



Our wellbeing team are still available to provide support to students and/or advice regarding issues related to school.

Counsellors are available between 9am to 3pm (Mon to Fri) .  
If you would like to speak with Linda or Jessica, please phone the school on 02 9637 0489 and leave a message or send an email to [granvilleb-h.school@det.nsw.edu.au](mailto:granvilleb-h.school@det.nsw.edu.au).

OR

Speak with your child's Year Advisor and one of the counsellors will get back to you as soon as they can.



Alternatively you can access support agencies below by calling or going on their website for online support.

**Families and children can also seek support through their GP.**



If you or your family are experiencing an **emergency**, please call emergency services on **000** or take yourself to Emergency Services at your local hospital.

# Support services available to GBHS community

*Free translation is available for any services via - 13 14 50*

## Wellbeing services and supports

### **Kids Helpline**

- <https://kidshelpline.com.au/get-help/webchat-counselling>
- 1800 55 1800

### **EHeadspace**

- <https://headspace.org.au>

### **Lifeline**

- 13 11 14

### **Q-Life**

- <https://www.qlife.org.au/resources/chat>
- 1800 184 527

### **1800 RESPECT**

- 1800 737 732
- <https://chat.1800respect.org.au>

## Family and Financial Support

### **Ask Izzy**

- <https://askizzy.org.au/>
- Online links to range of financial, government and family services in local area

### **Western Sydney Family Referral service**

- 1300 403 373
- Service to contact to identify other services in your area

### **Anglicare**

- 8624 8600
- Support with utilities and food vouchers available

### **C3**

- 9748 5700
- Food packs available to be delivered

### **Auburn Diversity**

- 8737 5500
- Food vouchers for those that live in Auburn LGA

### **Granville multicultural family support**

- 9637 7600
- Support with bills & Emergency relief food vouchers

### **Parramatta Christian Church**

- 9630 3892
- Some free small hampers & cheaper pantry items available