

External Support Referrals

About this document

This document has been set up to ensure that students are provided with the appropriate referrals to external providers when necessary.

It's important that all students are valued and feel supported in our college community so having a consistent and central place to store information is vital.

External provider details

English language support

Free providers

Reading Writing Hotline

1300 655 506

For help with reading, writing and basic maths.

Provide information about:

- classes that are close to students
- help by mail or computer
- finding teachers and other people who can help
- websites and books that can help students to learn.

Local professional services

Search for an English language tutor:

<https://www.firsttutors.com/australia/tutor-search-results.php>

State Library: North Terrace

Service Type: Conversation groups & Desk Tutors

Ph: 8207 7250

Website: www.slsa.sa.gov.au

Cost: Free

Hutt Street library: 235 Hutt St, Adelaide

Service Type: Conversation English

Ph:8203 7990

Cost: \$2 per session no booking needed.

Mental health, wellbeing and counselling

Free providers

Lifeline – suicide prevention and crisis support; available 24/7

Call: 13 11 14

Chat by text: 0477 13 11 14

Website: <https://www.lifeline.org.au/>

Resources on their website deal with suicide prevention but also have useful information for and tool kits for the following topics:

- asking for help
- depression
- domestic and family violence
- family and relationship problems
- financial problems
- loneliness and isolation
- loss and grief
- panic attacks
- problem gambling
- natural disaster recovery
- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support

Beyond Blue – support for depression and anxiety

1300 224 636

<https://www.beyondblue.org.au/>

Local professional services

Adelaide City Psychology

Website: www.adelaidecitypsychology.com.au

Address: 18 Ruthven Ave, Adelaide SA 5000

Phone: 1300-993-580

Email: adelaidecitypsychology@gmail.com

Christina Ramo Counselling: 53 Gilbert St, Adelaide SA 5000, Australia.

Tel: 0423 941 994. Website: <https://christinaramo.com.au/>

BlueSky Psychology - Counselling Adelaide

Address: 10/108 King William St, Adelaide SA 5000

Phone: (08) 8212 3944

Website: blueskypsychology.com.au

Disability services

FirstSelect Disability & Home Care: Level 7/90 King William St, Adelaide SA 5000, Australia.

Tel: 08 6388 0201. Website: <https://firstselect.care/>

Disability Assistance 4U Pty Ltd: 115/147 Pirie St, Adelaide SA 5000, Australia.

Tel: +61 470 219 358. Website: <http://disabilityassistance.com.au/>

AnglicareSA

Address: 159 Port Road, Hindmarsh SA 5007

Phone: (08) 8305 9200

Email: admin@anglicaresa.com.au

The Disability Empowerment centre SA

Address: 39 Grenfell St, Adelaide SA 5000

Areas served: South Australia and nearby areas

Phone: 0478 847 622

Local cultural, religious and community groups

Ethnic and community groups in SA:

Australian Migrant Resource Centre: <https://amrc.org.au/>

Adelaide - Islamic Information Centre of SA

Address: 19A Logan Street, Adelaide, SA-5000

Shree Swaminarayan Temple, Salisbury East

Address: 56-68 Clayson Rd, Salisbury East SA 5109

Phone: 1800 778 235

Adelaide Hebrew Congregation

Address: 13 Flemington Road, Glenside, South Australia 5065

Telephone: +61 8 8338 2922

Email: office@adelaidehebrew.com

Trinity Church Adelaide

Address: 88 North Terrace, Adelaide SA 5000

Phone: (08) 8213 7300

Adelaide Zen Group Zendo - Diamond Sangha Tradition

Address: 172 Hutt St, Adelaide SA 5000

Website: <https://www.azg.org.au/>

Australia China Friendship Society SA

Phone: 0437 327 342

Email: acfssa@gmail.com

Indian Australian Association of South Australia

Address: 6 Blamey Ave, Broadview SA 5083

Adelaide Students Toastmasters

Address: Room 601 Nexus Corner of North Terrace and Pulteney Street

Website: <https://adelaidestudents.toastmastersclubs.org/>

Nunkuwarrin Yunti of SA Inc

Address: 190 Wakefield St, Adelaide SA 5000

Phone: (08) 8406 1600

City of Adelaide Local Events

<https://www.cityofadelaide.com.au/community/events/>

Study Adelaide

<https://studyadelaide.com/whats-happening>

Financial support

ASIC Money Smart: <https://www.moneysmart.gov.au/>

Access for advice on debt help and getting on track

Childcare

Halifax Street Children's Centre & Preschool: 257 Halifax St, Adelaide SA 5000, Australia.

Tel: 08 8223 2240. Website: <https://halifaxchildren.sa.edu.au/>

Rose Park Community Childcare: 22 Watson Ave, Rose Park SA 5067, Australia.

Tel: 08 8332 1791. Website: <https://roseparkcc.org.au/>

City West Child Care Centre

Address: 222-228 Waymouth St, Adelaide SA 5000

Phone: (08) 8417 4200

Website: <https://www.tafesa.edu.au/services/child-care/city-west>

Guardian Childcare & Education Flinders Street

Address: 50 Flinders St, Adelaide SA 5000

Phone: 13 82 30

Website: <https://www.guardian.edu.au/>