

## **Student/Family Support Available Outside of OLSH**

Student (and family members) might like to access counselling support outside of OLSH, eg., during school holidays. Below are contact details of some agencies which provide support. This list is not exhaustive, but it can provide a first point of call. We would be happy to make recommendations and can be contacted on OLSH Central Administration ph. 8950 6400.

Wendy Russ and Jo Duncan and Brother Francis Hough

College Counsellors

### **General Counselling and Support**

#### **CatholicCareNT**

6 Hartley St

Ph 8958 2400

CatholicCare is a social services agency of the Catholic Diocese of Darwin. CatholicCare provides a variety of counselling support services for individuals, parents and children, and couples. CatholicCare currently provide free counselling support for OLSH staff members.

<http://www.catholiccarent.org.au>

#### **Headspace Alice Springs**

5/5 Hartley St (opposite Catholic Church)

Phone 8958 4544

Headspace is a youth mental health organisation that provides FREE and CONFIDENTIAL mental, physical and sexual health services to young people 12-25. Young people can come to Headspace for a range of reasons like feeling sad or worried, needing to talk to someone, concerned about alcohol and other drug use or needing medical advice.

Online chat services are available after hours (9am – 1am 7 days) on [www.eheadspace.org.au](http://www.eheadspace.org.au).

For more information [www.headspace.org.au/alicesprings](http://www.headspace.org.au/alicesprings) and like us on Facebook – [www.facebook.com/headspaceAliceSprings](https://www.facebook.com/headspaceAliceSprings)

## **Mental Health / Crisis Intervention**

### **Central Australia Mental Health Service**

#### **Child and Youth Team**

Stuart Terrace

Ph 8951 5950 or 1800 628 288

Provides assessment (diagnosis), interventions, treatment, referral and support to people with a mental illness or who are experiencing severe emotional distress.

In the case of an emergency the Crisis Assessment Team is available to provide crisis support 24 hours each and every day via the hospital Emergency Department or hospital switch 8951 7777.

#### **Child Protection Reporting**

1800 700 250

#### **Telephone/Online Support**

Lifeline – 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

Lifeline – online services (crisis support chat)

Suicide Call Back Service provides free nationwide professional telephone and online counselling for anyone affected by suicide.

Phone 1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Parentline – 1300 30 1300

Kids Helpline – 1800 55 1800

[www.kidshelp.com.au](http://www.kidshelp.com.au)

Beyond Blue – 1300 22 4636

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

[www.reachout.com.au](http://www.reachout.com.au)

## **Holyoake**

21 Newland St

Ph 8952 5899

Holyoake's primary focus is support and confidential counselling for people affected directly or indirectly by alcohol and other drugs, gambling or other dependent behaviours.

***Counselling and support for OLSH students is free of charge.***

[www.holyoake.org.au](http://www.holyoake.org.au)

## **Central Australian Aboriginal Congress**

**Social and Emotional Well Being Branch; Congress Youth Outreach Team** (Support for 12 to 25 year olds)

Westpoint Building Ph 8958 3635 (Co-ordinator)

**Community Well Being Team** (Support for over 25 year olds); **Targeted Family Support Services; Safe and Sober Support Services**

14 Leichhardt Tce (Old Imparja Building) Ph 8959 4750

Free and confidential services for Aboriginal people.

<http://www.caac.org.au>

## **Relationships Australia**

Old Post Office Building and Building next to Mad Harry's.

Railway Terrace

Ph 8950 4100

Provides general counselling services for adults and children, Family Dispute Resolution and support for separating parents and their children.

<http://www.nt.relationships.org.au/locations/alice-springs>

## **Private Psychologists/Counsellors**

There are a number of private psychologists and counsellors available and listed in the yellow pages. However the best way to access their services is to seek a referral from your GP and receive the Medicare rebate.