**Help Services for Students During Remote Learning**

****

**If you need to talk to someone locally….**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | About | Phone | Online |
| Tobwabba Aboriginal Medical Service | Tobwabba Aboriginal Medical Service provides quality holistic healthcare for people in the Worimi Nation. | 65556271 | Tobwabba.org.au  Email: clinic@tobwabba.org.au |
| Homebase | A dedicated service for young people in Tuncurry & Taree with outreach services including case management, program support and  W.A.R.S – Worimi Advocacy and Referral Service.  Located at 1 Manning Street Tuncurry 2428 | 02 65 55 5622 | Homebase.org.au  Email: info@homebase.org.au |
| Community Health | 14 Breese Parade  Forster 2428 | 02 65 396300 |  |
| Your Doctor | Nabiac Village Medical Centre  Access Health Tuncurry  Tuncurry Medical Centre  Twin Towns Medical Centre  Forster Tuncurry Medical Centre  Hallidays Point Doctors Surgery | 65541150  Victoria Street Nabiac  65555464  18 Peel St Tuncurry    Beach Street Tuncurry  65545531  65553004  65550444  65593100  Unit 1 Blackhead Road | Email: [tuncurry@accesshealthcare.net.au](mailto:tuncurry@accesshealthcare.net.au)  admin@twintownmediacl.com.au |
| Drug and Alcohol Line Mid North Coast  C:\Users\dthompson66\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\32308D63.tmp | The Drug & Alcohol service provides  information, support and treatment for individuals  (or their families) affected by alcohol and other problematic legal or illegal drug use issues. | 1300662263 |  |
| Taree Women and  Children’s Refuge | Short term crisis accommodation for  women and children escaping recent  domestic, family violence and abuse. | 02 65510011  Or 1800 65 64 63 |  |
| Great Lakes and  Manning Youth  Homelessness  Service  C:\Users\dthompson66\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\960B93C2.tmp | Service includes: residential crisis accommodation for 16-17 year old’s, transitional accommodation and support; outreach support. | 02 6551 6996  Service can be accessed through  Link 2 home -1800 811 474 |  |
| Manning Uniting  Church | Food parcels  Information and referral  Fresh bread and vegetables available  on Fridays from table in foyer. | Ministry Centre Office:  02 6552 3850 | office@manning.unitingchurch.org.au |
| Salvation Army -  Taree  C:\Users\dthompson66\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1D0626C8.tmp | Food, Telstra, prescriptions, fuel. | 1300 371288 – assessment line  Centrelink number required. |  |
| Taree Community  Kitchen - Catholic  Care Social  Services Hunter-  Manning | Provides a hot nutritious meal. Bread,  fruit, and vegetable parcels provided  when surplus available. | Sue Abdoo  02 6539 5900  Meals at - 250 Victoria St, Taree |  |
| Link2home | Link2home provides information and  assessment only and will refer people  to emergency services if required.  Referral to accommodation and  support services will not be possible  during these hours. | Ph:1800 152 152 |  |
| Mid North Coast  Financial  Counselling Service | Provides free financial  counselling/literacy  Financial counselling for problem  gamblers and/or their families  *Appointment only* | Pauline Smith  Ph 1300 662540 | psmith@kempseync.org.au |
| Manning Support  Services | **No Interest Loans Scheme (NILS)** No interest loans for white goods,furniture or medical equipment  **Step Up Loans** – between $800 - $3000  – for second hand cars/repairs, white goods, furniture, computers, vocational education, medical expenses. | 02 6551 1800 |  |

**If you need to talk to someone…**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | About | Phone | Online |
| Kids Help Line | For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. | 1800 55 1800  24/7 | Webchat 24/7  <https://kidshelpline.com.au/get-help/webchat-counselling> |
| Lifeline | For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. | CALL: 13 11 14  24/7  TEXT: 0477 131114  6:00PM - Midnight | Crisis Support Chat 7:00PM – Midnight  <https://www.lifeline.org.au/get-help/online-services/crisis-chat> |
| Suicide Call Back Service | A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide | 1300 659 467  24/7 | Online Chat 24/7  Video Chat 24/7  <https://www.suicidecallbackservice.org.au/> |
| Youth Beyond Blue | Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. | 1300 22 4636  24/7 | Chat Online  3:00PM - Midnight  <https://www.youthbeyondblue.com/> |
| SANE Australia | SANE Australia supports people living with complex mental health issues and the people that care about them | 1800 187 263  10:00AM – 10:00PM | Webchat  10:00 AM – 10:00 PM  <https://www.sane.org/about-sane> |
| Headspace | eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. | N/A | Group Chat 24/7  1 on 1 Chat  9AM - 1AM <https://headspace.org.au/eheadspace/> |
| QLife  Qlife Logo | QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships | 1800 184 527  3PM - Midnight | Webchat  3PM – Midnight  <https://www.qlife.org.au/resources/chat> |
| 1800RESPECTC:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3BB3D36E.tmp | Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse. | 1800 737 732  24/7  Interpreter: 13 14 50 | Online Chat 24/7  <https://chat.1800respect.org.au/#/welcome> |
| Carers NSW  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\599C1DBD.tmp | Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members | 1800 242 636  9AM – 5PM  Monday - Friday | <http://www.carersnsw.org.au/how-we-help/support/carer-line/> |
| Mental Health Line  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7D5CDCCA.tmp | ​ A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people. | 1800 011 511  24/7 | <https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx> |
| C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4650C6B.tmpChild Protection Helpline | Abuse or neglect | 13 21 11 | <https://reporter.childstory.nsw.gov.au/s/mrg> |
| Mindspot  C:\Users\dthompson66\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\47617C5.tmp | Online assessment and treatment for anxiety and depression. | 1800 61 44 34 | https://mindspot.org.au/ |
| Alateen  C:\Users\dthompson66\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3ED5EFD3.tmp | Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. | 1300 ALANON (1300 252 666) | www.al-anon.alateen.org/australia |
| Domestic Violence  Line |  | ‍1800 656 463 | https://www.facs.nsw.gov.au/families/Protecting-kids/reporting-child-at-risk |

**If you are looking for an app…**

|  |  |  |
| --- | --- | --- |
| Name | About | Website |
| Calm Harm  Capture | Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected. | Free  App Store  Google Play |
| Clear Fear  C:\Users\hhargreaves2\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7D711A5C.tmp | The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.  Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. | Free  App Store  Google Play |
| ReachOut Worry Time  reachout worrytime logo | ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7 | Free  App Store |
| ReachOut Breathe  reachout breathe logo | ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone | Free  App Store |
| Smiling Mind  smiling mind logo | Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing. | Free  App Store  Google Play |
| WellMind  wellmind logo | WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. | Free  App Store  Google Play |

**If you are looking for online support…**

|  |  |  |
| --- | --- | --- |
| Name | About | Website |
| Bite Back | Promoting resilience and wellbeing in 12-18-year old’s through activities | <https://www.biteback.org.au/> |
| The BRAVE Program | BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety | <https://www.brave-online.com/> |
| ConnectEDSpace | A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents | <https://www.connectedspace.com.au/> |
| Smiling Mind | Online and app-based program to improve wellbeing of young people through mindfulness meditation. | <https://www.smilingmind.com.au/> |
| MyCompass | Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression | <https://www.mycompass.org.au/YoungAdults> |
| LIVIN    #ITAINTWEAKTOSPEAK | LIVIN is all about living your life at the top and breaking the stigma around mental health. Connecting, supporting and encouraging one another to talk about their feelings and challenges because “It Ain’t Weak to Speak”. | Livin.org |

**If you are seeking additional information…**

|  |  |  |
| --- | --- | --- |
| Name | About | Website |
| ReachOut | Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing. | <https://au.reachout.com/> |
| Black Dog Institute | Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing. | <https://www.blackdoginstitute.org.au/> |

