

EXTERNAL SUPPORT REFERRALS – INTERNATIONAL STUDENTS

ABOUT THIS DOCUMENT

This document has been set up to ensure that students are provided with the appropriate referrals to external providers when necessary.

It's important that all students are valued and feel supported in our college community so having a consistent and central place to store information is vital.

PROVIDER DETAILS

ENGLISH LANGUAGE SUPPORT

ELICOS PROVIDER SERVICES (GENERAL ENGLISH, EAP)

Australian College of Community and Health Services

Address: Suite 107, 30 Cowper Street, Parramatta NSW 2150

Phone: 02 8005 0010 Website: www.acchs.edu.au

FREE PROVIDERS

Reading Writing Hotline

Phone: 1300 655 506

For help with reading, writing and basic maths.

Provide information about:

- classes that are close to students
- help by mail or computer
- finding teachers and other people who can help
- websites and books that can help students to learn.

MENTAL HEALTH, WELLBEING AND COUNSELLING

FREE PROVIDERS

Lifeline – suicide prevention and crisis support; available 24/7

Phone: 13 11 14

Chat by text: 0477 13 11 14

Website: <https://www.lifeline.org.au/>

Resources on their website deal with suicide prevention but also have useful information for and tool kits for the following topics:

- asking for help
- depression
- domestic and family violence
- family and relationship problems
- financial problems
- loneliness and isolation
- loss and grief
- panic attacks
- problem gambling
- natural disaster recovery
- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support.

Beyond Blue – support for depression and anxiety

Phone: 1300 224 636

Website: <https://www.beyondblue.org.au/>

Alphacrucis Well-being Centre

Address: Level 2, 30 Cowper Street, Parramatta NSW 2150

Email: wellbeing@ac.edu.au.

Website: <https://www.ac.edu.au/current-students/wellbeing-centre/>

LOCAL CULTURAL, RELIGIOUS AND COMMUNITY GROUPS

Find out who the main two target groups are (eg India and China) and the popular religion. Insert some details of local spiritual, religious or community groups applicable to the local area.

There may be some online student groups applicable nationally, for example, Chinese language groups in Brisbane on Meet Up: <https://www.meetup.com/en-AU/topics/chinese-language/au/brisbane/>

You might like to include local council website for *What's on in my area?*

Local prayer and worship rooms for Google Maps.

EMPLOYMENT SERVICES

<insert name of local employment office>

Address:

Phone: Website:

ACCOMMODATION SUPPORT

<insert local student housing groups, or flatmates website etc relevant to local area e.g.:

Flatmates: www.flatmates.com.au

Hostel World: www.hostelworld.com

Stayz: www.stayz.com.au

Gumtree: www.gumtree.com.au>

FINANCIAL SUPPORT

ASIC Money Smart

Website: <https://www.moneysmart.gov.au/>

Access for advice on dept help and getting on track.

SPORTS AND FITNESS ACTIVITIES

<insert name of local gym, sports field, wellness group or walking/cycling track>

Address:

Phone: Website:

<insert name of local gym, sports field, wellness group or walking/cycling track>

Address:

Phone: Website:

CHILDCARE

Reggio <insert name of local childcare centre>

Address:

Phone: Website: