

# Enhancing Mental Health Support in Schools (EHMSS)



headspace

Knox  
Lilydale

Free Counselling Support for Secondary Students

The Enhancing Mental Health Support in Schools (EHMSS) initiative supports Victorian government secondary school students experiencing mild to moderate mental health concerns by providing early access to counselling.

## When to refer a student?

Students may benefit if they are experiencing:

- anxiety or excessive worry
- low mood or stress
- friendship or social difficulties
- school-related stress
- emotional regulation difficulties

EHMSS focuses on early intervention and brief support

## Types of support available

Sessions via **Telehealth at school** or **In-person at Headspace Knox or Lilydale**

If telehealth sessions occur at school, a space provided should be private, quiet and comfortable.

## What happens after referral?

Students are offered an initial intake assessment with a headspace clinician.

The intake helps determine whether the student is appropriate for brief intervention (**up to 6 sessions**) through EHMSS.

If the student requires alternate services, the clinician will assist with referrals to appropriate services.



To refer, please call HeadSpace on 98016088 (Knox) or 9735 7900 (Lilydale), or email [info@headspaceknox.com.au](mailto:info@headspaceknox.com.au)