



Ingleburn High School

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Support Services for Students and Their Families

Sometimes a young person, or their families, may require some additional support- beyond that which the school can provide. Searching on the internet, liaising with your local general practitioner or paediatrician, asking the school counsellor, or looking on your local Community Health Centre noticeboard may help you find a suitable service. To help you we have compiled a list of potential services that you may wish to access.

<p>Kids Helpline: A counselling service for Australian children and young people aged between 5 and 25 years.</p>	<p>www.kidshelpline.com.au ph. 1800 55 1800</p>
<p>Headspace – Macarthur: Headspace has been established to offer accessible and specialist mental health services for young people aged 12-25 years. They offer a wide variety of clinical services, including:</p> <ul style="list-style-type: none"> • physical health • psychological services • psychiatric consultation • job assistance • educational support • group programs <p>The services are provided by Clinical Psychologists, Psychiatrists, Occupational Therapists, Nurses, GPs and educational specialists. All services are 'bulk-billed' through Medicare, and there are no direct costs to the young person or their family. To do this, the young person will need a letter of referral (mental health care plan) from a local doctor (GP). If they do not have a GP, they can book an appointment to see one of GPs at Headspace Macarthur.</p>	<p>http://www.headspace.org.au/mcsh/</p> <p>Address: Campbelltown Community Health Centre Shop 11, 261 Queen Street CAMPBELLTOWN NSW 2560</p> <p>Opening Hours: Monday to Friday 9am - 5pm</p> <p>Contact Details: Ph: 02 4627 9089 Fax: 02 4627 0889</p>
<p>Traxside Youth Services: Traxside is a community health centre especially for young people in Campbelltown, Camden and Wollondilly. We are part of Sydney South West Area Health Service. All our services are free and confidential and are for young people aged 12-25 in the Macarthur region. Counselling: People come to counselling for lots of different reasons – family break-up, grief and loss, school problems, depression. We have a specialist drug and alcohol counsellor too. Support Groups: We run different groups at different times, so come in or phone to find out more.</p>	<p>www.beanbag.net.au/traxside</p> <p>4 Langdon Av Campbelltown 2560 Phone: (02) 4625 2525 Fax: (02) 4625 2547</p>
<p>Reconnect is committed to providing young people and families with support they need to help restore healthy relations within the family and wider community. The service also help parents, guardians or families who are concerned about a young person thinking about leaving home, or has recently left.</p>	<p>Burnside Reconnect - Campbelltown Ph. 4628 3199</p> <p>Reconnect - Liverpool/Fairfield: Ph. 9755 0233</p>

Beyond Blue:
www2.youthbeyondblue.com/ybblue/

Lifeline: 13 11 44

Family Drug Support:
 1300 368 186

The Source: a gateway to youth information, programmes, services, resources and entertainment for young people (12 to 25 years)
www.thesource.gov.au

Gay and Lesbian Line:
www.glcsnsw.org.au
 (02) 8594 - 9595

Macarthur Family Centre:
 \628 3199

Bullying No Way:
www.bullyingnoway.com.au

Oxygen:
 Smoking / tobacco information for young people
www.oxygen.org.au

Reach Out:
www.reachout.com.au

Young Carers Organisation:
www.youngcarersnsw.asn.au
 1800 242 636

Anglicare: Counselling & family support
 4625 4666

Ingleburn Docs: 9765 6111

Docs Helpline: 132 111

Macquarie Fields Police: 9605 0499

