

Student Wellbeing Referral Directory

This directory lists recommended services for students experiencing wellbeing challenges. All services are free and confidential unless otherwise stated.

Crisis, Stress and Mental Health Support

- Lifeline — 13 11 14 | www.lifeline.org.au
- Beyond Blue — 1300 22 4636 | www.beyondblue.org.au
- Headspace — 1800 650 890 | www.headspace.org.au
- Suicide Call Back Service — 1300 659 467 | www.suicidecallbackservice.org.au
- NSW Mental Health Line — 1800 011 511
- ReachOut | www.au.reachout.com

Family, Domestic and Sexual Violence Support

- 1800RESPECT — 1800 737 732 | www.1800respect.org.au
- NSW Domestic Violence Line — 1800 65 64 63
- Canberra Domestic Violence Crisis Service (DVCS) — (02) 6280 0900

Financial, Housing & Legal Support

- National Debt Helpline — 1800 007 007 | www.ndh.org.au
- Ask Izzy — www.askizzy.org.au
- LawAccess NSW — 1300 888 529
- Legal Aid ACT — 1300 654 314
- ACT OneLink — 1800 176 468 | www.onelink.org.au
- NSW Link2Home — 1800 152 152 | www.nsw.gov.au

Aboriginal and Torres Strait Islander Support

- 13YARN — 13 92 76 | www.13yarn.org.au
- Brother to Brother — 1800 435 799
- Aboriginal Legal Service (ALS NSW/ACT) — 1800 765 767
- NSW AH&MRC — www.ahmrc.org.au
- Winnunga Nimmityjah Aboriginal Health Service (ACT) — (02) 6284 6222

Physical and Sexual Health Support

- Healthdirect Australia — 1800 022 222 | www.healthdirect.gov.au
- NSW Sexual Health Infolink — 1800 451 624

Social and Cultural Support

- Australian Red Cross Migration Support Programs — 1800 733 276 | www.redcross.org.au
- NSW Multicultural Health Communication Service — www.mhcs.health.nsw.gov.au
- ACT Multicultural Hub — www.communityservices.act.gov.au

Language, Literacy and Numeracy (LLN) Support

- Reading Writing Hotline — 1300 655 506 | www.readingwritinghotline.edu.au
- Canberra Institute of Technology (CIT) Adult Literacy and Numeracy programs — (02) 6207 3188 | www.cit.edu.au