

1 March 2009

## Stress Less course for HSC students

Shoalhaven City Council in conjunction with the Shoalhaven Suicide Prevention and Awareness Network will hold a HSC Stress Less course at Shoalhaven Libraries, Nowra, on 12 March.

A clinical psychologist from Macquarie University's Department of Psychology will facilitate the course. Dr Zoya Jamshidi is from the University's Anxiety Clinic. This course is supported by the Shoalhaven Student Support Group.

Shoalhaven City Mayor Councillor Paul Green said the course will help young students cope with the added stress that the Higher School Certificate and other issues can bring.

"The course provides really good hands on tools that students can use to grapple with the pressure and anxiety that studying for the Higher School Certificate can bring.

"The HSC years are a difficult and anxious time for many students," Cllr Green said. "Council is working with the Shoalhaven Suicide Prevention and Awareness Network on this course and has undertaken this work through our Youth Advisory Committee which has recommended that we support young students through this type of course."

All Shoalhaven high schools have been asked to send a number of students into the course for the day. There is no cost for students to attend. Council is delivering this course as a strategy of the Shoalhaven City Council Community Plan for Youth.

The Stress Less course will include talks on the nature of changes in adolescence and the relationship with stress, components and symptoms of stress, responses to stress, realistic thinking, and the causes of anxiety and symptoms of anxiety.

**What:** HSC Stress Less course

**Where:** Shoalhaven Libraries Nowra, 10 Berry St Nowra

**When:** Friday 12 March 2009

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