

## External Support Services

QTHC recognises that students may have problems that do not directly concern the company but may impinge on their ability to achieve competencies. In this instance QTHC will offer advice in referring students to appropriate external support groups for assistance:

### Emergencies

In an emergency, telephone **000** for:

- Police;
- Ambulance; and/or
- Fire Brigade.

### Suicide Prevention

**Lifeline:** Lifeline provides all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services.

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

**Phone:** 13 11 14

**Beyond Blue:** Beyondblue creates mentally healthy environments and supports people across Australia – whatever their age and wherever they live.

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

**Phone:** 1300 224 636

**Suicide Call Back Service:** The Suicide Call Back Service is a 24-hour, nationwide service that provides free telephone, video and online counselling.

**Website:** <https://www.suicidecallbackservice.org.au/>

**Phone:** 1300 659 467

### Alcohol and Drugs

**Alcoholics Anonymous Helpline:**

**Website:** <http://www.aa.org.au/>

**Phone:** 1300 222 222

**National Alcohol and Other Drug Hotline:**

**Website:** <https://campaigns.health.gov.au/drughelp/what-services-are-there#national-alcohol-and-other-drug-hotline>

**Phone:** 1800 250 015

**Family Drug Support Australia:**

**Website:** <http://www.fds.org.au/family-drug-support-australia>

**Phone:** 1300 368 186

**Mobile Assistance Patrol (MAP): in South Australia only,** MAP transports people under the influence of alcohol or other drugs to places of safety and support. Service available seven days a week.

**Website:** <http://asg.org.au/mobile-assistance-patrol-map>

**Phone:** 0411 474 368

## Domestic Violence

### Domestic Violence Crisis Line:

**Website:** <http://womenssafetyervices.com.au/index.php/about/services/28-domestic-violence-crisis-line-1800-800-098>

**Phone:** 1800 800 098

### National Sexual Assault, Domestic and Family Violence Counselling Service:

**Website:** <https://www.1800respect.org.au>

**Phone:** 1800 737 732 (1800 RESPECT)

**The National Domestic Violence Hotline:** a vital link to safety for women, men, children and families affected by domestic violence - 24/7, 365 days a year.

**Website:** <http://www.thehotline.org/>

**Phone:** 1800 799 7233 (1800 799 SAFE)

## Gambling

**Website:** <https://www.gamblinghelponline.org.au/>

**Phone:** 1800 858 858

## Health

**Health Direct:** Safe, practical health information (a free service supported by the Governments of Australia)

**Website:** <https://www.healthdirect.gov.au/>

**Phone:** 1800 022 222

### Food Poisoning:

**Website:** <http://foodsafety.ood.telligence.net.au/topic/is-it-food-poisoning/>

### Food Complaints and Recalls:

**Website:** <http://www.foodstandards.gov.au/consumer/safety/complaints/pages/default.aspx>

**Phone:** (02) 6271 2222

## Poisons Information Line

**Website:** <https://www.healthdirect.gov.au/poisoning>

**Phone:** 13 11 26

## Quit Smoking

**Website:** <http://www.quitnow.gov.au/>

**Phone:** 13 78 48

## Homelessness

### New South Wales

**Website:** <https://www.facs.nsw.gov.au/view-contact?contact=1838208>

**Phone:** 1800 152 152

### Queensland

**Website:** <https://www.qld.gov.au/housing/emergency-temporary-accommodation/homeless-persons-information-qld>

**Phone:** 1800 474 753

### South Australia

**Website:** <https://www.sa.gov.au/topics/housing/emergency-shelter-and-homelessness/accessing-services>

**Phone:** 1800 003 308

## Men

**MensLine Australia:** MensLine Australia is a telephone and online counselling service for men with family and relationship concerns

**Website:** <https://mensline.org.au/>

**Phone:** 1300 789 978

**The National Domestic Violence Hotline:** a vital link to safety for women, men, children and families affected by domestic violence - 24/7, 365 days a year.

**Website:** <http://www.thehotline.org/>

**Phone:** 1800 799 7233 (1800 799 SAFE)

## Sexual Assault

**National Sexual Assault, Domestic and Family Violence Counselling Service:**

**Website:** <https://www.1800respect.org.au>

**Phone:** 1800 737 732 (1800 RESPECT)

## Victim Support

**New South Wales**

**Website:** <https://www.victimsservices.justice.nsw.gov.au/>

**Phone:** 1800 633 063 (Victims Access Line) or 1800 019 123 (Aboriginal Contact Line)

**Queensland**

**Website:** <https://www.health.qld.gov.au/qhvss>

**Phone:** 1800 208 005

**South Australia**

**Website:** <https://www.victimsa.org/>

**Phone:** 1800 842 846 (1800 VICTIM)

## Women

**The National Domestic Violence Hotline:** a vital link to safety for women, men, children and families affected by domestic violence - 24/7, 365 days a year.

**Website:** <http://www.thehotline.org/>

**Phone:** 1800 799 7233 (1800 799 SAFE)

**National Sexual Assault, Domestic and Family Violence Counselling Service:**

**Website:** <https://www.1800respect.org.au>

**Phone:** 1800 737 732 (1800 RESPECT)