



# Where can I go for support?

We all need some **extra support** sometimes. Whether you are on campus or learning remotely, there is a significant GGS network you can reach out to when you need help with your **learning** or **wellbeing**.

## Learning Coach:

Your Learning Coach provides daily support as you set goals and priorities for your learning and wellbeing.

## Head of House:

Your Head of House is available as a support whether you are on campus or at home and they work with your Learning Coach to ensure you are on track.

## House Tutors:

If you are on campus, your House Tutor is there to support your day-to-day needs in house.

## Inclusive Learning:

The inclusive learning team provide an extra layer of support if you need help with your learning. Contact Ms Spencer by email [DSpencer@ggs.vic.edu.au](mailto:DSpencer@ggs.vic.edu.au).

## Chaplains:

Our chaplains provide pastoral care and guidance, contact Chappie by email [glingard@ggs.vic.edu.au](mailto:glingard@ggs.vic.edu.au).

## Psychological Counselling Services:

We have a number of counsellors who are available when you need to talk. You can schedule a confidential appointment by email [smcintosh@ggs.vic.edu.au](mailto:smcintosh@ggs.vic.edu.au).

## Kennedy Health Centre:

You can also make an appointment to see a nurse or a doctor at our Kennedy Health Centre. You can schedule a confidential appointment by phone on 5273 9302 or by email [kennedym@ggs.vic.edu.au](mailto:kennedym@ggs.vic.edu.au).

## Wellbeing Resources:

There are a range of wellbeing resources available on the portal. Including mental health fact sheets, counselling information, suggested wellbeing strategies and tips for supporting friends who are experiencing challenges. [www.ggs.vic.edu.au/wellbeing-resources](http://www.ggs.vic.edu.au/wellbeing-resources)

Further support is also available from the following services:

**Headspace**  
[www.headspace.org.au](http://www.headspace.org.au)

**Kids Help Line**  
1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Beyond Blue**  
1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline**  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)