

## Accessing Mental Health Support

*It is important you know how and where to access mental health support outside of the College.*

### Option 1: Talk to your parents

Sometimes having a chat to your parents about what's concerning you at the moment

can be really helpful to work out what the next steps might be to access support.

### Option 2: Visit your GP to discuss support options

Your GP will be able to assess you and what level of support you might need. This could include referring you to a mental health professional.

If your GP agrees that you need additional support, they will be able to provide you with a **Mental Health Care Plan**. This will give you up to 20 subsidised or free sessions per calendar year.

The types of support that you may be entitled to on a **Mental Health Care Plan** include:

- one-on-one sessions with a psychologist;
- group sessions with a psychologist;
- sessions with a social worker or another allied health professional.

Your GP can help you find mental health professionals in your local area. Please note that you will need to have your Medicare card to organise a **Mental Health Care Plan**.

If you are over the age of 15, you can find out more about how to get a Medicare card. headspace has provided the following helpful article: '[How to get a Medicare card](#)'.

**If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.**

## Option 3: Access the following services and helplines

**headspace**

**1800 650 890 (12.00pm to 8.00pm)**

Online support and counselling to young people aged 12 to 25.  
For webchat visit: [headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

**CHATSWOOD**

Phone (02) 8021 3668

**GRIFFITH**

Phone (02) 6962 3277

**DUBBO**

Phone (02) 6962 3277

**BROOKVALE**

Phone (02) 9937 6500

**ORANGE**

Phone (02) 6369 9300

**WAGGA WAGGA**

Phone (02) 6937 9000

**Mental Health Line 1800 011 511**

The Mental Health Access Line is available to everyone in NSW 24/7  
[health.nsw.gov.au](https://health.nsw.gov.au)

**Kids Helpline 1800 55 1800**

24/7 crisis support and suicide prevention for children and young people aged 5 to 25  
[kidshelpline.com.au](https://kidshelpline.com.au)

**Lifeline**

**13 11 14**

24/7 crisis support and suicide prevention services  
[lifeline.org.au](https://lifeline.org.au)

**Beyond Blue**

**1300 22 4636**

24/7 mental health support service  
[youthbeyondblue.org.au](https://youthbeyondblue.org.au)

**ReachOut.com**

Online mental health, information and chat  
[au.reachout.com](https://au.reachout.com)

**Sexual Assault Support**

Reporting sexual assault and support  
[police.nsw.gov.au](https://police.nsw.gov.au)

**QLife**

**1800 184 527**

[qlife.org.au](https://qlife.org.au)

**1800RESPECT**

**1800 737 732**

[1800respect.org.au](https://1800respect.org.au)

**Suicide Call Back 1300 659 467**

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

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