

# 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 so having a consistent and central place to store information is vital.

## EXTERNAL PROVIDER DETAILS

### ENGLISH LANGUAGE SUPPORT

#### FREE PROVIDERS

Reading Writing Hotline

Phone: 1300 655 506

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.

### For Albury Location

#### LOCAL PROFESSIONAL SERVICES

**Provider: Adult Migrant English Program (AMEP) – TAFE NSW Albury**

**Location:** Room H.1.06, Poole Street, Albury NSW 2640

**Contact:** (02) 7921 7195

**Website:** [tafensw.edu.au](http://tafensw.edu.au)

#### MENTAL HEALTH, WELLBEING AND COUNSELLING

#### FREE PROVIDERS

Lifeline – suicide prevention and crisis support; available 24/7

Phone: 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 – support for depression and anxiety

Phone: 1300 224 636

Website: <https://www.beyondblue.org.au/>

## LOCAL PROFESSIONAL SERVICES

### **Novo Counselling**

- **Specialties:** Individual and couples counselling, Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), grief and loss therapy.
- **Counsellor:** Glenda O'Neill
- **Location:** Shop 1, 445 Dean Street, Albury NSW 2640
- **Contact:** 0408 261 184
- **Website:** [novocounselling.com.au](http://novocounselling.com.au)

## DISABILITY SERVICES

### **Northcott Albury**

- **Address:** 530–540 Swift Street, Albury NSW 2640
- **Phone:** 1800 818 286
- **Web:** <https://northcott.com.au/locations/northcott-albury/>
- **Services:** Allied health (occupational therapy, speech therapy, physiotherapy), positive behaviour support, support coordination, and supported independent living.

## LOCAL CULTURAL, RELIGIOUS AND COMMUNITY GROUPS

### **Cultural & Multicultural Groups**

#### **Albury Wodonga Sri Lankan Community**

- **Contact:** Hasitha Fernando
- **Phone:** 0423 763 677
- **Email:** [Hastitha22@yahoo.com](mailto:Hastitha22@yahoo.com)

### **Albury Wodonga Cultural Exchange (AWCE)**

Phone: 0473 740 730

Email: [awce@vrb.org.au](mailto:awce@vrb.org.au)

Website: <https://www.alburycity.nsw.gov.au/leisure/museum-and-libraries/programs/multicultural-programs>

### **Albury Wodonga South African Group**

- **Contact:** Anton Terblanche
- **Phone:** 0419 019 932
- **Email:** [awsag@org.au](mailto:awsag@org.au)
- **Website:** <https://awsg.org.au/>

## **Religious Organisations**

### **St Patrick's Catholic Church**

Phone: (02) 6041 2588

Mobile: 0439 530 515

Email: [admin@stpatricksalbury.org.au](mailto:admin@stpatricksalbury.org.au)

Web: <https://www.stpatricksalbury.org.au/>

### **Christian Fellowship Centre Albury**

- **Phone:** (02) 6021 5144
- **Email:** [admin@cfcalbury.com.au](mailto:admin@cfcalbury.com.au)
- **Website:** <https://cfcalbury.com.au/>
- **Address:** 562 Kiewa Street, Albury NSW 2640

### **Islamic Society of Albury Wodonga (ISAW)**

Phone: 0403 679 465

Email: [isaw786@gmail.com](mailto:isaw786@gmail.com)

Website: <https://isawmasjid.com/>

Address: 494 Wagga Road, Lavington NSW 2641

## **Community Centres & Support Services**

### **Albury Wodonga Ethnic Communities Council (AWECC)**

- **Phone:** (02) 6024 6895

- **Email:** [contact@awecc.org.au](mailto:contact@awecc.org.au)
- **Website:** <https://www.awecc.org.au/about/>
- **Address:** 151–153 High Street, Wodonga VIC 3690

### Westside Community Centre

Phone: (02) 6023 8111

Email: [info@alburycity.nsw.gov.au](mailto:info@alburycity.nsw.gov.au)

Website: <https://www.alburycity.nsw.gov.au/community/support/community-centres/westside>

### Glenecho Community Centre

- **Phone:** (02) 6025 9359
- **Email:** [glenecho@alburycity.nsw.gov.au](mailto:glenecho@alburycity.nsw.gov.au)
- **Website:** <https://www.alburycity.nsw.gov.au/community/support/community-centres/glenecho>

## FINANCIAL SUPPORT

ASIC Money Smart

Website: <https://www.moneysmart.gov.au/>

Access for advice on dept help and getting on track.

## CHILDCARE

### Goodstart Early Learning Albury – Banff Avenue

- **Address:** 670–674 Banff Avenue, Albury NSW 2640
- **Phone:** (02) 6021 1284
- **Email:** [ace@goodstart.org.au](mailto:ace@goodstart.org.au)
- **Website:** [goodstart.org.au/albury-banff-avenue](http://goodstart.org.au/albury-banff-avenue)
- **Hours:** Monday to Friday, 6:30 AM – 6:00 PM

### Albury Occasional Childcare & Early Learning Centre

- **Address:** 469 Ebdon Street, Albury NSW 2640
- **Phone:** (02) 6021 6545
- **Email:** [admin@alburychildcare.com.au](mailto:admin@alburychildcare.com.au)
- **Website:** [alburychildcare.com.au](http://alburychildcare.com.au)
- **Hours:** Monday to Friday, 8:00 AM – 6:00 PM

### Kidscape Early Learning Centre – Albury

- **Address:** 57 Mountford Crescent, Albury NSW 2640
- **Phone:** (02) 6023 6633
- **Email:** [albury@kidscape.com.au](mailto:albury@kidscape.com.au)
- **Website:** [kidscape.com.au/albury](http://kidscape.com.au/albury)
- **Hours:** Monday to Friday, hours not specified

## For Wagga Wagga Location:

**Provider: TAFE NSW Wagga Wagga – Adult Migrant English Program (AMEP)**

**Location:** Macleay & Coleman Streets, Moorong, NSW 2650

**Contact:** 131 601

**Website:** <https://www.tafensw.edu.au/student-services/adult-migrant-english-program-amep>

## MENTAL HEALTH, WELLBEING AND COUNSELLING

### FREE PROVIDERS

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- suicide bereavement support.

Beyond Blue – support for depression and anxiety

Phone: 1300 224 636

Website: <https://www.beyondblue.org.au/>

### Local Professional Services

#### Hope & Resilience Counselling

- Counsellor: John Dodwell
- Services: General counselling, grief, anxiety, trauma, workplace stress, NDIS participant support
- Location: Wagga Wagga, NSW
- Website: <https://hopeandresilience.com.au/>

#### Belinda Scott Counselling

- Services: Individual and couples counselling, anxiety, menopause, relationships, marriage

- Location: Wagga Wagga, NSW

- Website: <https://belscott.net/>

### **Centacare South West NSW**

- Services: Generalist and specialty counselling & psychology for individuals, couples, families, children & youth

- Location: Wagga Wagga, NSW

- Website: <https://centacareswnsw.org.au/services/counselling-psychology/>

## **Disability Services**

### **Northcott Wagga Wagga**

- Address: 124 Peter Street, Wagga Wagga NSW 2650

- Phone: 1800 818 286

- Services: Allied health, behaviour support, support coordination, supported living

- Website: <https://northcott.com.au/locations/northcott-wagga-wagga/>

## **Cultural, Religious and Community Groups**

### **Wagga Aus-Sri Lanka Cultural Association**

- Contact: Yapa Bandara• Website: <https://regionriverina.com.au/wagga-invited-to-join-a-sri-lankan-celebration-in-the-riverina/78129/>

### **Multicultural Council of Wagga Wagga (MCWW)**

- Services: Cultural events, support, social cohesion programs

- Website: <https://www.mcww.org.au/>

### **St Michael's Cathedral (Catholic Diocese)**

- Address: 204 Tarcutta Street, Wagga Wagga NSW 2650

- Phone: (02) 6937 0003

- Website: <https://wagga.catholic.org.au/>

### **Christian Fellowship Wagga Wagga**

- Address: Mount Austin Public School Hall, access via Bourke Street, Wagga Wagga NSW

- Phone: +61 427 331 327

- Website: <https://cfwagga.org.au/>

### **Islamic Society of Albury Wodonga (nearest mosque)**

- Address: 494 Wagga Road, Lavington NSW 2641

- Phone: 0403 679 465
- Website: <https://isawmasjid.com/>

### **Community Centres & Support Services**

#### **Multicultural Council of Wagga Wagga (MCWW)**

- Website: <https://www.mcww.org.au/>

#### **Wagga Wagga City Council Community Services**

- Services: Community development, events, local support programs
- Website: <https://wagga.nsw.gov.au/community>

### **Financial Support**

#### **ASIC MoneySmart**

- Website: <https://www.moneysmart.gov.au/>
- National service for debt help, budgeting and financial advice

### **Childcare Services**

#### **Goodstart Early Learning Wagga Wagga – Morgan Street**

- Address: 61 Morgan Street, Wagga Wagga NSW 2650
- Phone: (02) 6921 3322
- Website: <https://www.goodstart.org.au/centres/wagga-wagga-morgan-street>

#### **KU Children's Services – Wagga Wagga**

- Services: Early childhood education and care
- Website: <https://www.ku.com.au/childcare/centres/ku-wagga-wagga>

#### **Riverina Kids – Wagga Wagga**

- Services: Long day care, preschool programs
- Website: <https://www.riverinakids.com.au/>

## For Shepparton Location

**Provider: AMES Australia – Adult Migrant English Program (AMEP)**

**Location:** 158 Welsford Street, Shepparton, VIC 3630

**Contact:** 13 26 37

**Website:** <https://www.ames.net.au/students/about-adult-migrant-english-program>

## MENTAL HEALTH, WELLBEING AND COUNSELLING

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- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support.

Beyond Blue – support for depression and anxiety

Phone: 1300 224 636

Website: <https://www.beyondblue.org.au/>

### Local Professional Services

#### GV Wellbeing

- Address: 12–14 Fryers Street, Shepparton VIC 3630
- Email: [hello@gvwellbeing.com.au](mailto:hello@gvwellbeing.com.au)
- Website: <https://gvwellbeing.com.au>

#### Clifton Boschetti Counselling

- Address: 122 Archer Street, Shepparton VIC 3630
- Phone: 0404 353 513

- Email: cliftonboschetticounsellor@gmail.com
- Website: <https://cliftonboschetticounsellor.com.au>

### **Pure Empowerment Psychology**

- Address: 187 Corio Street, Shepparton VIC 3630
- Phone: 0413 819 558
- Email: reception@pureempowerment.com.au
- Website: <https://pureempowerment.com.au>

### **Playful Healing Therapy**

- Address: 12 Beckham Street, Shepparton VIC 3630
- Phone: 0431 152 677
- Email: barbarab@playfulhealingtherapy.com
- Website: <https://www.playfulhealingtherapy.com>

## **Disability Services**

### **Dayaram Care Services**

- Address: 7 Coppin Crescent, Shepparton VIC 3630
- Phone: 0412 659 652
- Email: info@dayaramcare.com.au
- Website: <https://www.dayaramcareservices.com.au>

### **Xander Care**

- Website: <https://xandercare.com>

### **GV Disability Supports**

- Website: <https://www.gvdisabilitysupports.com>

### **CK Infinity Plus Support Services**

- Phone: 0412 303 432
- Email: ckinfinityplus@gmail.com
- Website: <https://www.ckinfinityplus.com>

### **GilgalCare Shepparton**

- Website: <https://gilgalcareshepparton.com.au>

## **Cultural, Religious, and Community Groups**

### **Ethnic Council of Shepparton and District**

- Address: 158 Welsford Street, Shepparton VIC 3630
- Phone: (03) 5831 2395
- Email: admin@ethniccouncilshepparton.com.au
- Website: <https://ethniccouncilshepparton.com.au>

### **Multicultural Communities of Greater Shepparton**

- Website: <https://greater-shepparton.com.au/community/diversity/multicultural-communities>

### **Australia Indonesia Association – Shepparton**

- Website: <https://australia-indonesia-association.com>

### **Australian Nepalese Multicultural Centre**

- Website: <https://anmcinc.org.au>

## **Religious Organisations**

### **St Augustine's Anglican Church**

- Address: 95–97 Maude Street, Shepparton VIC
- Phone: (03) 5821 7630
- Website: <https://staugustineshepparton.com>

### **St Brendan's Catholic Church**

- Address: 121 Knight Street, Shepparton VIC
- Phone: (03) 5821 2633
- Website: <https://stbrendansshepparton.org.au>

### **Shepparton Uniting Church**

- Address: 134–140 Fryers Street, Shepparton VIC
- Phone: (03) 5821 3517
- Website: <https://sheppartonuniting.org.au>

### **St George Greek Orthodox Church**

- Address: 195 Knight Street, Shepparton VIC
- Phone: (03) 5821 5185
- Website: <https://www.greekorthodox.org.au>

### **Gurdwara Sahib Shepparton**

- Address: 240 Doyles Road, Shepparton VIC
- Phone: (03) 5821 9309

### **Community Centres & Support Services**

#### **North Shepparton Community & Learning Centre**

- Address: 10–14 Parkside Drive, Shepparton VIC
- Phone: (03) 5821 5770
- Email: admin@nsclc.com.au
- Website: <https://nsclc.com.au>

#### **South Shepparton Community Centre**

- Address: 11 Service Street, Shepparton VIC
- Phone: (03) 5821 6172
- Email: info@southcom.org.au
- Website: <https://southcom.org.au>

### **For Wangaratta Location**

#### **Wangaratta – Adult Migrant English Program (AMEP) Provider**

Provider: TAFE Gippsland – Wangaratta Campus

Location: 87 McKoy Street, West Wodonga VIC 3690

Contact: 1300 69 8233

Website: <https://www.lchs.com.au/locations/wangaratta/>

Description:

TAFE Gippsland delivers the Adult Migrant English Program (AMEP) in the Wangaratta region.

This program provides free English language tuition to eligible migrants and humanitarian entrants to help them improve their English skills and settle into Australian society.

Additional details can be found on the Department of Home Affairs website:  
<https://immi.homeaffairs.gov.au/settling-in-australia/amep/find-a-class>

## MENTAL HEALTH, WELLBEING AND COUNSELLING

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- panic attacks
- problem gambling
- natural disaster recovery
- rural mental health
- self-harm
- stress
- substance abuse and addiction
- suicide bereavement support.

### Beyond Blue – support for depression and anxiety

Phone: 1300 224 636

Website: <https://www.beyondblue.org.au/>

### Local Professional Services (Counselling & Mental Health)

#### Gateway Health Wangaratta

- Phone: (03) 5723 2000
- Email: [info@gatewayhealth.org.au](mailto:info@gatewayhealth.org.au)
- Website: <https://gatewayhealth.org.au>

#### Centred On Counselling

- Address: 13 The Close, Wangaratta VIC 3677
- Phone: 0417 434 397
- Email: [centredoncounselling@outlook.com](mailto:centredoncounselling@outlook.com)
- Website: <https://www.centredon.com.au>

#### Allawah Counselling

- Phone: 0490 830 878
- Website: <https://allawahcounselling.com>

Reclaim Counselling & Consulting

- Website: <https://www.reclaimcounsellingandconsulting.com.au>

#### My Therapy Spot

- Address: 27/29 Faithfull Street, Wangaratta VIC 3677
- Website: <https://www.mytherapyspot.com.au>

#### The Space Consulting & Counselling

- Website: <https://www.thespacecounselling.com>

## Disability Services

### Wangaratta Disability Services (OKSS)

- Phone: (03) 7035 1660
- Website: <https://wangarattadisabilityservice.com.au>

### Northeast Health Wangaratta – Disability Liaison

- Contact: Stefanie Herrera
- Phone: 0427 416 960
- Website: <https://www.northeasthealth.org.au/disability-support>

### VMCH Life Skills Programs

- Website: <https://vmch.com.au>

### Latrobe Community Health Service

- Address: 90–100 Ovens Street, Wangaratta VIC 3677
- Phone: 1800 242 696
- Website: <https://www.lchs.com.au/locations/wangaratta>

### Regional Disability Advocacy Service

- Address: 15–17 Ely Street, Wangaratta VIC
- Phone: 1800 250 292
- Website: <http://rdas.org.au>

### Scope Wangaratta

- Address: 1 Handley Street, Wangaratta VIC
- Phone: 1300 472 673

Prodka Care Services

- Website: <https://prodkacareservices.com.au/wangaratta>

## Community Centres & Support Services

### Pangerang Community House

- Address: 38 Ovens Street, Wangaratta VIC 3677
- Phone: (03) 5721 3813
- Website: <https://www.pangerang.org.au>

### NESAY (North East Support and Action for Youth)

- Address: 86–90 Rowan Street, Wangaratta VIC 3677
- Phone: (03) 5720 2201
- Website: <https://nesay.com.au>

### Open Door Neighbourhood House

- Address: 61 Burke Street, Wangaratta VIC 3677
- Phone: (03) 5721 9175
- Website: <https://opendoornh.org.au>

### Salvation Army Wangaratta

- Address: 59–63 Greta Road, Wangaratta VIC 3677
- Phone: (03) 5721 2096
- Website: <https://www.salvationarmy.org.au>

### Victory Church Wangaratta

- Address: 38–42 Ryan Avenue, Wangaratta VIC 3677
- Phone: (03) 5721 3040
- Website: <https://www.victorychurchwangaratta.com.au>

## Childcare Services

### Wangaratta Children's Services Centre

- Address: 1 Handley Street, Wangaratta VIC 3677
- Phone: (03) 5721 7879
- Email: [ldc@wangaratta.vic.gov.au](mailto:ldc@wangaratta.vic.gov.au)
- Website: <https://www.wangaratta.vic.gov.au/Services/Families-and-Children/Childrens-Services-Centre>

### Goodstart Early Learning – Murdoch Road

- Address: 38–40 Murdoch Road, Wangaratta VIC 3677
- Phone: 1800 222 543
- Website: <https://www.goodstart.org.au/find-a-centre/all-centres/vic/wangaratta-murdoch-road>

### Goodstart Early Learning – Williams Road

- Address: 54–58 Williams Road, Wangaratta VIC 3677
- Phone: 1800 222 543
- Website: <https://www.goodstart.org.au/find-a-centre/all-centres/vic/wangaratta-williams-road>

### Country Buddies Wangaratta

- Address: 1 Mason Street, Wangaratta VIC 3677
- Phone: (03) 5721 8488
- Website: <https://www.wangarattacb.com.au>

### Nurture One Wangaratta Children's Centre

- Address: 46 Collyn-Dale Drive, Wangaratta VIC 3677
- Phone: (03) 5721 8488
- Website: <https://www.nurtureone.com.au/our-centres/childcare-wangaratta>

**Please note: If you require external support services within a specific area that is not listed above then feel free to contact Smartlink and we are happy to provide it to you as well.**