



Supports for Wellbeing and Engagement

Who can I ask for support?

Wirreanda Secondary School Youth Worker Support

Amie Mittiga

Amie.mittiga497@schools.sa.edu.au

Nigel Perry

Nigel.Perry335@schools.sa.edu.au

Crisis Contacts

Police, Fire and Ambulance: 000

Police assistance: 131 444

Victim Support: 1800 842 846

Quit Smoking: 137 848

LGBTIQ Life Chat: 1800184 527

Men's Line: 1300 789 978

Relationships Australia: 1800 182 325

SA Elder Abuse Prevention:

1800 372 310

Child Abuse Report Line: 131 478

Sexual Assault: Yarrow Place:

1800 817 421

Alcohol and Drug Information Service:
1300 131 340

Domestic Violence Crisis Line:

1800 800 098

Mental Health & Health Support Agencies

Mental Health and Counselling

Headspace: 8186 8600

CAMHS: 8326 1234

Uniting Communities' Family Mental
Health Support Service: 8202 5200

Walk in after hours Mental Health
support links to wellbeing:
1300 093 720

Health

Metropolitan Youth MY Health
Service: 8326 6053

National Corona-virus Helpline:
1800 020 080

Shine: 8300 5300

Suicide Prevention & Help Agencies

Beyond Blue: 1300 224 636

Lifeline Australia: 13 11 14

Suicide Call Back Service:
1300 659 467

Kids Helpline: 1800 551 800

Parent Helpline: 1300 364 100

Counselling Chat: 1300 131 340

Youth Beyond Blue: 1300 224 636

Lifeline text option: 0477 131 114

Living Situations, Relationships & Finances

Youth Housing Support

Ruby's (under 14): 8202 5060

Homelessness Connect SA
(over 14: 1300 306 046

Anglicare SA: 1800 569 086

Housing Support

Outer Southern Homelessness
Service:

Lutheran Care: 8326 4688
or 7123 3775 (direct line for
staff)

1800 809 273 (clients)

Homelessness Connect: 1800
003 308 or 8186 8900

Toward Home: 1800 809 273

Financial and Food Support

Anglicare: 1800 748 149

Foodbank SA: 8351 1136

Lutheran Community / OSGHS:
8236 4688

Relationships

Southern Adelaide Domestic
Violence Service: 8382 0066

Women's Safety Services:
1800 800 088

School Work, Engagement, Academic understanding & School related queries

Check for clarification via your
Google Classrooms, Daymap
and **School Email**

Contact your **teachers** if you
have questions regarding
your work, attend a Google
Meet during your lesson time
or email your class teacher.

Contact your **HG Teacher** to
discuss attendance or any
other queries. Email your
homegroup teacher or attend
your Google Meet each
Wednesday

Email your **House Leader** if
you have already spoken with
your class teachers and
Homegroup teacher but still
require some support

Aboriginal & Torres Strait Islander Support Agencies

Aboriginal Family Support Services (AFSS): 8205 1500

Support in all matters
concerning child protection.

Aboriginal Family Clinic Noarlunga: 8384 9577

Health and Medical services

Nunkuwarrin Yunti:

8392 3500

Provides a wide range of
services including physical,
emotional, spiritual and
cultural support