



29th July 2025

Parents and Carers

St Cuthbert's Catholic School

Mental Health Supports Survey - Action Required

Dear Parents and Carers,

Catholic Education Tasmania (CET) is undertaking an independent Review of Mental Health Supports, facilitated by Altum Counselling and Consulting Pty Ltd. The review is evaluating how well current mental health and wellbeing supports are provided across CET schools and how they reflect our Catholic mission and commitment to care.

Specifically, the review will consider:

- The accessibility and effectiveness of student counselling services,
- How complex mental health needs are supported and managed,
- The reach and impact of mental health initiatives for staff and students, and
- How all of this is integrated into CET's broader governance and Catholic identity.

We warmly invite you to complete a short survey (approx. 8–15 minutes) to share your perspective. You do not need to have detailed knowledge of these areas—your experience as a parent or carer is what matters. Even if you feel unsure about some questions, your input is still important and helps us build a fuller understanding across the system.

Your responses are anonymous and will not be linked to your name or contact details. All data will be reported in a way that protects individual identities.

Thank you for partnering with us. Your voice will directly inform improvements in how we care for the wellbeing and dignity of every student in our school communities.

Please access the survey via this link: [Parent/Carer Survey](#)

Please ensure this survey is completed by Friday 9th August, 2025.

Thank you for taking the time to contribute. Your voice will help strengthen mental health supports across all Catholic Education Tasmania Schools.

Kind regards,

Marcus Donnelly
Principal