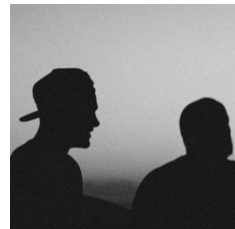
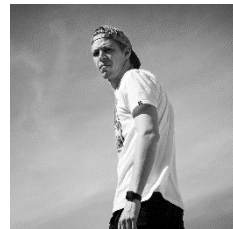
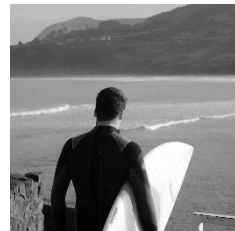
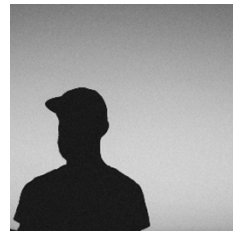
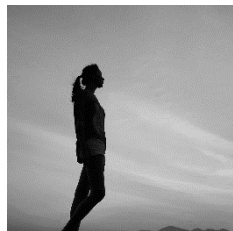


**STUDENT & FAMILY
SUPPORT BOOKLET**

COFFS HARBOUR CHRISTIAN COMMUNITY SCHOOL



CRISIS SUPPORT SERVICES

FAMILY AND COMMUNITY SERVICES (FACS FORMERLY DOCS)

Helpline 132 111 (24 hours) to discuss and report child protection concerns.

KIDS HELPLINE

1800 551 800 (24 hours) or web counselling on www.kidshelp.com.au.

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

On 1300 659 467 (free 24 hours a day, 7 days per week).

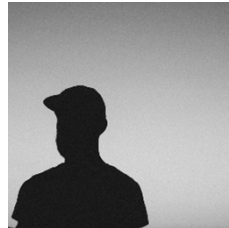
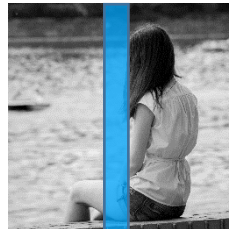
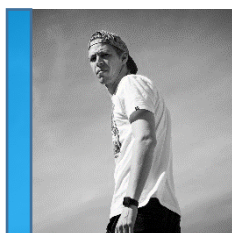


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ON-LINE SUPPORT AND HELPFUL APPS

AUSTRALIAN INSTITUTE OF FAMILY STUDIES (AIFS) The Australian Institute of Family Studies has a useful factsheet that provides the contact details and links to a number of state-wide and Australia-wide helplines and telephone counselling services for children, young people, and parents. To find services in your area, <https://aifs.gov.au>



THE ALLEN ADVENTURE APP

(bullying and social skills for primary school aged children)

The Allen Adventure is a fun story about an alien who comes to a school on Earth and has to learn how to get on with other people. The story is a starting point for parents and carers to talk about some important social and emotional skills with children aged 3 to 8 years.

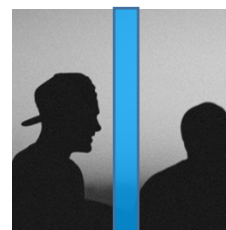
BEYONDBLUE

A national organisation devoted to increasing awareness and understanding of depression in the community. Its website contains useful depression resources (including people's personal experiences of depression) and information on current initiatives. beyondblue also provides a 24 hour telephone information service which is available to provide information on depression and anxiety and advice on how to get help, where to get services and support Australia-wide.

BITE BACK

Is the very first online positive psychology program aimed at improving the overall wellbeing and happiness of young Australians between the ages of 12 and 18 years.

The key objectives of this program are to encourage young people to become more engaged in all aspects of their lives and, ultimately, to build resilience.



THE BLACK DOG INSTITUTE

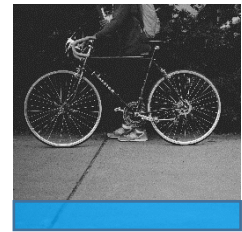
The Black Dog Institute is a world-leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. The Black Dog Institute website provides online resources that school staff can access (education, online tools, fact sheets and services) for distribution to parents.

THE BRAVE PROGRAM

BRAVE is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. It is supported by The University of Queensland and beyondblue. The programs are free and provide ways for children and teenagers to better cope with their worries.

BULLYING NO WAY!

The new Bullying No Way! website is live. This is a onestop shop for all things about anti bullying and includes resources such as videos, activities, apps, stories, lesson plans and more.



EHEADSPACE

Provides online and telephone support to young people 12 - 25 and their family and friends.

EATING DISORDERS VICTORIA (EDV)

Last year, EDV received nearly 13,000 service user contacts from people seeking information or help with eating disorders. Their support services for people with eating disorders and their families are free, confidential, non-judgemental, flexible and open-ended. There is also a great range of resources available on the EDV website.

EXAMINATION STRESS WEBINAR REACHOUT.COM

Has provided a webinar to assist parents to support young people navigating Year 12.



HAPPIFY

Whether you're feeling sad, anxious and stressed or dealing with constant negative thoughts. Happify app has effective tools and programs to help you take control of your emotional wellbeing.

In Hand - Using a traffic light system, In Hand acts as a digital friend to help you in times of stress or low mood. Taking you through different activities depending on how you're feeling, In Hand aims to focus you on where you're at and bring back the balance.

KIDSHEALTH

KidsHealth is the most-visited international site on the web for information about health, behaviour, and development from before birth through the teen years. More information is available on the KidsHealth website.

KIDS HELP LINE

A website with information and support for young people aged between 5-18 years. Also provides an Australia-wide telephone counselling service as well as online counselling. **(For telephone counselling call: 1800 55 1800.)**

MOODGYM TRAINING PROGRAM

A free online cognitive behaviour therapy program provided by the Centre for Mental Health Research to help people suffering from depression.

MYCOMPASS

Is a new internet and mobile phone based program for people with mild to moderate depression, anxiety or stress. It is designed to help you identify the thoughts, feelings and behaviours that might be causing trouble. It is free for all Australians (excluding mobile phone data useage and internet access charges).



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.

REACH OUT!

A website specially designed for young people, aimed at improving mental health in young people. It provides support, information and referrals.

REACHOUT WORRYTIME

Helps to reduce worries, stress and repetitive thinking.

SELF HELP FOR ANXIETY MANAGEMENT

Very useful for people with general anxiety.

SUPERBETTER

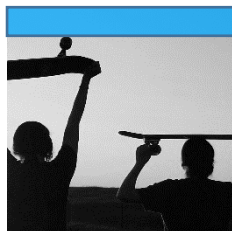
Is a tool created by game designers to help you build resilience and get stronger, happier and healthier. Choose your own adventure for any area of life where you want to feel better.

TAKE A STAND TOGETHER APP

The Take a Stand Together app allows students to keep tips and advice about bullying close to hand.

THE RESILIENCE GAME

Harvard University has released an interactive online game to assist children and the community as a whole to become more resilient in the face of serious challenges.

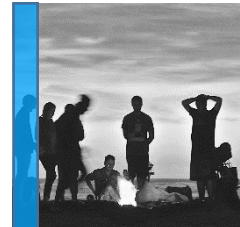


YOUNG CARERS

This website provides important information and contacts for young carers, along with opportunities to express your opinions and provide feedback. There is an online young carers plan to complete and keep on hand in case of an emergency, and there are games for when you feel like chilling out for a while.

WHATS UP

Can help you cope with anxiety, stress and feelings of depression.



LOCAL SUPPORT SERVICES

BELLINGEN SHIRE YOUTH SERVICES

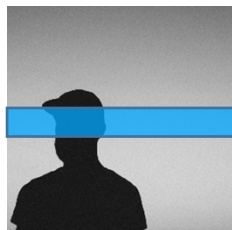
Call: 02 6655 0167 Contact Person: Tamie Moodie 0429839473 or Magdalena Grainger 0437460856 (Youth Caseworker). For youth aged 12 – 17 years. Opening hours: 9am – 4:30pm. Bellingen Shire Youth Services offers one-on-one support to young people, aged 12-18, to address issues that may be impacting your life, such as:

- Family conflict
- Relationship issues
- Problems at school
- Drug or alcohol use
- Pregnancy
- Homelessness
- Sex and sexuality
- Depression, anxiety, self-harm, suicidal thoughts
- Bullying
- ... and more.

BRIGHTER FUTURES

Uniting Care Burnside. 27 Duke Street, Coffs Harbour.

Brighter Futures is a voluntary, targeted program for families experiencing problems that impact on the ability to care for their children. The program provides families with support and services to help address the problems they are facing. Brighter Futures recognises that supporting families before problems reach a crisis improves family resilience, promotes healthy child development, and reduces child abuse and neglect.



Brighter Futures can provide support with case management, home visiting, tailored parenting programs, access to quality child care, specialised services such as support to families from diverse backgrounds or intensive behavioural supports for children, and strengthening relationships between family and community.

Brighter Futures works with families struggling with any of the following issues:

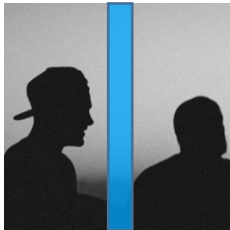
- Domestic violence
- Drug and alcohol misuse
- Parents' mental health issues
- Lack of parenting skills or inadequate supervision
- Parent(s) with significant learning difficulties or intellectual disability.

Families can access the program:

- By contacting **Brighter Futures on 6659 2800**
- By a community based agency or professional (such as a GP, health professional, welfare worker or child care worker).

CARERS NSW

2/2 Lyster Street, Coffs Harbour. **Telephone: 02 6650 0512**



Is the peak organisation for people who care for a family member or friend with disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who are frail. We provide a range of information and programs for carers including counselling and emotional support, referrals to support services and advice on issues affecting carers.

Our range of specialised programs includes the National Carer Counselling Program, the Older Parent Carer Program and the Better Start Program. To find out more call the **Carer Line on 1800 242 636** or visit www.carersnsw.org.au

CHESS EMPLOYMENT, VOCATIONAL AND SUPPORT SERVICE

Call: 0266919333. Contact Person: Ben Whitaker. People with disadvantage, mental illness or disability have the opportunity and support to take control of their lives.

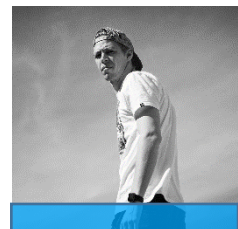
COFFS COAST AUTISM

35-61 Harbour Drive, Coffs Harbour. **Telephone: (02) 66652 7330.** Contact Person: Chantal Lennox - Secretary

Is a registered charity run by families living with Autism specifically for the support of other families in a similar situation. We are here to help! Contact us to talk to us about your situation. Become a member, its free, and be kept up to date with events and activities in the Coffs area. Come along to an upcoming event and connect with other families.

COFFS HARBOUR MENTAL HEALTH SERVICES

The 'front' door to Community Mental Health Services for people of all ages is via the Mental Health Access Line 1800 011 511, while not a counselling service the mental health professionals who answer calls will advise whether or not a person is in need of mental health services or would be better accessing another service.



COMMONWEALTH RESPITE AND HOME CARE PACKAGES MID NORTH COAST

Telephone: 1800 052 222. Contact Person: Alison Laverty – Program Manager. River Street Macksville.

Provide co-ordination of one off, short term and emergency respite for Carers. Also have Home Care Packages for Aged Consumers. We also provide Young Carer and Mental Health services.

COMMUNITY JUSTICE CENTRES (CJC)

Free mediation. CALL: HELEN SOWEY ON 1800 990 777

Community Justice Centres (CJC) provide mediation and conflict management services to help people in dispute reach an agreement. Services are free of charge. CJC can mediate about neighbourhood issues, family disputes, business issues, civil and small claims matters, workplace and community issues, and more. Mediation is confidential, timely, easy to access and voluntary. Mediations are conducted at local venues , e.g. neighbourhood centres, courthouses

CONNECT

Is a family mental health support service that can help your family improve its health and wellbeing, strengthen relationships and connect you with your community. We work with children, youth and



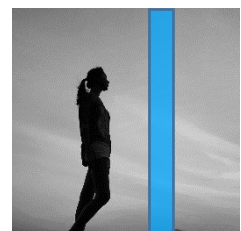
families to strengthen what is already going well to reduce the risk of developing poor mental health. Connect can provide short-term support or long term support specifically tailored to your family's needs, including information, referrals, advocacy, family action plans, education and group programs. To find out how Connect can assist your family, **call 1300 654 269 or visit www.interrelate.org.au/connect**

COUNSELLING SERVICES INCORPORATED (CSI)

CALL: CHRIS BORIS ON 6648 3694. 28 Gordon St, Coffs Harbour. Opening Hours: Mon - Fri 9:00-4:00.

Counselling Services Incorporated (CSI) operates from Neighbourhood Centres in the Coffs Harbour area. About twenty post-graduate counsellors and psychologists offer free, confidential and unlimited services to the community. We work under humanitarian principles, such as respect, neutrality and positive regard. Besides seeing self-referred individuals, couples and families, we offer counselling to clients with a Work and Development Order (WDO) or to clients coming from probation and parole, indigenous/refugee services and other services, including doctors, teachers, solicitors and case managers. Our generalist counsellors/provisional psychologists are available at:

- Bellingen Neighbourhood Centre. 66551239,
- Urunga Neighbourhood Centre 6655 6993,
- Macksville /Nambucca Lifetime Connect 6568 2522
- South Grafton Neighbourhood House 6642 6033.
- Early Childhood Intervention Program
- CALL: CARYN MAHER ON 02 6652 8080. 13 Kane Crescent, Coffs Harbour. Opening Hours: Mon-Fri 8:30am - 4:00pm,



EARLY CHILDHOOD INTERVENTION PROGRAM

Provides education and therapy programs for preschool aged children (0 to 6 years) with developmental delays living in the Coffs Harbour and Bellingen Shires. To ensure the best outcomes for families and children, our early intervention service is family focused using the key worker model, structured and modelled on evidence based practice. We employ a highly trained trans-disciplinary

team that provides Education, Therapy, Family Support and Referrals. The service components include:

- Development assessment
- Small group sessions
- Preschool support
- Home visits
- Individual sessions
- Coaching for parent and ECEC staff members
- Community education
- Aqua therapy
- Liaison with relevant services



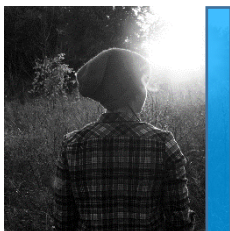
FAMILY SUPPORT SERVICE – UNITING CARE BURNSIDE

CALL: RECEPTION ON 02 6659 2800. 27 Duke Street, Coffs Harbour. Opening Hours: Mon – Fri 9.00am – 5.00pm.

Coffs Harbour Family Support Service supports families with achieving positive goals and outcomes for parents and their children. A wide range of support options and programs are available to meet the varied and changing needs of families:

- Supported Playgroups: three groups to choose from including groups for young parents under 25.
- Courses for Parents: a wide range of topics tailored to meet the various needs of families.
- Pregnancy Support Group: for young, expectant parents to discuss pregnancy and baby care in a fun environment.
- Family Work: this program offers in-home assistance for three months to assist in the more difficult areas of parenting.
- Father Family Worker: our male caseworker supports first time fathers.
- Information, Referral and Advocacy: we provide information relating to parenting or issues faced by families, referrals to other services and advocacy as required to meet the needs of families.

Our service practices a strength-based early intervention and prevention approach and offers FREE entry to all programs. Services are available to any adult who has a child/ren aged 0-12 years in their care.



GROUNDWORKS YOUTH CENTRE

CALL: BEC MINICHILLI ON 02 5632 4020. 22 Earl St, Coffs Harbour. Opening Hours: 9am - 4:30pm Weekdays.

Groundworks Youth Centre run a range of activities for young people aged between 12 and 24 years of age such as:

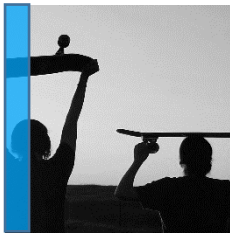
- Rockband: Come and rock out while learning the guitar, drums and other musical instruments or singing.
- Life Skills: Learn how to look after yourself and live independently – cooking skills, money management, successful relationships and how to get a job!
- Rent It Keep It: Learn everything you need to know about renting and what it takes to live independently in a private rental accommodation.

- Be Young and Proud: BYP is a support group for gay, lesbian, bisexual, transgender, queer and questioning youth. It's a private group which creates a safe space to meet and talk with other like-minded people, find out what's on and make new friends.
- Games night: Let your inner geek and nerd out and come along to play great games with other nerds like you. It's for all gaming enthusiasts.

You can find out more about these programs and activities by joining our facebook page or giving us a call at Groundworks Youth Centre.

HARBOUR YOUTH SERVICE

Call: 0266483620. Contact Person: Carole Villiers (Coordinator). Opening hours: Mon – Fri 10am – 5pm. Youth aged: 12-24 years. Harbour Youth Service provides information & referrals for young people 12-25 years old.



HEADSPACE COFFS HARBOUR

45-53 Little Street, Coffs Harbour, New South Wales 2450 **P: (02) 6652 1878.** ... pretty much anything! We have GPs, youth workers and counsellors available for appointments, or you can drop in any time and we'll do our best to help you. And if we can't provide the support you need we'll do our very best to find someone who can!

JETTY BUNKER YOUTH SERVICE INC

Call: 02 6652 7124 After Hours: 0412 292 103 Contact Person: Rochelle Stratford (Senior Case Manager). 24 hours / 7 days per week - Youth Refuge 9am to 5pm Mon to Fri - Youth Accommodation and support 10am to 6pm Mon to Fri - Harbour Youth Service.

Key Employment

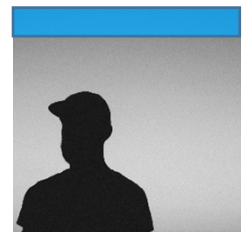
CALL: IAN DAVIE ON 02 6691 9999. Contact Person: Ian Davie Business Development Manager. 1/43 Gordon St, Coffs Harbour. Opening Hours: Mon-Fri 8:00am - 5:00pm.

Key Employment helps people with disability get more skills, better jobs and more respect in the community.

LILYROSE PREGNANCY SUPPORT SERVICE

CALL: CAROLYN ETHEREDGE ON 0423 227 917. Address: 12 Earl Street, Coffs Harbour. Opening Hours: Monday - Friday, 9 am to 4 pm.

Lilyrose Pregnancy Support exists to offer emotional and practical support to women and families experiencing an unplanned pregnancy. All our services are free and confidential and include:

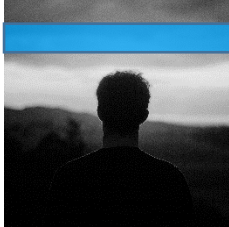


- Free pregnancy tests.
- Telephone and face to face consultations.
- Community referrals.
- Accurate information to ensure that you're fully informed about your pregnancy, abortion procedures and risks, parenting, adoption and sexual health.
- Educational programs.
- Post-abortion counselling.
- Practical, emotional and material support.
- On-going support through our Milestones mentoring program.

MID NORTH COAST THERAPY GROUP

CALL: DR NELL PEGUM ON 0427 085 605. TMC Medical, 9 Minorca Place, Toormina. Opening Hours: Monday and Thursday 9am-5pm.

Mid North Coast Therapy Group is an allied health practice based in Coffs Harbour, NSW. We provide the following services to older adolescents and adults in the mid-north coast region: Clinical Neuropsychology, Clinical Psychology, Rehabilitation Psychology, Case Management, Occupational Therapy.



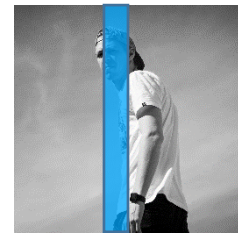
Mid North Coast Therapy Group accepts referrals from Specialists, GPs, other health professionals and insurers, however a referral is not required in order to access our services.

MOMENTUM YOUTH HOUSING

CALL: AL NORMAN ON (02) 5632 4021. After Hours: 1800 152152. Groundworks Youth Centre, 22 Earl St, Coffs Harbour. Opening Hours: Mon-Fri 9.00am-4.30pm

Momentum assists young people, aged 17 to 25 year, to find and keep stable and safe accommodation, to build skills for independent living and to improve health and wellbeing.

We support young people to enhance positive relationships with their families and friends, to work on personal goals, to overcome challenges with drugs and alcohol and to connect with education and employment opportunities. Momentum staff also support young people to build positive relationships with Landlords, Real Estate Agents and Centrelink and to find and keep private rental accommodation. Momentum can also assist young people to access our transitional housing program for up to 12 months. Our transitional housing program is supported by intensive support and case management and is for young people who are committed to participating in and completing a range of skill building programs that will mean they are able to successfully move into private rental accommodation

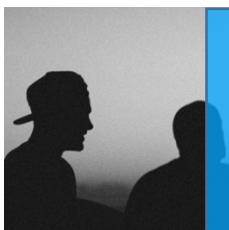


NEWACCESS (DEPRESSION AND ANXIETY)

CALL: JENNIFER MELSNESS ON 1300137934. Suite 6, 1 Duke Street, Coffs Harbour. Opening Hours: Mon - Fri 8:00am - 6:00pm,

NewAccess is an initiative of beyondblue in partnership with the Movember Foundation.

NewAccess is an early intervention program that provides support services for people with mild to moderate depression and anxiety. Access Coaches will work with you to use self-help strategies which are designed to bring about positive and immediate changes to your quality of life, by looking at your thinking habits, feelings and behaviours. The North Coast is one of three demonstration sites in Australia and the program is facilitated through the North Coast Medicare Local (NCML). The others two sites are in the ACT and Adelaide Hills. The North Coast site commenced service delivery on Monday the 24th of February, and has had over 300 referrals to date.



RECONNECT BELLINGEN/NAMBUCCA

CALL: DAVID STAMEL ON (02) 6655 5151. 11 Bonville St, Urunga. Opening Hours: Mon - Fri 8.30am - 5pm.

Reconnect Bellingen/Nambulcca helps young people who are homeless or at risk of homelessness to become more involved with their family, education, work, training and the community through mediation, counselling and practical support for the whole family. Reconnect work closely with other services to provide help in a way that is sensitive to your family's needs.



ROYAL FAR WEST

19-21 South Steyne, MANLY NSW 2095. Also PO Box 52, MANLY NSW 1655.

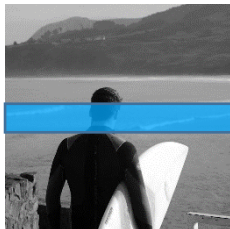
Contact details: Reception: (02) 8966 8500, **Free call: 1800 500 061**,

Facsimile: (02) 9977 7134. Website: <http://www.royalfarwest.org.au>

Our unique integrated health, education and disability services are delivered through a combination of residential, remote and collaborative programs, using the specialist staff at our centre in Manly on Sydney's Northern Beaches. Working closely with families, schools, clinicians and local communities we help to identify problems as early as possible, provide assessment and ongoing support tailored to the needs of the family.

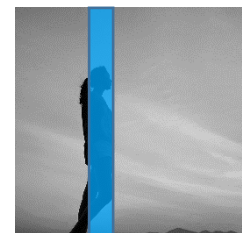
WARRINA DOMESTIC AND FAMILY VIOLENCE SPECIALIST SERVICES

CALL: EMMA BLACK ON 02 6652 9944. 18 Valley Street, Coffs Harbour. Opening Hours: Monday to Friday 9am-4pm.



Warrina Domestic and Family Violence Specialist Services Co-operative Ltd provides a broad range of client centred services to women and children who are experiencing, or have experienced, domestic and family violence. As a leading provider of support services for women and children in the region, Warrina receives referrals from the NSW Police, Housing and Health departments, mainstream service providers, other non-government agencies, community groups and past clients, as well as self-referrals.

The organisation employs a group of highly skilled and dedicated staff, who have developed strong partnerships with other service providers and community members. Formal referral mechanisms have been developed to enable our teams to work co-operatively with each other, as well as in collaboration with other service providers, to provide a flexible integrated service response.



YOUTH DIRECTIONS

Call: 02 6653 2900. Contact Person: Liz Wilkins (Executive Officer). 82 Mildura Street, Coffs Harbour. Opening Hours: Mon-Fri 9am - 5pm.

Education and training - Employment support.

COFFS HARBOUR YOUTH GROUPS

C3 YOUTH

Location: 11 June Street, Coffs Harbour. Sundays (During main service): Grades 5-8 / 10am. Friday Nights: Grades 7-12 / 6-8pm. For more info contact Ben Adams on 0432 655 339.

COFFS HARBOUR BAPTIST CHURCH YOUTH

Cnr Harbour Drive & Curacoa Street, Coffs Harbour 2450. Phone: 02 5632 4030.

COFFS HARBOUR SEVEN DAY ADVENTIST CHURCH

Our church has a youth group for those aged 13 to young adults. This group meets both on Saturday mornings and occasionally on Friday/Saturday nights for fellowship and worship. Contact Pastor Abel Iorgulescu Ph:02 56069547 Mobile:0404464477

GENEROSITY CHURCH YOUTH

14A Bruxner Park Rd, 2450 Coffs Harbour. Friday Nights in the school term, for years 6-12. Starts at 7pm and finishes at 9. For more information go to www.generocityyouth.com.

HARBOURSIDE PRESBYTERIAN CHURCH YOUTH

For more information contact Kent at: kentcheney@coffspsc.com

HC | YOUTH (HARBOUR CHURCH)

For high school students year 6- year 12. 6pm-8pm every Friday night during the school term. Location: 65 Stadium Drive (opp International Stadium), Coffs Harbour.

LIFEHOUSE YOUTH UNLIMITED

Is the youth ministry of LifeHouse Church. Fridays 6:00pm - 8:00pm (in School Terms) for Years 6-12. Location: 167 Orlando Street, Coffs Harbour. (02)66 512 455.

YOUR CHURCH: CHURCH OF CHRIST

God Squad for junior teens. Location: 30 Loaders Lane, Coffs Harbour. (02) 6651 3954. For further inquiries, email Matt Guidon to: matt-moni@hotmail.com or phone 0434 274 846.

