



 <p><b>ELEVATION</b> SECONDARY COLLEGE</p>	<p>Reaching out for support at ESC:</p> <ul style="list-style-type: none"> <li>- Mentor group teacher</li> <li>- Student wellbeing</li> <li>- Year level coordinators</li> </ul>	<p>Wellbeing at ESC can provide support to your child, advice to parents and referrals to other services.</p> <p>Students, parents and year level coordinators can refer students to wellbeing.</p> <p>Please reach out to your mentor group teacher, year level coordinator or email <a href="mailto:liesl.albion@elevationsc.vic.edu.au">liesl.albion@elevationsc.vic.edu.au</a> if you would like more information.</p>
	<p><b>Headspace</b> – Mental health service for young people.</p>	<p>Craigieburn Headspace: 8338 0919</p> <p>Website: <a href="https://headspace.org.au/">https://headspace.org.au/</a></p> <p><a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a></p> <p>Eheadspace provides online chat and telephone support for young people, families and carers.</p>
	<p><b>Kids Helpline</b> 24/7 phone and online counselling for young people aged 5-25 years.</p>	<p>Phone: 1800 55 1800</p> <p>Website: <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p> <p>The website has lots of great resources and information for young people, parents and carers.</p>
	<p><b>Lifeline</b> provides 24 hour crisis support for people experiencing emotional distress and advice for families/carers</p>	<p>Phone – <b>13 11 14</b> - available 24/7</p> <p>Text – <b>0477 13 11 14</b> from 6pm – midnight</p> <p>Online chat 7pm – midnight:</p> <p><a href="https://www.lifeline.org.au/crisis-chat/">https://www.lifeline.org.au/crisis-chat/</a></p>
	<p><b>Suicide call back service</b> provides 27 hour telephone counselling to people feeling suicidal or affected by suicide.</p>	<p>Phone – <b>1300 659 467</b> to speak to a trained counsellor</p> <p>Online and video chat - <a href="https://www.suicidecallbackservice.org.au/phone-and-online-counselling/">https://www.suicidecallbackservice.org.au/phone-and-online-counselling/</a></p> <p>Download ReMinder Suicide Safety planning app <a href="https://www.suicidecallbackservice.org.au/feeling-suicidal/download-reminder-suicide-safety-plan-app/">https://www.suicidecallbackservice.org.au/feeling-suicidal/download-reminder-suicide-safety-plan-app/</a></p>

	<p><b>Parent Line</b> Is a phone service for parents and carers of young people up to 18 years old.</p>	<p>Phone – <b>13 22 89</b> for confidential and anonymous counselling and support on a range of parenting issues. Call to discuss:</p> <ul style="list-style-type: none"> <li>- Child behaviour and development</li> <li>- Education</li> <li>- Bullying</li> <li>- Living with teenagers</li> <li>- Family violence</li> <li>- Parental stress</li> <li>- Parent/carer child relationships</li> </ul>
	<p><b>ReachOut</b> is an online mental health organisation full of tools and tips!</p>	<p>Visit <a href="https://au.reachout.com/">https://au.reachout.com/</a> to access tips on sleep, coping, school and study, setting goals, communication, sadness, bullying, stress and coronavirus support.</p>
  <p>InsightTimer</p>	<p>Apps on mindfulness: <b>Smiling Mind</b> <b>Insight timer</b></p>	<p><a href="https://au.reachout.com/tools-and-apps/smiling-mind">https://au.reachout.com/tools-and-apps/smiling-mind</a> Smiling Mind is a free meditation app for young people. It uses mindfulness to boost calmness, contentment and manage stress and anxiety. <a href="https://au.reachout.com/tools-and-apps/insight-timer">https://au.reachout.com/tools-and-apps/insight-timer</a> Download Insight Timer to access free guided meditations.</p>
	<p><b>Beyond Blue</b></p>	<p>Phone – <b>1300 22 46 36</b> for advice around mental health and referrals (24/7). Chat online 7 days from 1pm – midnight <a href="https://www.beyondblue.org.au/get-support/get-immediate-support">https://www.beyondblue.org.au/get-support/get-immediate-support</a> Website: <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a> has a range of information, support and forums.</p>
	<p><b>Q-Life</b> To access LGBTQIA support</p>	<p>Phone – <b>1800 184 527</b> daily from 3pm – midnight for LGBTI peer support and referrals.  Visit the website at <a href="https://qlife.org.au/">https://qlife.org.au/</a></p>

	<p><b>Hume City Council</b> provides support for people living in the Hume area.</p>	<p>Hume City Council provides a range of services for families and young people. Services include parental programs, counselling, family support, information and advocacy and skill development.  Phone: 9205 2200  Monday-Friday, 8am-5pm.  Phone Youth Services on: 9205 2556</p>
	<p><b>Safe Steps</b> is Victoria's 24/7 family violence response centre</p>	<p>Phone – <b>1800 015 188</b>  Email – <a href="mailto:safesteps@safesteps.org.au">safesteps@safesteps.org.au</a>  Chat online from 9am – midnight, Monday – Friday at <a href="https://www.safesteps.org.au/our-services/services-for-women-children/family-violence-webchat-support/">https://www.safesteps.org.au/our-services/services-for-women-children/family-violence-webchat-support/</a>  Non-English speakers can get a call back with a translator by calling 1800 015 188 and providing a phone number, preferred language and a time to call back.</p>
	<p><b>1800Respect</b> provides support for people experiencing sexual assault, domestic or family violence.</p>	<p>Phone – <b>1800 737 732</b> for 24/7 advice and support from a trained counsellor.  You can also access support via webchat at <a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a>  Visit <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a> for support, information and safety planning resources.</p>