



Youth Support

- Crisis Support Services
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- Headspace
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- Youth Groups



What is Youth Support about?

Usually when we think about health it's our physical health that comes to mind. However other important aspects like mental and emotional health tend to get overlooked.

At our school we value and look out for our students. That's why we've put together a list of youth support services that you can access on or off campus when you need help.

Whether you're feeling down or going through some heavy stuff at home, you can always talk to someone about it.

Headspace

This is the main youth support service available to you locally. Headspace have doctors, youth workers and counsellors available for appointments, or you can drop in any time and they will do their best to help you.

45-53 Little Street,
Coffs Harbour.
Phone 6652 1878
www.headspace.org.au

Contact

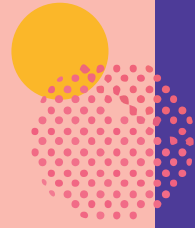
Coffs Harbour
Christian Community School

Middle and Senior Campus
226 Bonville Station Rd
Bonville, NSW 2450
02 6653 4000

Junior School Campus
27 Curacoa Street
Coffs Harbour, NSW 2450
02 6652 6433



Crisis Support Services



Legal Aid Youth Hotline - 1800 10 18 10.

Lifeline - 13 11 14.

Mental Health Access Line - 1800 011 511 (24 hours)
To discuss concerns around any mental health issues.

Suicide Call Back Service
1300 659 467 (free 24 hours a day, 7 days per week).

Department of Communities and Justice (DCJ)
Helpline 132 111 (24 hours)
To discuss and report child protection concerns.
Domestic Violence Line - 1800 656 463

Support at School

If you need support at school please talk to your **Homeroom Teacher, Year Advisor or Devotions Teacher.**

We also have a school counsellor, Dr Edwards, who is available and can assist you to identify how to access a range of support options both inside and outside of school.

School Counsellor

We all need support in difficult times and yet it can take a lot of courage to ask for that help.

If you, or a friend, are struggling with a difficult situation or circumstances, Dr Edwards can point you in the right direction to access the help you/they need. Don't hesitate to ask for a time to talk, knowing that your privacy and confidentiality will be respected. Dr Edwards' office is directly at the back of the auditorium.



On-line Support

Beyond Blue

A 24hr Information service on depression and anxiety, where to get services and support.
1300 22 4636 www.beyondblue.org.au

Reach Out!

A website aimed at improving mental health in young people. It provides support, information and referrals.
www.reachout.com

Kids Help Line

Support and information for young people aged between 5-18 years. 24 hour counselling service.
1800 55 1800 (24hrs) www.kidshelpline.com.au

Bullying No Way!

This is a one stop shop for all things about anti bullying and includes resources such as videos, activities, apps, stories. www.bullyingnoway.gov.au

eheadspace

Provides online and telephone support to young people 12 - 25 as well as their family and friends.
Ph: 02 6652 1878 www.eheadspace.org.au

Legal Aid Youth Hotline

The Hotline provides legal advice and information to young people under 18.
Ph: 1800 10 18 10
www.legalaid.nsw.gov.au/what-we-do/criminal-law/youth-hotline

MoodGYM Training Program

Is a free online cognitive behaviour therapy program to help people suffering from depression.
www.moodgym.anu.edu.au/welcome

RUOK?

This organisation committed to the prevention of suicide and its website has a useful list of tips for conducting a conversation with someone who may be struggling on their own.
www.ruok.org.au

Coffs Harbour Youth Groups

C3 Youth

www.c3ch.com

Coffs Harbour Baptist Church Youth

www.coffsbaptist.org.au

Coffs Harbour Seventh Day Adventist Church

<https://coffsharbour.adventist.org.au/youth>

Generosity Church Youth

www.generocitychurch.com

Harbourside Presbyterian Church Youth

www.harboursidepc.com.au

HC1Y (Harbour Church)

www.harbourchurch.com.au

Lifehouse Youth Unlimited

www.lifehouse.net.au

Your Church - God Squad For Junior Teens

www.yourchurch.com.au

