

Enhancing Mental Health Support in Schools (EHMSS)



headspace
Knox

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

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.

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.

Referral pathways

Schools, young people or their families can refer by calling **9801 6088** or emailing **info@headspaceknox.com.au**

