

Support Services for Parents

Did you know that there are a number of support services for Australian parents?

Hotlines and Websites	Other helpful services
<p>Parentline Victoria 13 22 89 (8am to 12am, 7 days a week) Translating and Interpreting Service available if needed.</p>	<p>Relationships Australia 1300 364 277 https://www.relationshipsvictoria.com.au/services/ <i>A provider of relationships support services for individuals, families and communities</i></p>
<p>Beyond Blue 1300 224 636 (24 hours) http://www.beyondblue.org.au/ Online chat available from 3pm to 12am, 7 days a week)</p>	<p>QLife LGBTI Support 1800 184 527 (3pm – Midnight everyday) https://qlife.org.au/</p>
<p>eHeadspace 1800 650890 https://headspace.org.au/eheadspace/</p>	<p>MensLine Australia 1300 789 978 (24 hours) https://mensline.org.au/ <i>With MensLine Australia's online counselling, you can access free professional support, no matter where you are in Australia.</i></p>
<p>Head to Health 1800 595 212 https://www.healthdirect.gov.au/australian-health-services/c46285af-011f-436b-8e22-c4f791e0216d/head-to-help/services/berwick-3806-clyde</p>	<p>Victorian Transcultural Mental Health 03 9231 3300 (9.00am – 5.00pm) https://vtmh.org.au/contact/</p>
<p>1800Respect 1800 737 732 Interpreter 13 1450 https://www.1800respect.org.au/</p>	<p>Carers Australia 1800 242 634 or https://www.carersaustralia.com.au/</p>
<p>Alternatively, Speak to your local doctor or General Practitioner (GP), or you can search for a GP or health service on Healthdirect: https://www.healthdirect.gov.au/australian-health-services/c46285af-011f-436b-8e22-c4f791e0216d/head-to-help/services/berwick-3806-clyde</p>	<p>If you need immediate assistance, please call emergency services on 000</p> <p>For urgent/crisis assistance (24/7)</p> <p>Lifeline 13 11 14 mailto:https://www.lifeline.org.au/</p> <p>Suicide Call Back Service 1300 659 467 mailto:https://www.suicidecallbackservice.org.au/phone-and-online-counselling/</p>

During school hours there are staff always willing to support you, it is always good to start with the students' Head of House on the **school number 08762 4622** or with the **Assistant Principal: Wellebing (0409416696)**. Any conversation will occur in a sensitive manner and confidentiality will be maintained.