

The Guidance Officers for 2017 are Lyn Gardiner and Rob Jones. They offer support to students in many areas including personal concerns, learning and educational needs, career pathways, further study after school, behavioural concerns and social development. Lyn and Rob offer a range of services including

- counselling services for personal, educational and career needs
- advice and support for parents and teachers
- working with other professionals to support students
- individual educational assessments
- case management of students with complex needs
- referrals to support services

If you wish to make an appointment with the Guidance Officer please contact Student Services.

USEFUL WEBSITES AND CONTACTS

Looking after yourself

Kids Help Line 1800 55 1800

Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25

Lifeline 13 11 14

24 hour crisis support and suicide prevention services

eheadspace

eheadspace is an online and telephone support service for young people and their families

<https://www.eheadspace.org.au/>

How to ask your friend are you ok?

<https://www.ruok.org.au/ask-a-mate>

Smiling Mind- Mindfulness Program

<https://smilingmind.com.au/>

The Brain Quiz

Measures your mental health in the past four weeks

<https://www.youthbeyondblue.com/understand-what's-going-on/the-brain-quiz>

Beyond Blue for Young People

Beyond Blue aims to reduce the impact of depression and anxiety in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience.

<http://www.beyondblue.org.au/resources/for-me/young-people>

Anxiety Program- Brave Program

An interactive, online program for the prevention and treatment of childhood and adolescent anxiety; free and there are also programs for parents.

<https://brave4you.psy.uq.edu.au/>

E-Couch

A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief

<https://ecouch.anu.edu.au/welcome>

Anxietyonline

Information, assessment, online diagnosis and treatment programs ("eTherapy") for anxiety disorders

<http://www.anxietyonline.org.au/>

Cyber Bullying

<http://www.cybersmart.gov.au/>

<http://www.thinkuknow.org.au/kids/>

Bullying

Bullying - No Way!

<http://www.bullyingnoway.gov.au>

Child Youth Mental Health

*Free and confidential consultation, assessment and treatment of children and young people
Young people can self-refer*

40615411 www.health.qld.gov.au/rch/professionals/cymhs.asp

Ma:Mu Health services and programs.40614477

LOOKING AFTER YOUR FUTURE

Student Connect

Access your learning account and results

Has links to help you explore your future education, training and career pathways

<https://studentconnect.qcaa.qld.edu.au/index.html>

Jobs

Skill 360

<https://www.skill360.com.au/jobs/>

Job Search

<http://jobsearch.gov.au/>

Australian Apprenticeships

<http://www.australianapprenticeships.gov.au/>

Australian Defence Force Careers

<http://www.defencejobs.gov.au/>

My Future

<http://www.myfuture.edu.au/>

Australian Careers Directory

<http://www.careerfaqs.com.au/>

VPG *Vocational Partnerships Group* is a not-for-profit community based organization committed to help young people make the transition through school and onto successful careers and life experiences

40617288 www.vpginc.com.au

Further Study

QTAC

<https://www.qtac.edu.au/>

Scholarships

Check Good University Guide

<https://www.gooduniversitiesguide.com.au/>

Study Assist website- has information regarding Centrelink and scholarships

<http://studyassist.gov.au/sites/StudyAssist/>

Check the university websites, search for scholarships, links to all university websites below.

Good University Guide

Find courses and scholarships at Australia's top universities. Has a number of articles on choosing a course and career.

<https://www.gooduniversitiesguide.com.au/>

TAFE Queensland North

1300656959

<http://www.tafenorth.edu.au/>

Universities

Queensland Tertiary Admissions Centre

www.qtac.edu.au

Australian Catholic University National

www.acu.edu.au

Australian Defence Force Academy

www.defence.gov.au/adfa/

Bond University

www.bond.edu.au

Central Queensland University

www.cqu.edu.au

Griffith University

<https://www.griffith.edu.au/>

James Cook University

www.jcu.edu.au

Queensland University of Technology

www.qut.edu.au

The University of Queensland

www.uq.edu.au

University of the Sunshine Coast

www.usc.edu.au

University of Southern Queensland

www.usq.edu.au

Financial Assistance for Further Study

Study Assist

Provides information about Australian Government assistance and scholarships

<http://studyassist.gov.au/sites/StudyAssist/>

Youth Allowance Guide

www.centrelink.gov.au/internet/internet.nsf/payments/youth_allow.htm

Study Skills

<http://www.bing.com/videos/search?q=Study+Tips+YouTube&&view=detail&mid=130C16DB9A16C63CD09D130C16DB9A16C63CD09D&FORM=VRDGAR>