

## External Support Referrals – Internationals

### About this document

This document has been set up to ensure that students are provided with the appropriate referrals to external providers when necessary.

It's important that all students are valued and feel supported in our college community so having a consistent and central place to store information is vital.

### External provider details

#### English language support

##### Free providers

Reading Writing Hotline

1300 655 506

For help with reading, writing and basic maths.

Provide information about:

- classes that are close to students
- help by mail or computer
- finding teachers and other people who can help
- websites and books that can help students to learn.

##### Local professional services

Insert name, phone, email and website of local provider/s

#### Mental health, wellbeing and counselling

##### Free providers

Lifeline – suicide prevention and crisis support; available 24/7

Call: 13 11 14

Chat by text: 0477 13 11 14

Website: <https://www.lifeline.org.au/>

Resources on their website deal with suicide prevention but also have useful information for and tool kits for the following topics:

- asking for help
- depression

- domestic and family violence
- family and relationship problems
- financial problems
- loneliness and isolation
- loss and grief
- panic attacks
- problem gambling
- natural disaster recovery
- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support

Beyond Blue – support for depression and anxiety

1300 224 636

<https://www.beyondblue.org.au/>

Local professional services

Insert details of a local counsellor and psychologist

### **Disability services**

Include a website for relevant disability support group for relevant state eg Disability Services Australia (NSW) <https://www.dsa.org.au/>

### **Local cultural, religious and community groups**

Find out who the main two target groups are (eg India and China) and the popular religion. Insert some details of local spiritual, religious or community groups applicable to the local area.

There may be some online student groups applicable nationally, for example, Chinese language groups in Brisbane on Meet Up: <https://www.meetup.com/en-AU/topics/chinese-language/au/brisbane/>

You might like to include local council website for *What's on in my area?*

Local prayer and worship rooms for Google Maps.

### **Employment services**

Add local employment office details

### **Accommodation support**

Add local student housing groups, or flatmates website etc relevant to local area

**Financial support**

ASIC Money Smart: <https://www.moneysmart.gov.au/>

Access for advice on dept help and getting on track

**Sports and fitness activities**

Add local gym, sports field, wellness group or walking/cycling track information relevant to local area

**Childcare**

Include a local childcare centre or two