

# SUPPORT SERVICES

*Created by the School Counselling and Psychology Team - Catholic Education Services Cairns*

It is common for people to experience a range of emotions and have varied support needs during difficult times. All schools have dedicated wellbeing staff and school counsellors to help you and your child navigate this time. Contact your child's school directly to find out how to contact your child's school counsellor. Whilst your child's school will continue to help support you and your child even if your child is not physically attending school, below is a list of support agencies that are also available to you and your child if needed. Click on the underline words for further information about each service.

<b>Emergency / Crisis Supports</b>	
✓ <a href="#">Emergency Services "Triple 0"</a>	000
✓ <a href="#">Lifeline</a>	131114
✓ <a href="#">Suicide Call Back Service</a>	1300659467

  

<b>Parent/ Carer Mental Health &amp; Counselling Support</b>	
✓ <a href="#">Parentline</a>	1300 301 300
✓ <a href="#">BeyondBlue</a>	1300 224 636
✓ <a href="#">Reachout for Parents</a>	Website only
✓ <a href="#">Mensline</a>	1300 789 978
✓ <a href="#">NQConnect</a>	1800 059 625

  

<b>Child / Youth Mental Health &amp; Counselling Support</b>	
✓ <a href="#">Kids Helpline</a>	1800 55 1800
✓ <a href="#">headspace</a>	1800 650 890
✓ <a href="#">Youth Beyond Blue</a>	1300 224 636

  

<b>Domestic and Family Violence Counselling Support</b>	
✓ <a href="#">DV Connect Womensline</a>	1800 811 811
✓ <a href="#">DV Connect Mensline</a>	1800 600 636

  

<b>Financial and Housing Support</b>	
✓ <a href="#">National Debt Helpline</a>	1800 007 007
✓ <a href="#">Services Australia</a>	132 468
✓ <a href="#">Homeless Hotline</a>	1800 474 753

  

<b>Alcohol / Drug Counselling Support</b>	
✓ <a href="#">Alcohol and Drug Information Service</a>	1800 177 833
✓ <a href="#">Lives Lived Well</a>	1300 727 957

  

<b>Other Support</b>	
✓ <a href="#">Anglicare NQ Food Bank</a>	0487 008 108
✓ <a href="#">Health Advice</a>	13 43 25 84
✓ <a href="#">Cairns Regional Council Coronavirus Hotline</a>	1300 396 102