

# Benowa **iCARE** Peer Support Referral Form

## REFERRAL TO PEER SUPPORT LEADERS

Student's Name: .....

Care Class: ..... Date: .....

Reason for referral (*please tick*)

- Tutoring       One to One Chat  
 Buddy Program       Other

Reason:

.....  
.....

Referred by: (*please print name*)

\_\_\_\_\_

Referral allocated to:

\_\_\_\_\_

Referral forms can be accessed at the  
Guidance Office or on the school webpage.



### Contact Us:

Address:

Mediterranean Drive  
Benowa Qld 4217

Telephone:

**(07) 5582 7333**

Email:

Snezana Nastic-Kern (snast1@eq.edu.au)

David Ramsay (drams19@eq.edu.au)

Tina Mackay (tmack37@eq.edu.au)

### Further Support Services you can talk to:

Kids Helpline - ph 1800 55 1800 ([www.kidshelp.com.au/teens/get-help/web-counselling](http://www.kidshelp.com.au/teens/get-help/web-counselling))

Reach Out - ([www.reachout.com](http://www.reachout.com))

Youth Beyond Blue - ([www.youthbeyondblue.com](http://www.youthbeyondblue.com))

Lifeline - ph 13 11 14 ([www.lifeline.org.au](http://www.lifeline.org.au))

Headspace - ph 5509 5900 ([www.headspace.org.au](http://www.headspace.org.au))



## Peer Support Leaders



Helping Our School Community

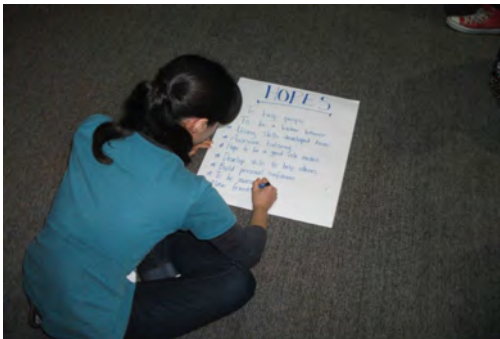
Tel: 5582 7333



## Need a friend to talk to when things are tough?

- ✓ Feeling lonely?
- ✓ New student to the school?
- ✓ Adjusting to school life?
- ✓ Friendship problems?
- ✓ Struggling with classes?
- ✓ Nothing to do during lunch break?

**The Peer Support Team can help.**



## PEER SUPPORT LEADER PROGRAM

- ⇒ *A Buddy Program* - one to one for students needing support in high school
- ⇒ *Adopt a 'Care Class' program*
- ⇒ *Peer Leader Tutoring program* in all subject areas
- ⇒ *Peer Leader Lunch Time - Student Activities Program*



**iCARE**

Contact us through  
the referral form on  
the back

## PEER SUPPORT LEADERS A PROGRAM BY STUDENTS FOR STUDENTS

Benowa **iCARE** Peer Support Program provides our school community with an evidence based peer led approach, to enhance the mental, social & emotional wellbeing of our young people.

It empowers young people to support each other and contribute positively to society.

### Student Testimonials

- I have learned leadership within a group; confidence for myself; skills to help others and take part in the community; I have learned to be happy about what I am and what I have right now
- I joined the **iCARE** Peer Support program to be able to give back to the BSHS community; I enjoy helping people and wanted to change someone's day for the better; I have already gained skills and developed myself.