

Wellbeing Pathways for students

- [Albury Wodonga Headspace](#)
Deal with all kinds of wellbeing needs (see card below)



To access headspace Albury Wodonga, either call the number above, or just turn up to Headspace (in Gateway Health, High Street).

- [ehespace](#)

Eheadsace is the online and telephone version of Headspace, which is available 24/7. On eheadsace you can chat online, by email or on the phone, to a qualified worker. The website is www.eheadsace.org.au and the phone number is **1800 650 890**.

- [Kids Helpline](#)

Kids Helpline is open 24/7 and can offer advice or support to people under 18 years old on a range of issues, or can tell you where to go for help if they are not the best place. The phone number is **1800 55 1800**.

- [Lifeline](#)

Lifeline is open 24/7 and supports people of any age who just need to talk through things. The phone number is **13 11 14**.

- [GP](#)

Your usual doctor can help with a whole range of physical and mental health issues, as well as concerns about drug use and sexual health.

Doctors can also give you a Mental Health Care Plan for subsidised Psychologist appointments if they think that this would help your mental health.

- [If you need housing assistance or emergency accommodation](#)

Victoria:

During business hours, call Junction Support Services on **02 6043 7400**.

After hours, call **1800 825 955**

NSW:

During business hours, call The Hub on **1800 885 355**.

After hours, call **1800 040 065**.