



## Guidance Officer News

### Guidance News (Middle and Senior School)

*Anna Willis – Middle School Guidance Officer*

*Steve Jones – Senior School Guidance Officer*

#### **Role**

- Welfare/wellbeing support
- Link students/families with outside agencies for further support (i.e Headspace)
- Study plans
- Career/University guidance

#### **Confidentiality**

Anything you tell the Guidance Officer (GO) is confidential. This means the GO will not tell anybody else about what you have said unless you say you have or are going to hurt yourself or someone else or someone is hurting you. If you are unsure of what this means please ask the GO.

### Support services for the young person

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<b>Lifeline:</b>	<b>13 11 14 (24 Hrs)</b>
<b>Kids Helpline:</b>	<b>1800 55 1800 (24 Hrs)</b>
<b>Online Counselling:</b>	<b><a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a></b>
<b>Suicide Support Services:</b>	<b>1800859585 (5pm-9am weekdays, 24hrs</b>
<b>weekends)</b>	
<b>Suicide Call Back Services:</b>	<b>1300 659 467 (Free nation-wide telephone</b>
	<b>support for those displaying suicidal behaviour,</b>
	<b>and their carers)</b>

#### **ONLINE RESOURCES**

[www.youthbeyondblue.com](http://www.youthbeyondblue.com) Information on depression, anxiety, and suicide prevention

[www.reachout.com.au](http://www.reachout.com.au) Interactive forum for young people to access support and assistance

[www.headroom.net.au](http://www.headroom.net.au) Information / resources for young people, their family, and friends

[www.sane.org](http://www.sane.org) National charity aimed at enhancing mental health

[www.somazone.com.au](http://www.somazone.com.au) Information about health and well-being issues

### Crisis Contacts - General

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**Emergency ambulance: 000**

**Hospital Emergency Department**

**Gold Coast Hospital: 108 Nerang St, Southport 55198211 (24hrs)**

**Robina Hospital: 2 Bayberry Lane, Robina 56686399 (24hrs)**

**Tweed Hospital: Powell Street, Tweed Heads 55067416 (24hrs)**

**Child & Youth Mental Health Services: 56356392 (9am-5pm) 55370660 (after 5pm) Level 3, 2 Campus Crescent, Robina**



**ATODS (Alcohol and Other Drug Services in Queensland)** available 24 hours, 7 days a week by calling 1800 177 833 (freecall). <https://www.health.qld.gov.au/public-health/topics/atod/services/default.asp>

Alcohol and other drugs (AOD) services provide people with a range of interventions that influence and support the decision to reduce or cease harmful substance use. Referrals to alcohol and other drugs services can come from the individual experiencing the problem, family and friends, community services, Hospital and Health Services, GPs, Police, Courts and Corrective Services.

**Lifeline** 13 11 14 (cost of a local call). [www.lifeline.org.au](http://www.lifeline.org.au) For urgent assistance call Lifeline which is a 24-hour telephone counselling service.

**Kids Help Line** 1800 55 1800 (free call from land line) [www.kidshelp.com.au](http://www.kidshelp.com.au). Kids Help Line offers free confidential 24-hour telephone counselling services for 5 to 18 year olds in Australia. On the Kids Help Line site, you can email a counsellor or chat to one online between 3pm and 9pm Queensland time, Monday to Friday and 10am and 4pm Queensland time, Saturday.

**Youth beyondblue info line** 1300 22 4636 [www.youthbeyondblue.com](http://www.youthbeyondblue.com). For the cost of a local call, the beyondblue info line provides callers with access to information and referral to relevant services for depression and anxiety-related matters.

**Headspace.** [www.headspace.org.au](http://www.headspace.org.au) Go to the website to find information, support and help near you. The National Youth Mental Health Foundation - offers a comprehensive website and one-stop-shop services that are youth-specific, and therefore youth-friendly. Headspace employs a range of different health workers and programs with a focus on the needs of young people. These include; GPs, psychologists, alcohol and drug workers, as well as education and employment programs.

**Orygen Youth Health** [www.oyh.org.au](http://www.oyh.org.au). Orygen Youth Health aims to ensure that young people are able to access high-quality mental health, and drug and alcohol services provided in friendly, accessible environments.

**Reach Out!** [www.reachout.com.au](http://www.reachout.com.au). Reach Out! is a web-based service which aims to inspire young people to help themselves through tough times. The Reach Out! site has fact sheets and personal stories about a wide range of health and lifestyle issues, as well as profiles of famous people, an e-newsletter and a database where you can look for help in your area. Reach Out! is an initiative of the Inspire Foundation.

**Reach Out! Central** [www.reachoutcentral.com.au](http://www.reachoutcentral.com.au). Designed specifically for young people, Reach Out Central (ROC) is an interactive program that's designed to help you explore how your thinking, behaviour and feelings all interact with each other, and to help you improve and learn new life skills.

**The Inspire Foundation** [www.inspire.org.au](http://www.inspire.org.au). The Inspire Foundation combines technology with the direct involvement of young people to deliver innovative and practical online programs that prevent youth suicide and improve young people's mental health and wellbeing.

**Somazone** [www.somazone.com.au](http://www.somazone.com.au). Somazone is a website that was developed by young people for young people, with the assistance of the Australian Drug Foundation (ADF). The website focuses on health and lifestyle issues such as mental health, drug- use, relationships and body image, with fact sheets, personal stories and advice on where to get help.



**Itsallright** [www.itsallright.org](http://www.itsallright.org). Itsallright.org is SANE's website for young people with a parent or friend affected by mental illness.

**MoodGYM** [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au). MoodGym is an online treatment program, where you can learn the Cognitive Behaviour Therapy (CBT) techniques that are used to prevent and treat depression.

**depressioNet** [www.depressionservices.org.au](http://www.depressionservices.org.au). depressioNet is an independent resource for information, help and support. depressioNet offers a 24-hour email service to answer depression-related questions and help locate resources available in your area. There is also the opportunity to communicate with others via their chat room and message board.

**The Black Dog Institute** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au). The Black Dog Institute website contains:

- expert information on depression and Bipolar Disorder
- information about causes and treatments
- online self-assessment tools
- a section on getting help for people experiencing depression and their carers
- a page on depression in teenagers and young adults:  
[www.blackdoginstitute.org.au/public/depression/inteenagersyoungadults.cfm](http://www.blackdoginstitute.org.au/public/depression/inteenagersyoungadults.cfm)

**Anxiety Network** [www.anxietynetwork.com.au](http://www.anxietynetwork.com.au). Anxiety Network Australia was established as an information, education and support resource for people all around Australia who live with anxiety disorders, their carers, relatives and health practitioners.

**The Panic Anxiety Disorder Association (PADA)**. [www.panicanxietydisorder.org.au](http://www.panicanxietydisorder.org.au). The PADA website provides non-clinical information about panic/anxiety attacks, the five main anxiety disorders, prevention, self-help strategies, treatment options and membership services. A printable order form is available for the purchase of books and tapes.

**BluePages** [www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au) For people living with depression, BluePages provides information about the illness and about its treatments (medical, psychological and alternative). It also has a bulletin board and a state-by-state list about where to get help.

Eating Disorders Foundation of Victoria **Centre for Clinical Interventions**  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au).

CCI has developed a number of resources for consumers, mental health practitioners, and doctors, many of which are freely available through this website.

[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au) The Eating Disorders Foundation of Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

#### **State-based Alcohol and Drug Information Services**

- \* ACT - (02) 6207 9977
- \* QLD - 1800 177 833
- \* NSW - 1800 422 599 or (02) 9361 8000
- \* NT - 1800 131 350
- \* SA - 1300 131 340 or (08) 8363 8618
- \* VIC - 1800 888 236
- \* TAS - 1800 811 994
- \* WA - 1800 198 024 or (08) 9442 5000



**National Cannabis Prevention and Information Centre**

[www.ncpic.org.au](http://www.ncpic.org.au) Cannabis Information and Helpline 1800 30 40 50

**Druginfo Clearinghouse** 1300 85 85 84

This information was supplied through  
Drop of Life Psychology Clinic  
Shop 6 109 West Burleigh Rd, BURLEIGH WATERS  
Phone: 55207705  
Email: [admin@dropoflife.com.au](mailto:admin@dropoflife.com.au)  
Website: [www.dropoflife.com.au](http://www.dropoflife.com.au)

**Griffith Parents and Students Advice Night**

22 May – Nathan

24 May – Gold Coast

Tour the campus, explore pathways and get the info you need to make a decision about your future.

Find out more - <https://www.griffith.edu.au/guidance-officers-teachers/events>

**Bond Uni Experience Days**

Bond University will open its campus throughout the year to provide Year 11 and 12 students with the opportunity to experience what life is like at Bond both inside and outside of the classroom.

From dissecting a sheep's heart in our medical laboratories, to learning how to trade on the stock exchange, to watching a live courtroom demonstration, to building models in our new architecture building, students will experience an interactive and intimate view into the programs offered at the University.

[Communication and Digital Media – Wednesday, 18 April](#)

[Architecture – Thursday, 19 April](#)

[Criminology – Friday, 20 April](#)

[Careers in Business, Hotel and Tourism Management, and Sport Management – Tuesday, 22 May](#)

[Careers in Actuarial Science and Commerce – Wednesday, 23 May](#)

[International Relations – Monday, 25 June](#)

[Film and Television – Tuesday, 26 June](#)

[Psychology – Thursday, 28 June](#)

[Environments, Planning and Urban Design – Thursday, 5 July](#)

[Careers in Business, Hotel and Tourism Management, Sport Management, Actuarial Science and Commerce – Wednesday, 24 October](#)

Find out more - <https://bond.edu.au/future-students/study-bond/see-yourself/experience-days>

**UQ Open Day – Save the Date**

[Visit UQ at TSXPO](#)

Sat, 21 July– Sun, 22 July

Royal International Convention Centre

[UQ Open Day](#) St Lucia campus

Sun, 5 August - 9:00am–3:00pm

[UQ Open Day](#) Gatton campus

Sun, 19 August - 9:00am–3:00pm

[OP Results Advice Night](#)

Mon, 17 December - 4:00pm–7:00pm

Find out more - <https://future-students.uq.edu.au/events>



### **Defence Careers Events**

22 January 2018

[Gold Coast: Army Careers Information Session](#)

23 January 2018

[Gold Coast: Trade Careers Information Session](#)

31 January 2018

[Gold Coast: Women in Defence Information Session](#)

Find out more - <https://www.facebook.com/DefenceJobsAustralia/>