

External Support Referral Services for Students

If you need support beyond your training, you can contact any of the services listed below. These are free, confidential, and available to all students at the National Food Institute.

Mental Health and Crisis Support

- Lifeline

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

Phone: 13 11 14

- Beyond Blue

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

Phone: 1300 22 4636

- Headspace

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

Phone: See website

- 13YARN (First Nations support)

Website: <https://www.13yarn.org.au>

Phone: 13 92 76

- Suicide Call Back Service

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

Phone: 1300 659 467

Disability and Learning Support

- Disability Gateway

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

Phone: 1800 643 787

- JobAccess

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

Phone: 1800 464 800

- NDIS

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

Phone: 1800 800 110

Legal and Workplace Rights

- Fair Work Ombudsman

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

Phone: 13 13 94

- Legal Aid VIC

Website: <https://www.legalaid.vic.gov.au>

Phone: 1300 792 387

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- Legal Aid NSW
Website: <https://www.legalaid.nsw.gov.au>
Phone: 1300 888 529
- Legal Aid TAS
Website: <https://www.legalaid.tas.gov.au>
Phone: 1300 366 611
- Youth Law Australia
Website: <https://www.yla.org.au>
Phone: Online only

Housing, Food, and Financial Help

- Ask Izzy
Website: <https://www.askizzy.org.au>
Phone: Online only
- Services Australia (Centrelink)
Website: <https://www.servicesaustralia.gov.au>
Phone: 13 24 68

Medical and Emergency

- Emergency Services
Website: <https://www.triplezero.gov.au>
Phone: 000
- Nurse on Call (VIC)
Website: <https://www.health.vic.gov.au>
Phone: 1300 60 60 24
- Healthdirect
Website: <https://www.healthdirect.gov.au>
Phone: 1800 022 222
- Poison Information Line
Website: N/A
Phone: 13 11 26

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