

EXTERNAL STUDENT SUPPORT SERVICES

DROP IN/LOCAL SERVICES

The following contact phone numbers and addresses are provided as help lines for students who seek assistance with specific welfare needs:

- **Drummond St Services** – 100 Drummond St, Carlton. Ph: 9663 6733
- **Cohealth** – 365 Hoddle St, Collingwood. Ph: 9448 5521
- **Melbourne Sexual Health Centre** – 580 Swanston Street, Melbourne. Ph: 9341 6200
- **Centre of Adolescent Health** – 2 Gatehouse Street, Parkville. Ph: 9345 5890. The Centre provides a range of clinical services and community peer and parent support programs.
- **Frontyard Youth Services** – 19 King St, Melbourne. Ph: 9977 0077

STUDENT HELPLINES

- **1800RESPECT** – Ph: 1800 737 732. 24-hour counselling, information and referral service for sexual, domestic or family violence
- **Lifeline** – Ph: 13 11 14. Provides a 24-hour counselling service over the phone.
- **Kids Help Line** – Ph: 1800 55 1800. Provides a 24-hour counselling service over the phone.
- **CASA House (Centre Against Sexual Assault)** – Ph: 1800 806 292. Provides 24-hour counselling and support lines.
- **DIRECT LINE – Drug and Alcohol Help Line** – Ph: 1800 888 236. Provides a 24-hour counselling, advice and referral service.
- **Victorian Legal Aid Telephone Service** – Ph: 1300 792 387.
- **YoDAA 24-hour Drug and Alcohol Support** – Ph: 1800 458 685.
- **Youth Beyond Blue** – Ph: 1300 224 636. Provides a 24-hour counselling service over the phone.
- **Suicide Call Back Service** – Ph: 1300 658 467

STUDENT HELP WEBSITES

- **Beyond Blue 'ChatonLine'** – <https://www.beyondblue.org.au/support-service/chat>
- **Kids Help Line Web Counselling** – <https://kidshelpline.com.au/get-help/webchat-counselling> – Young people can connect one-on-one, real time, with a Kids Helpline counsellor, over the web.
- **Lifeline Chat** – <https://www.lifeline.org.au/crisis-chat/>
- **Headspace** – <https://headspace.org.au/online-and-phone-support/>
- **Smiling Mind** – www.smilingmind.com.au – Meditation made easy
- **Minus18** – minus18.org.au – For LGBTQIA+ youth
- **Rainbow Door** – www.rainbowdoor.org.au/. 10am–5pm Daily. Call: 1800 729 367 Text: 0480 017 246

The University High School has developed a Drug Education and Support Program Policy in accordance with the Department of Education, Employment and Training Guidelines and the Individual School Drug Education Strategy (ISDES). The Policy and Curriculum embraces the principles of Harm Minimisation.

Harm Minimisation takes into account the relationships between people, their drug use and the environment in which their drug use occurs. It supports targeted strategies designed to have a maximum impact in reducing negative effects of drug use.