



EMERGENCY SUPPORT (24/7)

NB: Know your College Policies

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

ADDITIONAL 24/7 RESOURCES:

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| 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) http://www.kidshelp.com.au/ | 1800 551800 |
| The Line: (relationships support) http://www.theline.gov.au/advice_line/contacts | 1800 695 463 |
| Drug and Alcohol Counselling: http://www.counsellingonline.org.au/en/ | 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