



EMMANUEL COLLEGE

WARRNAMBOOL Sharing Faith, Hope & Love

2024 SUPPORTS FOR WELLBEING & ENGAGEMENT

Who can I ask for support?

EMMANUEL COLLEGE CAMPUS CONTACTS	MENTAL HEALTH SUPPORT AGENCIES	HEALTH SUPPORT AGENCIES	SCHOOL RELATED QUERIES	OTHER SUPPORT AGENCIES
Fit4Life Wellbeing Team wellbeing@emmanuel.vic.edu.au	Headspace www.headspace.org.au 1300 276 749 <i>Mental health support</i>	Your local General Practitioner - Doctor After Hours GP - 1800 022 222	Check for clarification via your Google classrooms & school email	Centacare 5559 3000 <i>Parenting programs</i>
Goold Campus - Justin Marris jmarris@emmanuel.vic.edu.au	Child & Adolescent Mental Health Service 1800 808 284	Headspace www.headspace.org.au 1300 276 749 <i>General practice</i>	Contact your teachers if you have any queries regarding your work	Wellways 5599 9210 enquiries@wellways.org
McAuley Campus - Sean Fitzgibbon sfitzgibbon@emmanuel.vic.edu.au	Brophy Youth Services www.brophy.org.au 1300 276 749 <i>Wellbeing, education & employment, accommodation, family support</i>	Women's Health Services South West Healthcare 5564 4363	Contact your homeroom/mentor group teacher to discuss attendance and other queries	Meli www.meli.org.au 1300 510 439 <i>Help with gambling, financial counselling & wellbeing services</i>
Rice Campus - Glen Martin gmartin@emmanuel.vic.edu.au	MPower www.mpower.org.au 5561 8111 <i>NDIS support</i>	Handbury Medical Clinic www.wrad.org.au/handbury-medical-suites 1300 009 723 <i>Bulk-billing clinic</i>	Contact Wellbeing for any social emotional support	Centre Against Sexual Assault (CASA) www.southwesthealthcare.com.au/service/centre-against-sexual-assault-sw-casa/ 5564 4144
VCE Coordinator - Donna Macpherson dmacpherson@emmanuel.vic.edu.au	Warrnambool Community Counselling Services 5563 4000	Western District Alcohol & Drug Services (WRAD) www.wrad.org.au 5564 5777		Yumcha Diversity Group 5561 8888 safe@brophy.org.au
Crisis Contacts Police, Fire & Ambulance 000 Lifeline 13 11 14 Kids Helpline 1800 551 800 Suicide Call Back Service 1300 659 467 Police Assistance 131 444 Victims of Crime Helpline Phone 1800 819 817 Text 0427 767 891 QLife 3pm - midnight 1800 184 527 Rainbow Door Phone 1800 729 367 Text 0480 017 246 Men's Line 1300 789 978 Relationships Australia 1800 182 325 Child Protection Crisis 131 278	Be You www.beyou.edu.au <i>Youth mental health</i>	Gunditjmara Health Clinic www.gunditjmara.org.au/health-services 5564 3344		Gamblers Help 24-hour Helpline www.gamblinghelponline.org.au 1800 858 858
	Butterfly Foundation National Helpline www.butterfly.org.au 1800 334 673 <i>Eating disorder support</i>	Embrace Multicultural Mental Health www.embracementalhealth.org.au		Orange Door 1800 271 180
	Black Dog Institute www.blackdoginstitute.org.au <i>Mental health information and support</i>	Kirrae Health Services 5567 1270 www.kirraehealth.com		Reach Out www.au.reachout.com <i>Mental health service for teens & parents</i>
	eHeadspace www.headspace.org.au <i>Online & phone support</i>			The Brave Program www.brave4you.psy.uq.edu.au/teen-program <i>For anxiety & worries</i>
				Mood Gym www.moodgym.com.au <i>Learn to cope with emotions</i>
				Katrina Brightwell Silverball Consulting - NDIS Support 0406 956 771



PRIVATE CLINICIANS

NAME	POSITION	CONTACT DETAILS	ADDRESS
Kath Lewis	Psychologist	0429 995 477	85 Lava St Warrnambool
Kelly Lynch	Psychologist	0438 617 631	1 Kelp St Warrnambool
Jodi Radley	Psychologist	0428 190 294	85 Lava St Warrnambool
Marcia Nelson	Psychologist	0428 896 484	85 Lava St Warrnambool
Kelly Garrison	Psychologist	55610 227	10 Ryot St Warrnambool
Emily Gilmartin	Mental Health Social Worker	03 4504 4800	43 Fairy St Warrnambool
Jeannette Fraser	Psychology	0427 380 437	19D Curdie St Cobden
Middle Island Medical Clinic Kiera Hardy	Clinical Psychologist	03 4504 4800 0493 247 772	43 Fairy St Warrnambool
Samantha Jolley	Psychologist	(03) 5561 0227	10 Ryot St Warrnambool
Janine Bounds	Psychologist	0429 721 271	1/282 Timor St Warrnambool
Seaside Family Counselling Services	Social Work Family Therapy Counselling Services	03 7018 7983	370 Raglan Pde Warrnambool
Think Psychologists	Allied Health	admin@thinknicolecarvill.com 1300 740 057	10 Hopkins Road Warrnambool
Vanguard Coaching Tania Rowan	ADHD & Executive Function Coach	0409 350 420 www.vanguardcoaching.com.au tania@vanguardcoaching.com.au	
Warrnambool Counselling Tania Ross	Social Worker	0456 359 406 taniaross.socialworker@gmail.com	Cnr Fairy & Merri Street Warrnambool
Capacity Plus	Neuropsychology	03 9123 1560 admin@capacityplus.com.au	68 Flaxman Street Warrnambool
Leanne Mitchell	Mental Health Social Worker Mental Health and Generalist Counsellor Autism and ADHD Assessments	0417 824 357 mitchelltherapies@gmail.com	