



**Need to talk but  
don't know where  
to turn?**

**Come and  
have a chat.  
Help is available.**

**Talk to a trusted staff member**  
(PC Teacher, Head of House, Student Services)

**Speak with Karolina, Adrian or Leah,  
[talk@rostrevor.sa.edu.au](mailto:talk@rostrevor.sa.edu.au)**

**Other support is available 24 hours a day by phoning:**

**Lifeline**  
13 11 14

**MensLine**  
1300 789 978

**Kids Helpline**  
1800 551 800

**Beyond Blue**  
1300 224 636