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| **Student Engagement Support**  **at**  **Dickson College 2022** | | |
| *If you have any worries about how you’re going or if you're worried about a friend, we are here to support you. Please come down to Student Engagement and talk with us about your concerns* | | |
| **Engagement Leaders** | Robert Howatson, Caitlin Hanby and David Green | |
| **Engagement Advisors – Year 11** | Margaret O’Donell, Tara Goodsell and Rose Gagliardi | |
| **Engagement Advisors – Year 12** | Ella Packham, John Forrest and Tania Balind | |
| **Student Advisors** | Katie Molloy, Gustavo Rivera and Vanessa Akister | |
| **Indigenous Contact Officers** | Elinor Archer and Jenny Dries | |
| **School Psychologist** | Graham Mackay (Wed - Fri) | |
| **Student Engagement Administration Team** | Anne-Maree Wigney, Lyndal Bolton and Karen Burt  Email: [DicksonC.studentadmin@ed.act.edu.au](mailto:DicksonC.studentadmin@ed.act.edu.au) | |
| **Student absences email** | [DicksonC.absences@ed.act.edu.au](mailto:DicksonC.absences@ed.act.edu.au) | |
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| **How to get mental health help outside of school** | | |
| It is important to know where to go if you need mental health support outside of school, particularly over the school holidays or when you leave school. | | |
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| **In Crisis:** | | |
| ***If you or someone you know is talking about suicide, please seek help from one of the following services urgently.*** | | |
| ACT Crisis, Assessment & Treatment Team (CATT) *Available 24 hours a day* | | 1800 629 354 or 6205 1065 |
| NSW Mental Health Access Line | | 1800 011 511 |
| Emergency Services  From Mobile phone | | 000  112 |
| Lifeline | | 13 11 14  [www.lifeline.org.au](https://www.lifeline.org.au/) |
| Kids Helpline | | 1800 55 1800  [kidshelpline.com.au](https://kidshelpline.com.au/) |
| Suicide Call Back Service | | 1300 659 467  [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au/) |

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| **Other helpful services:** | |
| ***An appointment with your own or any General Practitioner (GP) is a great place to start. The GP will be able to refer you to the right support services after you have a chat with them.*** | |
| Winnunga Nimmityjah Aboriginal Health and Community Services (WNAHCS) | 6284 6222 |
| Yarning Safe’N’Strong – Available 24/7  Free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples | 1800 959 563 |
| Headspace ACT  eHeadspace | 6113 5700 |
| Headspace Queanbeyan | 5131 1500 |
| ACT Child and Adolescent Mental Health Service (CAMHS) | 5124 1407 (Northside)  5124 3133 (Southside) |
| NSW Mental Health Line | 1800 011 511 |
| The Junction Youth Health Service  (Medical and Counselling Services) | 6232 2323 |
| Child and Youth Protection Services (CYPS) | 1300 556 729 |
| Onelink - Homelessness | 1800 176 468 |
| Menslink mentoring and counselling  (supporting young men in Canberra) | 6287 2226 |
| Carers ACT | 1800 960 990 |
| Translating & Interpreter Service  (if English is not your first language and you require assistance) | 13 14 50 |
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| **Online Support** | |
| Headspace  Headspace – Yarn Safe | [headspace.org.au](http://headspace.org.au/)  [headspace.org.au/yarn-safe](https://headspace.org.au/yarn-safe/) |
| Reach Out (lots of mental health and drug and alcohol info) | [au.reachout.com](http://au.reachout.com/) |
| Beyond Blue (depression and anxiety) | [beyondblue.org.au](https://www.beyondblue.org.au/) |
| The Black Dog Institute (depression and bipolar disorder) | [blackdoginstitute.org.au](http://www.blackdoginstitute.org.au/) |
| The Butterfly Foundation (eating disorders and body image) | [thebutterflyfoundation.org.au](https://thebutterflyfoundation.org.au/) |
| Cannabis Information and Support | [cannabissupport.com.au](https://cannabissupport.com.au/) |
| Online treatment or prevention programs for common mental health problems, such as anxiety and depression | [moodgym.anu.edu.au](https://moodgym.anu.edu.au/) |
| Other Mental Health apps | Smiling Mind  Virtual Hope Box |