EMERGENCY SUPPORT (24/7)
NB: Know your College Policies

Ambulance/Police /Fire: 000
UNSW Security Emergencies: 9385 5666
(For non-emergencies) 9385 6000 or 1800 626 003
Mental Health Crisis 24/7: 1800 011 511 or 9366 8611

ADDITIONAL 24/7 RESOURCES:

Lifeline (24/7 phone support) 13 11 14
Suicide Call Back Service: 1300 659 467
NSW Rape Crisis: 9819 6565
Gambling Helpline: 1800 858 858
Salvo Crisis line (suicide prevention) 9331 2000
MensLine Australia 1300 789 978
Domestic Violence Hotline: 1800 656463
Kids Helpline (up to 25 years) 1800 551800
The Line: (relationships support) 1800 695 463
Drug and Alcohol Counselling: 1800 888 236

UNSW Resources 9-5 Monday-Friday:

Counselling and Psychological Services [CAPS]:
http://www.counselling.unsw.edu.au/
93855418. (Quadrangle Bldg, Level 2, East Wing)

Unihealth (GP’s on campus)
9385 5425 (Quadrangle Bldg, Ground Level)

Student Participation Advisors @The Hub,
9385 8500

Student Equity and Disabilities Unit (SEADU):
9385 6360 (Goodsell Building)

The Learning Centre:
9385 2060 (Chancellery Building)

Student Development International (SDI)
http://www.internationalstudent.unsw.edu.au/
9385 5333 (Goodsell Building)

Useful websites and on-line self-help

Beyondblue: www.beyondblue.org.au

Black Dog Institute: www.blackdoginstitute.org.au

Headspace: www.headspace.org.au

ReachOut: http://au.reachout.com

Suicide Prevention Information Centre:
www.suicideprevention.au

Mood Gym: www.moodgym.anu.edu.au

Centre for Clinical Interventions:
www.cci.health.wa.gov.au/resources