



# PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 1—WEEK 2—TERM 1—2023

Phone : 6862 1844 Fax : 6862 5046 Email : [parkes-h.admin@det.nsw.edu.au](mailto:parkes-h.admin@det.nsw.edu.au)

## Parkes High School 2023 Year Advisors



**Miss Hayley Kemp**  
Year 7



**Miss Skye McLachlan**  
Year 8



**Mr James Dumas**  
Year 9



**Miss Tayla Laing**  
Year 10



**Mr Alex Rogers**  
Year 11



**Mr Warren Murray**  
Year 11



**Miss Jenna Welsh**  
Year 12

**Our Year Advisors are here to help you and your child with any issues or concerns they may have.**

Your child can make direct contact with them during school hours. If parents or carers would like to contact them, please call the school on 6862 1844. Alternatively, you can email them directly using the email addresses listed:

Miss Kemp - [Hayley.kemp8@det.nsw.edu.au](mailto:Hayley.kemp8@det.nsw.edu.au)

Miss McLachlan - [skye.mclachlan@det.nsw.edu.au](mailto:skye.mclachlan@det.nsw.edu.au)

Mr Dumas - [james.dumas3@det.nsw.edu.au](mailto:james.dumas3@det.nsw.edu.au)

Miss Laing - [tayla.laing3@det.nsw.edu.au](mailto:tayla.laing3@det.nsw.edu.au)

Mr Rogers - [alexander.rogers24@det.nsw.edu.au](mailto:alexander.rogers24@det.nsw.edu.au)

Mr Murray - [warren.murray9@det.nsw.edu.au](mailto:warren.murray9@det.nsw.edu.au)

Miss Welsh - [jenna.welsh@det.nsw.edu.au](mailto:jenna.welsh@det.nsw.edu.au)



Parkes High School, Proud to be a  
member of the  
Henry Parkes Learning Community,  
"Leading In Education"





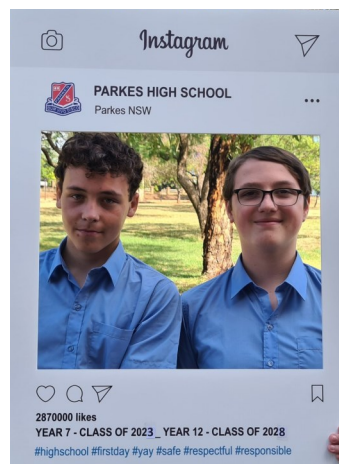
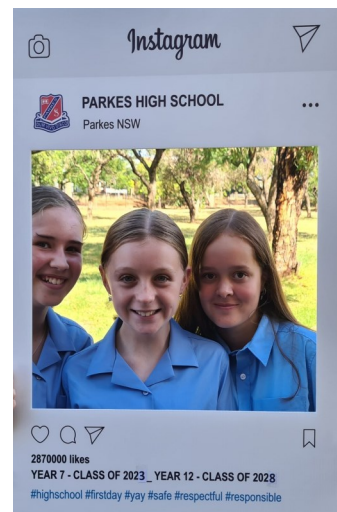
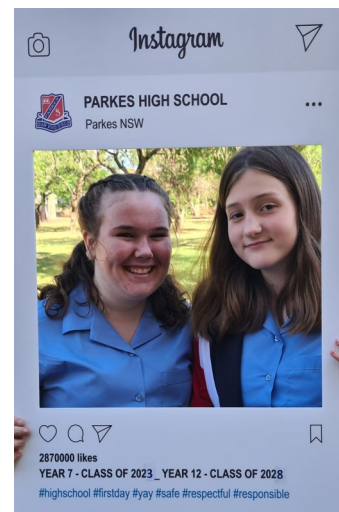
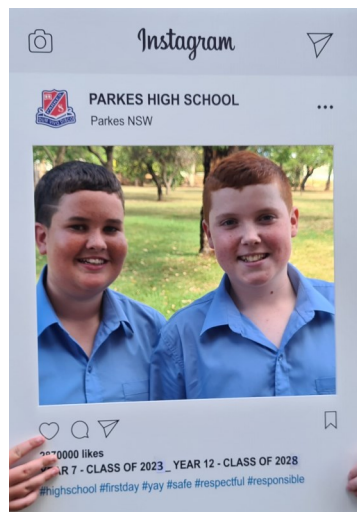
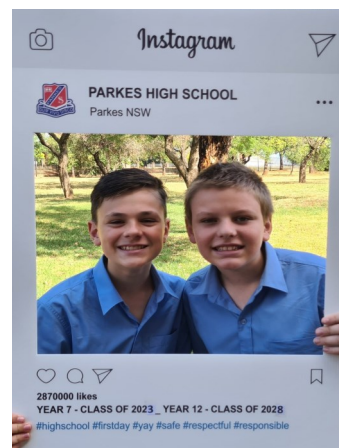
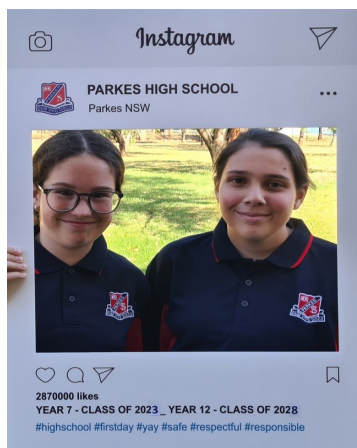
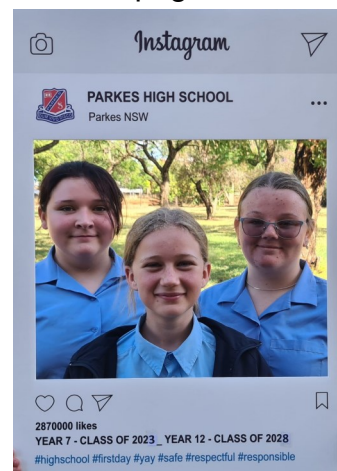
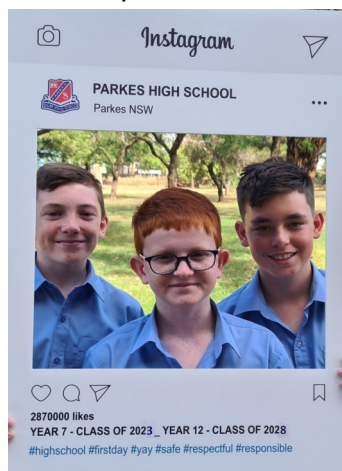
## Welcome Year 7 for your 2023 start at Parkes High School

Year 7 had two great days, after saying goodbye to their parents and carers on day one, the students had the morning in the hall with their Year Advisor Miss Kemp. They received some Parkes High goodies, including their diary and they learnt how to read a timetable. They attended their first timetabled lessons as high school students. There were lots of smiles and we are very impressed how our 2023 Year 7 cohort have conducted themselves. You can find more photos on our "Official Parkes High School" Facebook page.





Year 7 continued — find more photos on our Official Parkes High School Facebook page





## Welcome Back Year's 8, 9 and 10 for 2023 at Parkes High School

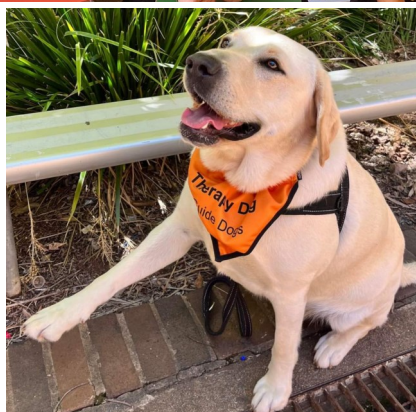


## Welcome Back Year 11 for 2023 at Parkes High School



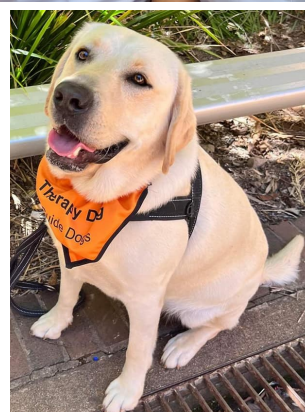


Year 11 continued.....



## Welcome back Domino

Domino our amazing therapy dog had a great day greeting all the students back to Parkes High School. We hope he has a wonderful year during 2023 spending time with our students and staff at Parkes High School.





Welcome back Year 12 for your final year





## Celebrating Student Success

Congratulations to Year 10 Student Tyra Morrison (pictured below left) who has secured a full time traineeship with Central West Family Daycare - Parkes. Tyra attended Central West Family Daycare on our school work experience program which was very successful, then she participated in our STEP program in Term 4.

Congratulations to Year 10 Student Aiden Byrnes (pictured below right), who has secured a full time apprenticeship with Midpro Engineering and Irrigation - Forbes. Aiden attended Midpro Engineering and Irrigation on our school work experience program which was very successful, then he participated in our STEP program in Term 4.



Congratulations to Bailey Chandler (pictured above left) who has secured a full time apprenticeship with MCA Engineering Group - Parkes. Bailey participated in our Welding Program and Industry Tour last year.

Congratulations to Archie Rix (pictured above right) who has secured a full time apprenticeship with Nathan Munday Building - Parkes. Archie participated in our School Based Apprenticeship SBAT program last year and has decided to transition to a full time apprenticeship this year.

## Henry Wins Parkes Junior Sportsperson Of The Year

Congratulations to our very own squash superstar, Henry Kross (pictured below left) of Year 8, who was recognised as the Parkes Junior Sportsperson of the Year at today's Australia Day Celebration Ceremony. Way to go Henry!



## Blake Receives Ron Harrison Sports Bursary

Congratulations to our swimming superstar, Blake Price, (pictured above right) who received a Ron Harrison Sports Bursary at the Parkes Australia Day Celebration ceremony.



## PRINCIPAL'S REPORT

Welcome to the 2023 school year. It has been a hot start to the year, with a cold change thrown in, and I appreciate the manner in which our students have utilized the shade we have available during recess and lunch breaks to keep cool. If it becomes extremely hot, we will open the Hall with air-conditioning during the breaks for students. I have explained to the students that they need to keep hydrated and cool in the heat. Drinking water and wearing hats and sunscreen are vital to keep ourselves safe in this weather.

**Sad passing of a member of staff:** We were very sad by the news our Special Education teacher, Mr Colin Benson, unexpectedly passed away during the school holidays. Our condolences to his family and friends at this very sad time.

**Welcome Year 7:** Welcome to all our new Year 7 students and their families, our new families and all our returning students and their families. I was absolutely delighted to see the happy smiling faces of our year 7 students last Tuesday! They were all in perfect school uniform and eager to learn. Year 7 have settled into the routines of high school and Ms Hayley Kemp their Year Adviser is very happy with their positive attitude and their engaged learning. Ms Kemp is supported by Mrs Tanya MacGregor who is supporting our students as the Year 7 Learning and Support Teacher. Mrs Debra Slack-Smith is the Deputy Principal overseeing Year 7. They had a lovely time having our photo taken by Mrs Morrissey on the stairs with our Year 12 students wishing them well. Our staff are very pleased with the positive attitude and the mature manner in which the students have commenced high school. Our Year 7 SRC representatives will be announced next week.

**Parkes Elvis Festival:** I hope everyone had a restful holiday break and enjoyed the delights of our very own Parkes Elvis Festival. Parkes High School students were involved in many activities this year and won several categories throughout the busy week of events. Parkes High School staff were also involved in events and in volunteering.

**Great start to the new School year:** We have had a very settled start to the school year with our students and staff working together to enhance teaching and learning throughout the school. We are delighted to have a large number of new enrolments and our students are very welcoming and helpful to our new students.

**Welcome new staff:** We welcome our new Deputy Principal Inclusion, Ms Catherine Coates, who has moved from Sydney to Parkes. Ms Coates is a very keen golfer and has a number of trophies in her cabinet! We also welcome our new PDHPE teacher, Ms Ebony Kingston, Science teacher, Ms Courtney Hodges-Lockwood, English teacher, Ms Amy McAlister, Special Education teacher, Mr Hugh Wood and School Psychologist, Ms Emily Kelly.

**School Chaplain:** Our School Chaplain, Mr Chris Pridham has been able to extend his time supporting our students and is now on-site Monday, Tuesday, Thursday and Friday. We are currently recruiting for a new Student Support Officer, SSO.

**Relieving Year Advisor for Year 11:** Mr Alex Rogers is relieving Head Teacher Mathematics as we recruit for this position. Mr Warren Murray will look after Year 11 while Mr Rogers is relieving Head Teacher Mathematics.

**Breakfast Club:** We are very excited that our Breakfast Club will continue five days per week. Thank you to Mrs Bec James for her coordination and to all the staff who volunteer their time to support this great program. We thank our local businesses, including Woolworths for their kind donations of food.

**Safety:** Our Health and Safety directorate (HS) requires parents and carers of students who need to have medication at school to bring the medication to the front office in Webster packs (see your chemist). This must be done by an adult. All students taking medication at school must have a health care plan which has been discussed with the principal. Please do not allow your child to bring aerosols to school. We have several students and staff who are allergic to the aerosol spray and both staff and students had to be taken to hospital by ambulance due to the allergic reaction. Vapes are not to be brought to school under any circumstances. Vapes are dangerous to your health and it is illegal to sell them to anyone under 18 years of age. Once over 18 years of age, people must have them prescribed by a medical professional to help them give up smoking and they are intended only for that person.

**Year 12 of 2022:** Congratulations to our very successful Year 12 class of 2022. The outstanding HSC results indicate our students had taken on board feedback from their teachers and embedded this into their next task and examinations. Our students were also successful in gaining early entry to the following universities: Charles Sturt, New England, Canberra, Newcastle, Sydney, NSW and Wollongong. Many of our students have already secured employment as well as TAFE options. The students all spoke very highly of the extra time and effort our staff spent with them before, during and after school and on weekends and during holidays. The students said this extra time and support gave them more confidence as they went into their examinations and asked me to pass on their gratitude to the staff. Several students have also let us know that they have been successful in gaining scholarships to support them financially while studying at university.

### Upcoming Events:

Thursday 9 February Year 11 Induction for parents and students 6pm School Hall  
Tuesday/Wednesday 14-15 February Year 12 University of Wollongong Discovery Day  
Wednesday 15 February Year 7 Meet the Teacher Information and BBQ afternoon  
Thursday 16 February Years 8, 9 and 10 Assessment Information 6pm Hall  
Wednesday 22 February Whole school Swimming Carnival  
Thursday 2 March Year 11 and Year 12 University Showcase Hall  
Please note NAPLAN assessments are earlier this year commencing on Monday 20 March.



## PRINCIPAL'S REPORT continued

**School Expectations:** I have spoken to our students and explained that our school expectations are they will be safe, respectful and responsible at school. I have also explained that this year my priorities with the student body are high expectations, attendance, achievement in literacy and numeracy and our student learning culture.

**High Expectations:** Our high expectations of students continue as we work to continually deliver quality learning to our students. We expect students to be ready to learn as they enter the classroom. When students line up prior to entering the class under their teacher's instructions, put their hat, phone and earphones in their bags, they are ready to focus on their teacher and the instructions given once settled in class. This allows the students to listen and concentrate on the tasks set by the teacher as it removes distractions. It also allows the teachers to have more time to teach and conduct one on one support as they are not constantly reminding students to stay on task. Students are able to have their bags with them in classrooms.

**Attendance:** Every school day students should be at school engaged in their learning so they are able to develop their knowledge, skills and understanding and strive to reach their potential. If a student is sick, their parent or care provider needs to give a written explanation and or a medical certificate to the school the first day they return. The reason for an absence from school cannot be changed after 7 days from the absence. If a written explanation is not received or the reason is not valid, eg getting a haircut, then the absence is recorded as unjustified. I understand that there are circumstances where a parent or care provider needs to ask for permission for leave, for example, attending a funeral. Please do this in writing, addressed to the Principal, prior to the student being absent. If a student needs to attend an appointment, eg with a doctor or specialist, please attach the appointment card to the note as supporting evidence. Family holidays will no longer qualify for an exemption from school. These will be granted under the leave provision and will count as absences from school. Please note that students cannot be paid to work during school hours.

**Achievement in Literacy and Numeracy:** Our data has shown an upward trend in student achievement in Literacy and Numeracy however we are continuing to work together to ensure this continues. We have introduced a whole school approach to writing called ALARM which stands for A Learning and Responding Matrix. This is a scaffold that helps students answer extended response questions. It helps students order their thoughts and gives them a structure for the response. We have also been working with students on their understanding of tier two words to support their writing. All staff are also explicitly teaching the numeracy requirements of their subjects.

**Student learning culture:** Students need to be actively engaged in their learning to achieve subject specific learning outcomes and to progress along the learning continuum. Learning is a dynamic process and it needs to be continually practiced. This year we continue with the Learning Hub, which is a space for students to access a Learning and Support teacher and or an SLSO before school and recess. We have continued the High Potential and Gifted Education classes in years 7, 8, 9 and 10 and all students are encouraged to enter academic competitions and opportunities presented by the school. We utilise remedial strategies through our Learning and Support Teachers, Mrs Tanya Macgregor, Mrs Shani Harigan (currently in maternity leave) and Mrs Hayley Tattersall. We have Student Learning Support Officers (SLSOs) who also work within classrooms to help and support our students with their learning. Our class teachers are more than happy to encourage and support our students and are often spending time with students at recess and lunch helping students with their work. Our Positive Behavior for Learning (PBL) program explicitly teaches students the behavior expectations of our school which are to be safe, respectful and responsible.

**School uniform:** Our uniform is endorsed by our Parents and Citizens Association. They have worked tirelessly to ensure that our school uniform is sophisticated, functional and ensures students comply with safety regulations. Wearing school uniform gives students a sense of belonging to our school. Many items of our school uniform are now available through our front office. If parents or care providers are having difficulties in purchasing our school uniform please contact me at school.

**P&C Meeting:** Our first P&C Meeting for 2023 will be held in the Conference Room (just along the corridor from the front office) on Tuesday 28 February at 7.30 pm. This is the AGM for our P&C. I look forward to seeing all our new and continuing parents.

Please contact the school (6862 1844) or make an appointment if you need to discuss any aspect of your child's education or if you need clarification on any issues or events your child may be involved in.

**Please be aware that all visitors to the school, including parents, must report to the office in Albert Street.**

At Parkes High School we are safe, respectful and responsible.

Mrs Sandra Carter  
Principal



# SENIOR STUDENT SPACE

**Each Wednesday during Term 3:30pm-5:30pm  
Large Meeting Room, Parkes Shire Library**

**Exclusive to Year 11 and 12 students.**

**meet**



**share**

**study**



**relax**

**Your Library. Your Voice. Your Future.**

## REMINDER SENTRAL

Parent keys were sent to all parents last year. Portal access allows you to digitally sign permission notes and receive notifications from the school. Use your unique key to sign up now.



IF YOU NEED FURTHER INFORMATION PLEASE  
CALL THE SCHOOL ON 68621844



## Safe - Respectful - Responsible

	JUNIOR Years 7, 8, 9, 10	SENIOR Years 11 & 12
SUMMER UNIFORM	<p><b><u>GIRLS</u></b> Blue button down school shirt PHS Pleat Skirt (length to be just above the knee)  OR Navy dress shorts/slacks (not sports pants) Plain white socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p> <p><b><u>BOYS</u></b> Blue button down school shirt Grey Trousers/shorts Plain white or grey socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p>	<p><b><u>GIRLS</u></b> White button down school shirt PHS Pleat Skirt (length to be just above the knee)  OR Navy dress shorts/slacks (not sports pants) Plain white socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p> <p><b><u>BOYS</u></b> White button down school shirt Grey Trousers/shorts Plain white or grey socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p>
WINTER UNIFORM	<p><b><u>GIRLS</u></b> Blue button down school shirt PHS Pleat Skirt (length to be just above the knee)  OR Navy dress slacks (not sports pants) Navy tights or Plain white socks Navy jumper (may wear PHS jacket on really cold day in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p> <p><b><u>BOYS</u></b> Blue button down school shirt Grey Trousers Plain white or grey socks Navy jumper (may wear PHS jacket on really cold days in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p>	<p><b><u>GIRLS</u></b> White button down school shirt PHS Pleat Skirt (length to be just above the knee)  OR Navy dress slacks (not sports pants) Navy tights / Plain white socks Navy jumper (may wear PHS jacket on really cold day in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p> <p><b><u>BOYS</u></b> White button down school shirt Grey Trousers Plain white or grey socks Navy jumper (may wear PHS jacket on really cold days in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p>
SPORT & PDHPE UNIFORM	<p><b><u>GIRLS</u></b> PHS Navy and red sports shirt PHS Navy blue shorts PHS tracksuit for winter wear PHS Jacket Joggers Hat/Cap</p> <p><b>All students participating in practical components of Sport and PDHPE are required to change into their joggers for that class only. Students must change back into their leather shoes at the end of the lesson.</b></p>	<p><b><u>BOYS</u></b> PHS Navy and red sports shirt PHS Navy blue shorts PHS tracksuit for winter wear PHS Jacket Joggers Hat/Cap</p>
<b><u>Accessories</u></b>	<b>All students need to keep the wearing of accessories to a minimum, to ensure compliance with WH&amp;S regulations.</b>	

## Townsend Memorial Scholarship

The Townsend Memorial Scholarship is available to students attending Parkes High School to assist students to complete a degree at the University of NSW or University of Sydney in the faculty of Medicine, Law, Dentistry, Architecture, Agriculture, Veterinary Science or Engineering.  
Please see Mrs Carter to discuss your application.



# Behaviour code for students

## NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

### In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

### Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

### Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



[education.nsw.gov.au](http://education.nsw.gov.au)

## Important Dates

**Tuesday 15 & Wednesday 16 February**  
Year 12 University of Wollongong Discovery Day

**Wednesday 15 February**  
Year 7 Meet the teacher evening

**Thursday 16 February**  
Year's 8, 9 and 10 Induction evening  
6.00pm in the Hall

**Tuesday 21 February**  
P & C Meeting  
7.30 pm in the Conference Room

**Wednesday 22 February**  
Whole School Swimming Carnival

### REMINDER - Energy Drinks are not consumed at Parkes High School

Long term effects of Energy Drinks include cardiovascular problems, heartburn, ulcers, difficulty sleeping (insomnia) and anxiety.

Please make good choices for your health. Staff will confiscate and discard Energy Drinks to support your health and wellbeing.

### Health and Safety Risk Aerosol Spray Deodorants

Aerosol Spray Deodorants are **BANNED** from school as they pose a health risk to students and staff through the potential for asthma attacks and allergic reactions. These will be confiscated if brought to school.

If students need deodorant at school they are encouraged to use roll on deodorants.



## EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

*Your child's best learning time is at the beginning of the day...*

**School starts at 9.00am  
DON'T BE LATE!**



## Signing Your Child Out Of School

If you send a note to the school in the morning we can have your child waiting at the office for you to collect.

This will save you time waiting for us to get them from their class.

Please make sure you include your child's full name on the note.

## Parkes High Facebook

Our Parkes High School Facebook page will keep you informed of what's happening at Parkes High.

The page is regularly updated with school news, the newsletter and information relating to current events.

To access our page search Facebook for "Official Parkes High School".



## A Reminder To Parents/ Carers To Notify The School About Your Child's Health Conditions

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child.

It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care

related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents/caregivers.

Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

## School Uniform

Now Available At Parkes High School

Cash or Cheque to the School Office

Polar Fleece Jacket	\$60.00
Blue Shirt	\$22.00
White Shirt	\$22.00
Long Sleeved Shirts	\$22.00
Girls Skirt	\$60.00
Girls Dress Pants	\$40.00
Sport Shorts	\$20.00
Sport Shirts	\$25.00
Trackpants	\$30.00
School Jumper	\$50.00
School Jackets	\$50.00
School Hats	\$15.00
School Tie	\$15.00
School Sport Socks	\$15.00

## School Equipment

Navy Apron	\$7.50
Calculator	\$30.00

Please note that uniform **CANNOT** be paid through POP online





Parkes High School  
Safe Respectful Responsible

## AEROSOL FREE SCHOOL



For the health and safety of all in our community, the use of aerosol deodorants is NOT PERMITTED on site at Parkes High School.

Students who wish to "freshen up" during the day will need to use a roll on, gel or pump spray deodorant.

Some students and staff will suffer a **serious allergic reaction** to aerosols or pressured perfumes, which could lead to serious harm.

Safe Respectful Responsible

## DAILY ANNOUNCEMENTS

A reminder to all students of the importance of listening carefully in roll call to the daily announcements. There are so many wonderful opportunities at our school including sporting team trials, Western Region representative trials, lunchtime activities, teams and group meetings, academic help and also our PBL focus. Each morning your roll call teacher reads out the daily announcements and we don't want you to miss out. So listen carefully and write important dates and events in your diary.

## Parkes High School Shoes

Our uniform policy dictates **black leather shoes** which meet aesthetic as well as the WHS requirements in all of our classrooms. We expect students to wear black leather shoes to school everyday and only bring sports joggers if they have physical activity on a particular day.

When you are next navigating the purchase of school shoes with your child, don't be bluffed!  
Please ask for **BLACK LEATHER SCHOOL SHOES!**

## Health and Safety Changes

**ALL** visitors to the school **MUST** report to the office and sign in.  
**ALL** visitors attending assemblies or events will be required to **SIGN IN** either at the office or at the LP Johnston Hall.



## Mental Health Services and Support

### Beyond Blue

24/7 mental health support service

1300 22 4636  
beyondblue.org.au

### headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)  
For webchat, visit: headspace.org.au/eheadspace

### Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800  
kidshelpline.com.au

### 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732  
1800respect.org.au

### Lifeline

24/7 crisis support and suicide prevention services

13 11 14  
lifeline.org.au

### Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467  
suicidecallbackservice.org.au

### Mensline

24/7 counselling service for men

1300 78 99 78  
mensline.org.au

### QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)  
qlife.org.au (online chat 3pm-12am daily)

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

