

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. As such, having a consistent and adequate support system in place is vital for students and Australian Federation College. Australian Federation College will never charge any fees to students for referrals to external support agencies.

External Provider Details

English Language Support

Free Providers

- Reading Writing Hotline

1300 6 555 06

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
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- Multicultural Access Point provides a list of links and contact details for support with English language tuition: http://www.multicultural.tas.gov.au/education_and_english
 - Catholic Care Tasmania offers Let's Talk Conversational English Group offering support to recently arrived migrants to learn, practice and improve English. 201 York Street, Launceston. (03) 6332 0600
Website: <https://www.catholicaretas.org.au/msp-english-conversation-group>

Local Professional Services

- Search for an English language tutor: <https://www.firsttutors.com/australia/town/launceston-tutors.php>

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** 1300 22 4636
Support for depression and anxiety (<https://www.beyondblue.org.au/>)

Local Professional Services

- **Headspace:** Free health services for ages between 12-25. Cnr Brisbane and Wellington Street, 186 Brisbane Street, Launceston, Tasmania. Tel (03) 6335 3100 Email: headspace@csys.com.au Website: <https://headspace.org.au/headspace-centres/launceston/>
- **Launceston Therapy Clinic:** Providing psychological services. 54 Canning Street, Launceston, Tasmania. Tel (03) 63314664 Website: <https://www.launcestontherapyclinic.com.au>

Disability Services

- **Li-Ve Tasmania:** Person centred support for people living with disability in Tasmania. QV Building, High Street, Launceston, Tasmania. Tel (03) 6227 5400. Website: <https://livetasmania.org>
- Search for services in Launceston through the Disability Support Guide: <https://www.disabilitysupportguide.com.au/search/in-home-and-community-support/launceston-tas>

Local Cultural, Religious and Community Groups

- Tasmania has a number of community cultural organisations across the state, a list of links to community cultural organisations can be found at the Multicultural Access Point: http://www.multicultural.tas.gov.au/community_cultural_organisations
- Further organisations and groups:

External Support Referrals

- Facebook: Nepali Society of Tasmania <https://www.facebook.com/NESTasmania/>
- Bhutanese Kirat/Buddhist Association of Tasmania (BKBAT):
<http://bkbatt.blogspot.com/p/home.html>
- Bhutanese Community Association of Southern Tasmania Inc:
<https://www.facebook.com/bcastHome/>
- Chinese Community Association of Tasmania in North-East Tasmania:
<https://ccat.asn.au/chinese-in-north-east-tasmania/>
- Hindu Society of Tasmania: <http://www.hstas.org>
- Muslim Student Association of Launceston: <https://msal.org.au/useful-info/masjid/>
Prayer room located at Room D004, Blok D, University o Tasmania, Newnham Drive,
Newnham:
Google Maps: <https://goo.gl/maps/yKrvsiSZCgp2c9iKA>

There are a number of events and cultural, music and sports happening throughout the year in Launceston. Check out what's happening this month: <https://www.launceston.tas.gov.au/Events>

Employment Services

- Disability Employment Services Launceston:
At Work Australia Level 2, 10-14 Paterson Street, Launceston. Tel 1300192 628 Email:
contactDES@atworkaustralia.com.au
Website:<https://www.atworkaustralia.com.au/our-des-offices-2/tas/disability-employment-services-launceston-tas/>
- MAX Employment:
Tel 1800 603 503
<https://www.maxsolutions.com.au/max-employment>
- Online employment Finder:
 - Seek: www.seek.com.au
 - Indeed: www.au.indeed.com
 - Jobsearch: www.jobsearch.gov.au

Accommodation Support

Online:

- Flatmates: www.flatmates.com.au
- YHA Australia: <https://www.yha.com.au/hostels/tas/>
- Hostel World: www.hostelworld.com
- Stayz: www.stayz.com.au
- Gumtree: www.gumtree.com.au
- Nestoria: <https://www.nestoria.com.au/launceston/apartments/rent>
- Facebook: Launceston Houses, rooms, rentals group:
<https://www.facebook.com/groups/982452458454212/>

Financial Support

- ASIC Money Smart <https://www.moneySMART.gov.au/>
Access for advice on debt help and getting on track.

Sports and Fitness Activities

- Health & Fitness World: 69 William Street, Launceston (03) 6331 3133
<http://www.hfworld.com.au>
- Anytime Fitness: 1/41 York Street, Launceston (03) 6331 5104
<https://www.anytimefitness.com.au/>
- Health and Fitness club: 50 Glen Dhu Street, South Launceston (03) 6343 0622
www.pyCSAM.com.au
- A list of Launceston sports clubs and groups can be found here:
<http://www.activelaunceston.com.au/Groups/Sport>
- A list of community clubs for sports and activities in Tasmania:
<https://www.communities.tas.gov.au/ticket-to-play/all-sport>
- YMCA Sports and activities (03) 6344 3844. <https://www.ymcalaunceston.org/team-sports>
- Get Moving Tasmania: Community physical activity programs in Tasmania Launceston:
http://www.getmoving.tas.gov.au/whats_on/community_physical_activity_programs

Childcare

- Use the ChildCare finder for Launceston to search for a child care facility:
https://www.childcarefinder.gov.au/search/tas/null/launceston?geo=-41.43322149999999%2C147.14408750000007&service_type=ZCDC,ZFDC,ZOSH

Employment Rights, Conditions and Resolving Workplace Issues

- **Fair Work Ombudsman**
Part Level 2, Tenancy 1
102-104 Cameron St,
Launceston TAS 7250
<https://www.fairwork.gov.au/contact-us/offices/tasmania>

Personal Safety Assistance

- Dial 000 for police/ ambulance/ fire brigade
<https://www.police.tas.gov.au/>