

MENTAL HEALTH & WELLBEING SUPPORT SERVICES

St Augustine's College is committed to supporting all our Saints community and would like to thank you for your attendance. During our term time, all school wellbeing staff, in particular Heads of Year and Homeroom teachers will continue to be available to provide support to you and your child when needed.

Our College Counsellors, Br Roger Vallance 40522 9133, and Ms Marijke Keller 4052 9134 are available or email sac.counsellors@cns.catholic.edu.au. In addition to our staff, listed below are support agencies that can assist your child and family if you are experiencing mental health, wellbeing or relationship difficulties. A good first step is to consult with your family General Practitioner.

EMERGENCY / CRISIS SUPPORTS

- Emergency Services "Triple 0" 000
- [Lifeline](#) 13 11 14
- [Suicide Call Back Service](#) 1300 659 467

PARENT/ CARER MENTAL HEALTH AND COUNSELLING SUPPORT

- [Parentline](#) 1300 301 300
- [BeyondBlue](#) 1300 224 636
- [Reachout for Parents](#) Website only
- [Mensline](#) 1300 789 978
- [NQConnect](#) 1800 059 625
- [Butterfly](#) [eating disorders] 1800 334 673
- [Standby](#) [impacted or bereaved by suicide] 0407 490 005

CHILD / YOUTH MENTAL HEALTH AND COUNSELLING SUPPORT

- [Kids Helpline](#) 1800 55 1800
- [headspace](#) 1800 650 890
- [Youth Beyond Blue](#) 1300 224 636
- [Wuchopperen](#) 4080 1000
- [Reachout](#) Website only

DOMESTIC AND FAMILY VIOLENCE SUPPORT

- [DV Connect Womensline](#) 1800 811 811
- [DV Connect Mensline](#) 1800 600 636
- [QLife](#) 1800 184 527
- [1800RESPECT](#) 1800 737 732

ALCOHOL / DRUG SUPPORT

- [Alcohol and Drug Information Service](#) 1800 177 833
- [Lives Lived Well](#) 1300 727 957

