

WELFARE SUPPORT SERVICES

AAPOLY Student Counsellor Contact Details

Phone: (03)86104106

Mobile: 0433489303

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Emergency

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.

Phone: 000

Your local GP or treating psychologist / psychiatrist, if you have one, are also excellent support and can connect you with specialist services

MENTAL HEALTH

Beyond Blue

beyondblue provides information and support to help everyone in Australia achieve their best possible **mental health**, whatever their age and wherever they live.

Ph: **1300 22 4636**

Web: <https://www.beyondblue.org.au/>

Lifeline

Provides suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Ph: **13 11 14**

Web: <https://www.lifeline.org.au/>

SANE Australia

Information about mental illness, treatments, where to go for support and help carers.

Ph: 1800 18 7263

Web: <https://www.sane.org/>

Suicide Call Back Service

Provides free counselling for *suicide* prevention & mental health via telephone, online & video for anyone affected by *suicidal* thoughts, 24/7.

Ph: 1300 659 467

Web: <https://www.suicidecallbackservice.org.au>

Kids Helpline

A telephone and online counselling service specifically for young people aged between 5 and 25 in Australia

Ph: 1800 55 1800

Web: <https://kidshelpline.com.au/>

DISABILITY SERVICES

Disability Services Australia

Ph: 1300 372 121

Web: <http://www.dsa.org.au/>

People with Disability Australia (PWDA)

A national disability rights, advocacy and representative organisation that is made up of, led and governed by people with disability.

Web: <https://pwd.org.au/>

BULLYING AND DISCRIMINATION

Fairwork Ombudsman

Provides reliable and timely information about Australia's workplace relations system and assesses complaints or suspected breaches of workplace laws, awards and registered agreements.

Ph: 131394

Web: <https://www.fairwork.gov.au/contact-us/call-us>

DOMESTIC VIOLENCE

NSW Domestic Violence Line

A 24/7 Domestic Violence line for information, support and help.

Ph: 1800 656 643

Web: <http://www.domesticviolence.nsw.gov.au/>

City of Sydney – Domestic Violence

Provides information about how to keep safe, who to contact for help, how to get police help, where to get legal advice, and support services.

Ph: 02 9265 9333

Web: <https://www.cityofsydney.nsw.gov.au/community/health-and-safety/domestic-violence>

SEXUAL ASSAULT

Full Stop Foundation

The purpose of the Full Stop Foundation is to support and resource the work of Rape & Domestic Violence Services Australia. The Full Stop Foundation works to expand trauma counselling services for those who have experienced sexual assault and domestic violence, and to change the attitudes and behaviours that allow violence against women and children to occur.

Ph: 02 8585 0333

Web: <http://www.fullstopfoundation.org.au/>

1800 RESPECT

National Sexual Assault counselling and support for people impacted by sexual assault, domestic or family violence and abuse

Ph: 1800 737 732

Web: <https://www.1800respect.org.au/>

DRUG AND ALCHOL SERVICES

Turning Point

Australia's leading addiction treatment, education and research centre providing evidence-based solutions since 1994.

Ph:(03) 8413 8413

Web: <https://www.turningpoint.org.au/>

LGBTIQ

QLife

A national service that aims to keep LGBTIQI communities supported and connected.

Ph: 1800 184 527 (3 pm – 12 am)

Website: qlife.org.au (Online chat, 3 pm – 12 am)

ACON Here for Helath

A New South Wales based health promotion organisation specialising in HIV prevention, HIV support and lesbian, gay, bisexual, transgender and intersex (LGBTI) health.

Ph: 02 9206 2000

Web: acon@acon.org.au

The Gender Centre INC

The Gender Centre INC is the peak state-wide specialist multi- purpose service supporting the transgender, gender diverse and gender questioning community of NSW .

Web: <https://gendercentre.org.au/>

SEXUAL HEALTH

Sexual Health Info Link

The Sexual Health Infolink is a NSW Ministry of Health funded telephone and internet based information and referral service.

Ph: 1800 451 624

Web: <https://www.shil.nsw.gov.au/>

Family Planning NSW

Family Planning NSW is the state's leading provider of reproductive and sexual health services.

Ph: 1300 658 886

Web: <https://www.fpnsw.org.au/>

Royal Hospital for Women

The Women's provides extensive sexual and reproductive health services

Ph: (02) 9382 6111

Web: <https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women>

WOMEN

Women's Health NSW

Women's Health NSW is an association of statewide women's health centres and specialist women's centres. All centres are non-government, community based, feminist services that provide choices for women to determine their individual health needs.

Ph: 02 9560 0866

Web: <https://whnsw.asn.au/>

YOUNG PEOPLE

Reach out

Reach out delivers innovative e-mental health services that enable young people to take control of their mental health and wellbeing

Ph: 1800 737 732

Web: <https://au.reachout.com/articles/domestic-violence-support>

MEN

Mensline

MensLine Australia is a telephone and online counselling service for men with family and relationship concerns. We're here to help anywhere, anytime.

Ph: 1300 78 99 78

Web: <https://mensline.org.au/>

Men Health Clinic

Men's Health Clinic (MHC) is Australia's foremost medical and treatment organisation dedicated to providing patients diagnosis, treatment, and continuing care for men's health problems and sexual difficulties.

Ph: 1300 707 998

Web: <https://mhc.com.au/about-us/>