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| **Student Engagement Support** **at** **Dickson College 2023** |
| *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**  | Grant Davoren (Year 11), Vanessa Akister (Year 12)Caitlin Hanby (Inclusion) |
| **Engagement Advisors – Year 11** | David Green, John Forrest and Tania Balind |
| **Engagement Advisors – Year 12**  | Margaret O’Donell, Tara Goodsell, Stephanie Burns |
| **Student Advisors**  | Katie Molloy, Gustavo Rivera and Vanessa Akister |
| **Indigenous Contact Officers** | Robert Howatson |
| **IPS/RBP/ESL program** | Christiane Roth, Marcus Lee |
| **School Psychologist** | Graham Mackay (Mon, Tue, Fri) |
| **Student Engagement Administration Team** | Anne-Maree Wigney, Email: DicksonC.studentadmin@ed.act.edu.au  |
| **Student absences email** | 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 ServicesFrom Mobile phone | 000112 |
| 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 24/7Free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples | 1800 959 563 |
| Headspace ACTeHeadspace | 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** |
| HeadspaceHeadspace – 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 |