EMHSS services provide an opportunity for the student to talk about mild to moderate mental health concerns with a headspace clinician, in a safe and confidential setting.

## ***What information will a school collect?***

If a school is making the referral, it will collect and provide basic information to headspace such as the student's name, date of birth, suburb they live in, school name and a brief description of concerns that they would like to talk to headspace about.

If a student prefers not to tell the school about their concerns, that is okay. Students will need to provide this information to headspace directly instead.

## ***What information will headspace collect?***

headspace will collect personal and health information to assist the student by undertaking an assessment of their needs, managing and responding to any issues of concern, making a decision about the best way to support them, and booking more appointments if required.

headspace may also offer feedback, strategies, tools, or other services to help a student deal with their concerns.

## ***How will information be shared?***

The information a student provides in a headspace session is confidential.

headspace clinicians might determine that a student would benefit from further help, including from their GP or a related headspace service.

A headspace clinician might also wish to provide information to other people such as the student's school, family, or other health professionals, so they can best support the student. The headspace clinician will always try to seek consent to share information with others, and include the student in decisions about their health and safety where they can. If a clinician is concerned about a student's immediate safety or the safety of others, they can disclose this information without your consent to make sure that you and others remain safe.