



Australian College of Nursing

STUDENT SUPPORT SERVICES

Student Support services V 3.0 Nov 2021



Student support services

Australian College of Nursing (ACN) offers a wide variety of student support services to help you succeed and to ensure your transition to college and studying in Australia is easy and enjoyable.

Students seeking support can email support@acn.edu.au

The Australian government has a comprehensive website Study in Australia at <https://www.studyinaustralia.gov.au/english/live-in-australia> providing detailed information for you including:

- Planning your departure.
- Arriving in Australia.
- Accessing support services.
- Remaining visa compliant.
- Working while you study.
- Living costs and finding accommodation.
- Health and safety.

Important Phone Numbers

Name	
Emergency Services – Fire, Police, Ambulance	000
Non-Emergency Police Services	131 444
Lifeline	13 11 14
1800 Respect	1800 737 732
Public Transport Assistance	131 500
<i>Opal Card</i> Customer Service Centre	13 67 25

Health & Wellbeing

Name of Source	Link/Number	Purpose
NurseWell	iOS: NurseWell Android: NurseWell	This is an app specifically aimed at nurses, which is designed to promote the self-care and wellbeing of nurses across Australia. This is a free download and
Beyondblue	https://www.beyondblue.org.au/home or 1300 224 636	Resources and support for those who need support with Anxiety or Depression or caring for someone with anxiety or depression.
Smiling Mind	https://www.smilingmind.com.au/smiling-mind-app	A free app that contains a variety of mindfulness modules that can be completed anytime, anywhere.
Mental Health Line	1800 011 511	A confidential telephone counselling line which can be utilised for
This Way Up	https://thiswayup.org.au/	Access to low-cost programs designed to treat a variety of mental health issues. These programs are available online or through phone apps.
Kids HelpLine (Students under 25)	1800 55 1800	Free telephone, email or online counselling for anyone under the age of 25.
eHeadspace (students under 25)	https://headspace.org.au/eheadspace/	Free email or online counselling for anyone under the age of 25.
Headspace (students under 25)	https://headspace.org.au/	Face-to-face, telephone and email counselling for students under 25. Various locations around NSW
Anglicare Counselling	https://www.anglicare.org.au/contact-us/?t=Community-Services	Counselling (mostly) – sliding scale based on

		income, offices located in Wollongong, Campbelltown, Cabramatta, Summer Hill, Parramatta, Penrith
Nurse and Midwife Support Helpline	1800 667 877	This is a free telephone counselling service for nurses, midwives and nursing students. They can also refer individuals on to further services if required.
QLife	https://qlife.org.au/ 1800 184 527	This is a national counselling and referral service for individuals who identify as lesbian, gay, bisexual, transgender and/or intersex (LGBTI).
Australian Psychological Society – find a psychologist	https://www.psychology.org.au/Find-a-Psychologist	Directory of currently practicing psychologists. Searches can be done based on the help needed, the location or name.
Head to Health	https://headtohealth.gov.au/	An Australian Government database of mental health resources available for yourself or to support those who require support with their mental health.
Pregnancy, Birth and Baby	https://www.pregnancybirthbaby.org.au/	A series of fact sheets and support available for pregnant women and parents of children aged 0-5.
MensLine Australia	https://mensline.org.au/	Free telephone and online counselling services for men who require further support with family or relationships.

Accommodation Support

Name of Source	Link	Purpose
Flatmates	https://flatmates.com.au/	Find share accommodation anywhere within NSW
Domain	https://www.domain.com.au/?mode=rent	Find rental accommodation across Australia.
Air BnB	https://www.airbnb.com.au/	Short-term accommodation solutions across NSW
Real Estate Australia	https://www.realestate.com.au	Find rental accommodation across Australia.
Tenants Union NSW	https://www.tenants.org.au/resources/all	Contains factsheets and resources to educate tenants on their rights in NSW and how to go about lodging complaints.
MyChild.gov.au	https://www.mychild.gov.au/	Contains further information and support on local childcare services and the requirements for access in Australia.

Study Resources & Support

Name of Source	Link	Purpose
CNnect	https://cnnect.acn.edu.au	Learning Management System – includes access to library, student support centre and course slides.
Collegian	https://www.collegianjournal.com/	ACN's academic journal.
NSW Public Library Directory	Map and Links available here	Locations of the nearest public library for your local district.

Community Resources

Name	Link/Phone Number	Purpose
Australian Human Rights Commission	https://www.humanrights.gov.au/	Provides information and support on your rights in Australia.
Fair Work Australia	https://www.fairwork.gov.au/	Information about your rights in the workplace.
Safework NSW	https://www.safework.nsw.gov.au/	Provides resources, support and guidelines for a safe workplace in NSW.
Anti-Discrimination Board NSW	http://www.antidiscrimination.justice.nsw.gov.au/	Information, support and more for discrimination claims?
Carers Australia	http://www.carersaustralia.com.au/	The national peak body representing unpaid carers in Australia. Provides national support programs for unpaid carers in Australia.
Carer Gateway	https://www.carergateway.gov.au/	Government resources, fact sheets and ongoing support for those

		acting as an unpaid carer for a family member or friend in Australia.
Service NSW	https://www.service.nsw.gov.au/	NSW Government services including licensing, car registration and more.
City of Sydney Community Directory	Community Directory	A list of services available within the Sydney metropolitan area.
Newcastle Community Directory	Community Directory	A list of services available within the Newcastle area.
Wollongong Community Directory	Community Directory	A list of services available within the Wollongong area.
NSW Nurses and Midwives Association	http://www.nswnma.asn.au/	