

EXTERNAL SUPPORT REFERRALS – DOMESTIC STUDENTS

ABOUT THIS DOCUMENT

This document has been set up to ensure that students are provided with the appropriate referrals to external providers when necessary.

It's important that all students are valued and feel supported in our college community so having a consistent and central place to store information is vital.

EXTERNAL PROVIDER DETAILS

ENGLISH LANGUAGE SUPPORT

FREE PROVIDERS

Reading Writing Hotline

Phone: 1300 655 506

For help with reading, writing and basic maths.

Provide information about:

- classes that are close to students
- help by mail or computer
- finding teachers and other people who can help
- websites and books that can help students to learn.

LOCAL PROFESSIONAL SERVICES

Search for an English language tutor:

<https://www.firsttutors.com/australia/tutor-search-results.php>

MENTAL HEALTH, WELLBEING AND COUNSELLING

FREE PROVIDERS

Lifeline – suicide prevention and crisis support; available 24/7

Phone: 13 11 14

Chat by text: 0477 13 11 14

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

Resources on their website deal with suicide prevention but also have useful information for and tool kits for the following topics:

- asking for help
- depression
- domestic and family violence
- family and relationship problems
- financial problems
- loneliness and isolation
- loss and grief
- panic attacks
- problem gambling
- natural disaster recovery
- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support.

Beyond Blue – support for depression and anxiety

Phone: 1300 224 636

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

LOCAL PROFESSIONAL SERVICES

Christina Ramo Counselling

Address: 53 Gilbert St, Adelaide SA 5000, Australia

Phone: 0423 941 994 Website: <https://christinaramo.com.au/>

Adelaide City Psychology

Address: 18 Ruthven Ave, Adelaide SA 5000, Australia

Phone: 1300 993 580 Website: <https://www.adelaidecitypsychology.com.au/>

DISABILITY SERVICES

FirstSelect Disability & Home Care

Address: Level 7/90 King William St, Adelaide SA 5000, Australia

Phone: 08 6388 0201 Website: <https://firstselect.care/>

Disability Assistance 4U Pty Ltd

Address: 115/147 Pirie St, Adelaide SA 5000, Australia

Phone: +61 470 219 358 Website: <http://disabilityassistance.com.au/>

LOCAL CULTURAL, RELIGIOUS AND COMMUNITY GROUPS

EXTERNAL SUPPORT REFERRALS – DOMESTIC STUDENTS V1.0PAGE 2

Ethnic and community groups in SA:

Australian Migrant Resource Centre: <https://amrc.org.au/>

FINANCIAL SUPPORT

ASIC Money Smart

Website: <https://www.moneysmart.gov.au/>

Access for advice on dept help and getting on track.

CHILDCARE

Halifax Street Children's Centre & Preschool

Address: 257 Halifax St, Adelaide SA 5000, Australia

Phone: 08 8223 2240 Website: <https://halifaxchildren.sa.edu.au/>

Rose Park Community Childcare

Address: 22 Watson Ave, Rose Park SA 5067, Australia

Phone: 08 8332 1791 Website: <https://roseparkcc.org.au/>