

# **Supports for Wellbeing and Engagement** Who can I ask for support?

## **Wirreanda Secondary School Learning and Culture Leaders**

#### Middle School

Lisa Cmrlec Lisa.cmrlec509@schools.sa.edu.au

#### Senior School Youth Worker

Nigel Perry Nigel.Perry335@schools.sa.edu.au

#### Crisis Contacts

Police, Fire and Ambulance: 000

Police assistance: 131 444

Victim Support: 1800 842 846

Quit Smoking: 137 848

LGBTIQ Life Chat: 1800184 527

Men's Line: 1300 789 978

Relationships Australia: 1800 182 325

SA Elder Abuse Prevention:

1800 372 310

Child Abuse Report Line: 131 478

Sexual Assault: Yarrow Place:

1800 817 421

Alcohol and Drug Information Service:

1300 131 340

Domestic Violence Crisis Line:

1800 800 098

## Mental Health & **Health Support Agencies**

#### **Mental Health and Counselling**

Headspace: 8186 8600 CAMHS: 8326 1234

Uniting Communities' Family Mental Health Support Service: 8202 5200

Walk in after hours Mental Health support links to wellbeing: 1300 093 720

#### Health

Metropolitan Youth MY Health Service: 8326 6053

National Corona-virus Helpline: 1800 020 080

Shine: 8300 5300

## **Suicide Prevention & Help Agencies**

Beyond Blue: 1300 224 636

Lifeline Australia: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Helpline: 1800 551 800

Parent Helpline: 1300 364 100

Counselling Chat: 1300 131 340

Youth Beyond Blue: 1300 224 636

Lifeline text option: 0477 131 114

## Living Situations. **Relationships & Finances**

## **Youth Housing Support**

Ruby's (under 14): 8202 5060 Homelessness Connect SA (over 14: 1300 306 046

Anglicare SA: 1800 569 086

### **Housing Support**

Outer Southern Homelessness Service. Lutheran Care: 8326 4688 or 7123 3775 (direct line for staff)

1800 809 273 (clients) Homelessness Connect: 1800 003 308 or 8186 8900

Toward Home: 1800 809 273

## **Financial and Food Support**

Anglicare: 1800 748 149 Foodbank SA: 8351 1136 Lutheran Community / OSGHS: 8236 4688

### Relationships

Southern Adelaide Domestic Violence Service: 8382 0066 Women's Safety Services: 1800 800 088

School Work, Engagement, **Academic understanding & School related queries** 

Check for clarification via your **Google Classrooms, Daymap** and School Email

Services (AFSS): 8205 1500 Support in all matters concerning child protection.

**Aboriginal Family Support** 

**Aboriginal & Torres Strait** 

**Islander Support Agencies** 

Contact your **teachers** if you have questions regarding your work, attend a Google Meet during your lesson time or email your class teacher.

Noarlunga: 8384 9577 Health and Medical services

**Aboriginal Family Clinic** 

Contact your **HG Teacher** to discuss attendance or any other queries. Email your

homegroup teacher or attend your Google Meet each Wednesday

Email your House Leader if you have already spoken with your class teachers and Homegroup teacher but still require some support

#### **Nunkuwarrin Yunti:**

8392 3500 Provides a wide range of services including physical, emotional, spiritual and cultural support