

Junior Secondary Guidance Officer – Anna Willis



This is a list of recommended support services for the school community as we head into the school holidays:

- How to access support through school website: <https://pbc-shs.eq.edu.au/support-and-resources/student-resources> (see support and resource links in right column)
- Support services for the young person: [https://pbc-shs.eq.edu.au/Supportandresources/Formsanddocuments/Documents/support-and-resources/help-services-2018\(pdf,488kb\).pdf](https://pbc-shs.eq.edu.au/Supportandresources/Formsanddocuments/Documents/support-and-resources/help-services-2018(pdf,488kb).pdf)
- eMHprac a guide to digital mental health resources: <https://pbc-shs.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/support-and-resources/emhprac-resource-guide-mar2019.pdf>
- Helping parents support their teenagers through everyday issues and tough times: <https://parents.au.reachout.com/>
- Connecting families to the right services at the right time: <http://familychildconnect.org.au/>
- The Gold Coast Community Directory lists community-based groups, organisations and individuals that offer services and activities across the city, making it easy to connect with community based groups and services in your local area: <https://www.goldcoast.qld.gov.au/community/community-resources-directory-2918.html>
- The Black Dog Institute is dedicated to understanding, preventing and treating mental illness: <https://www.blackdoginstitute.org.au/>
- QLD Health Website (coronavirus (COVID-19) – everything you need to know, in language you can understand): <https://www.health.qld.gov.au/>
- 13HEALTH (13 43 25 84 non-urgent health advice)
- Headspace (mental health and wellbeing support for young people): <https://headspace.org.au/>
- Need to talk to someone (Lifeline 13 11 14, eheadspace 1800 650 890 or Kids Helpline 1800 551 800)
- New life care (providing mental health support, emergency food aid, disability and homelessness support): <https://newlifecare.nu/>



- Genuine Love (op shop and food relief): <https://c3currumbin.org.au/genuine-love/>
- Centrelink (we deliver Centrelink social security payments and services to Australians): <https://www.servicesaustralia.gov.au/individuals/centrelink>
- If you require urgent and immediate help please call 000 or the Acute Care Team (QLD) on 1300 642 255 or Mental Health Access Line (NSW) on 1800 011 511 for 24/7 crisis assistance.