

# STUDENT SUPPORT SERVICES

## EMERGENCY

**000**

Police · Fire · Ambulance

## LIFELINE

**13 11 14**

24/7 Crisis Support

## BEYOND BLUE

**1300 22 4636**

Mental Health Support

## SUICIDE CALL BACK

**1300 659 467**

24/7 Phone & Online

## CONSTRUCTION INDUSTRY SUPPORT

### MATES in Construction Helpline | [construction.mates.org.au](https://www.construction.mates.org.au)

24/7 free & confidential — counsellors, psychologists & social workers who understand the industry

**1300 642 111**

### Incolink Counselling (VIC/SA/TAS) | [incolink.org.au](https://www.incolink.org.au)

Free counselling for Incolink members & families — stress, relationships, mental health, financial issues

**1300 000 129**

### WorkSafe Victoria | [worksafe.vic.gov.au](https://www.worksafe.vic.gov.au)

Workplace health, safety and injury support

**1800 136 089**

## MENTAL HEALTH & WELLBEING

### MensLine Australia | [mensline.org.au](https://www.mensline.org.au)

24/7 telephone and online support for men with emotional health or relationship concerns

**1300 78 99 78**

### headspace (under 25) | [headspace.org.au](https://www.headspace.org.au)

Mental health support for young people aged 12–25

**1800 650 890**

### Kids Helpline (under 25) | [kidshelpline.com.au](https://www.kidshelpline.com.au)

24/7 free private and confidential phone and online counselling

**1800 55 1800**

## FIRST NATIONS SUPPORT

### 13YARN — Aboriginal & Torres Strait Islander Crisis Support | [13yarn.org.au](https://www.13yarn.org.au)

24/7 free & confidential crisis support — yarn with a trained Aboriginal or Torres Strait Islander crisis supporter

**13 92 76**

### Yarning SafeNStrong (VAHS) | [vahs.org.au](https://www.vahs.org.au)

24/7 free & confidential counselling for Aboriginal & Torres Strait Islander peoples — social & emotional wellbeing support

**1800 959 563**

### Brother to Brother | [dardimunwurro.com.au](https://www.dardimunwurro.com.au)

24/7 crisis line for Aboriginal men — relationship issues, family violence, parenting and personal support

**1800 435 799**

## FAMILY & PERSONAL SAFETY

### 1800RESPECT | [1800respect.org.au](https://www.1800respect.org.au)

24/7 national domestic, family and sexual violence counselling — call, text or online chat

**1800 737 732**

### The Respect Line | [1800respect.org.au](https://www.1800respect.org.au)

Confidential support for people using or at risk of using violence — 24/7 free counselling and referral

**1800 737 732**

### Women's Health Line (Vic) | [whv.org.au](https://www.whv.org.au)

Peer support for women living with cancer — Mon to Thur, 9am–5pm AEST

**1300 781 500**

### 1800 My Options | [1800myoptions.org.au](https://www.1800myoptions.org.au)

Confidential information on contraception, pregnancy options and sexual health — Mon–Fri 10am–4pm

**1800 696 784**

### Safe Steps Family Violence Response (VIC) | [safesteps.org.au](https://www.safesteps.org.au)

24/7 family violence support, information and referral

**1800 015 188**

## LEARNING & LANGUAGE SUPPORT

### Reading Writing Hotline | [readingwritinghotline.edu.au](https://www.readingwritinghotline.edu.au)

National adult literacy and numeracy referral service

**1300 655 506**

### TIS National — Translating & Interpreting | [tisnational.gov.au](https://www.tisnational.gov.au)

24/7 telephone interpreting in 160+ languages — free for many government services

**131 450**

### NDIS — Disability Support | [ndis.gov.au](https://www.ndis.gov.au)

National Disability Insurance Scheme — support for students with a disability

**1800 800 110**

## FINANCIAL & LEGAL SUPPORT

### National Debt Helpline | [ndh.org.au](https://www.ndh.org.au)

Free, independent and confidential financial counselling

**1800 007 007**

### Services Australia (Centrelink) | [servicesaustralia.gov.au](https://www.servicesaustralia.gov.au)

Government financial assistance, payments and support services

**136 240**

### Victoria Legal Aid | [legalaid.vic.gov.au](https://www.legalaid.vic.gov.au)

Free legal advice and assistance for eligible Victorians

**1300 792 387**

### Fair Work Ombudsman | [fairwork.gov.au](https://www.fairwork.gov.au)

Workplace rights, pay and entitlements information

**13 13 94**

## COMPLAINTS ABOUT YOUR TRAINING

### Construction Safety Assurance — Head Office | [info@csaa.com.au](mailto:info@csaa.com.au)

Speak to our RTO Manager to raise any concern or complaint about your training

**(03) 9706 8383**



### SCAN TO SAVE THIS FLYER

Point your phone camera at the QR code to download a digital copy of this support services flyer.