

Has your school-aged child or teen attended the Emergency Department?

To have the best start back at school, **before returning** to school:

1. **Contact** the **School Principal**,
2. **Tell them** what the **emergency** was, and
3. Tell them what the **Emergency Department recommended**.

When your child or teen returns to school they may find it hard to:

- * Adjust back into school life.
- * Keep on track with their education.
- * Stay safe.

Your school can develop a plan to support your child or teen. They can also help your child or teen manage their illness or injury.

Not sure what to tell the school?
Ask us to write it down for you.



Health

Illawarra Shoalhaven
Local Health District

Emergency Numbers

Emergency Services:	000
Lifeline:	13 11 14
Parent Line:	1300 130 052
Mental Health Line:	1800 011 511
Suicide Call Back Service:	1300 659 467
Poisons Information:	13 11 26
Domestic Violence Line:	1800 656 463
Child Protection Helpline:	13 21 11
Mens Line:	1300 789 978
National Eating Disorders Support Line:	1800 334 673
Kids Helpline:	1800 551 800
Drug and Alcohol Helpline:	1300 652 226
Translating and Interpreting Service:	13 14 50