



STUDENT HANDBOOK



CONTENTS

Introduction	4
Welcome	4
About us	4
Our obligation to you	4
Our contact details	5
Our location	5
https://www.google.com/maps?ll=-32.131487,116.007673&z=10&t=m&hl=en-US&gl=US&mapclient=embed&cid=16476580226862276394	5
About our area	5
Courses we offer	5
What is a USI and why do I need one?	6
RPL and credit transfer	6
Course orientation	6
What can I expect during training and assessment?	6
Support and welfare	7
Issuing certificates	8
Feedback	8
If your details change...	8
What's required of me as a student?	8
How can I apply?	10
Policies and processes	11
Fees and refunds	11
Complaints and appeals	13
Deferring your course	15
Suspending or cancelling your	15
Enrolment Privacy and access to records	16
Student code of conduct	18
Your responsibilities	18
Your rights	19
Emergency contacts and other useful numbers and information	21
Crisis support	22

INTRODUCTION

WELCOME

Welcome to Mega Truck Training! This handbook provides you with everything you need to know about studying with us. By choosing us as your education provider, you are choosing a high-quality and industry relevant course and education provider to ensure you are set up for the future.



ABOUT US

Located in Kelmscott, Perth, Mega Truck Training provides courses in the areas of driving heavy rigid vehicles, driving heavy combination vehicles and driving multi-combination vehicles. With well-located and comfortable facilities for students, industry current trainers and assessors along with modern equipment and resources, Mega Truck Training is a wise choice for your learning and future.

Mega Truck Training is a provider of vocational education and training (or VET as it is commonly known). The VET sector in Australia is based on a partnership between governments and industry. VET qualifications are provided by government institutions, called Technical and Further Education (TAFE) institutions, as well as private institutions.

We are a private institution. VET courses broaden your skills in specialised areas and are competency based. This means that you are either Competent, or Not Competent, and if you achieve competence for all your units that make up a qualification then you can be awarded with your qualification certificate.

OUR OBLIGATION TO YOU

As a Registered Training Organisation (RTO) registered with Training Accreditation Council (WA) (TAC), we have an obligation to ensure the quality of the nationally recognised training and assessment we deliver. We must comply at all times with the Standards for RTOs 2025, which are part of the VET Quality Framework.

We take this seriously, so we have developed policies and procedures along with systems within our business to make sure we comply with the standards and legislation. As we are responsible, this means that we take responsibility for any third parties we may work with – this includes training partners and sales/marketing providers. We participate in audits with the regulator (TAC) and must provide them with information when they request it.

We are also required to issue you with your Australian Qualification Framework (AQF) certification documents once you have been found competent. If you feel in any way that we are not living up to our obligations, you have the right to make a complaint. Please see the 'Complaints and Appeals' section of this handbook for information on how to do so.

OUR CONTACT DETAILS

Main telephone number: 0430 142 836

Email: megatrucktraining@gmail.com

Website: <https://www.megatrucktraining.com.au/>

STUDENT SUPPORT CONTACT DETAILS

CEO: Sanjeev Sagwal

Available 24/7 for emergency situations.

Administration and Student Support Officer:

Amit Available via the main contact

telephone number.

OUR LOCATION

We are located at:

17 Williams Road, Kelmscott WA

6111 Google Maps link:

<https://www.google.com/maps?l=-32.131487,116.007673&z=10&t=m&hl=en-US&gl=US&mapclient=embed&cid=16476580226862276394>



ABOUT OUR AREA

Kelmscott is an eastern suburb of Perth, Western Australia. Known for its mix of residential areas, parks, and historical significance, it offers a blend of urban and natural environments. The suburb features the picturesque Canning River and several green spaces, making it a popular spot for outdoor activities. Kelmscott is well-served by public transport, with easy access to the city and surrounding regions.

We recommend you purchase a SmartRider card for travel between trains, buses and ferries. See <https://www.transperth.wa.gov.au/smartrider/types-of-smartrider> for more information about purchasing, topping up and managing your SmartRider card.

COURSES WE OFFER

Mega Truck Training offers the following courses to students:

- TLIC3004 Drive heavy rigid vehicle TLIC3005
- Drive heavy combination vehicle TLIC4006
- Drive multi-combination vehicle

WHAT IS A USI AND WHY DO I NEED ONE?

USI is the acronym for Unique Student Identifier. It is a reference number that creates an online record of your training and qualifications attained in Australia. If you don't have a USI, then you can't be awarded your qualification or statement of attainment.

Under the Unique Student Identifiers Act 2014, all RTOs must ensure they have a valid USI for any student that enrolls in nationally recognised training from 2015. This means (unless you have an exemption issued by the USI registrar) that as a student you must provide us with your USI. For information about USIs including how to create one visit <https://www.usi.gov.au/>.

For information on exemptions visit: <https://www.usi.gov.au/exemptions>.

If you are having trouble creating a USI, we will assist you during the orientation session on the first day.

RPL AND CREDIT TRANSFER

You may apply for recognition of prior learning (RPL) for some aspects of these units, however it is unlikely to be applicable. Due to licencing requirements this is unlikely to be applicable.

Contact us if you have any questions.

COURSE ORIENTATION

At the beginning of your course, we will deliver an orientation session to you which includes an induction session. It's vital that you attend this as we will cover the following topics:

- Course information.
- Facilities and resources available at our campus.
- Emergency evacuation procedures.
- Your rights and responsibilities as a student.
- Support services available.
- Critical incidents and critical incident reporting.
- Question and answer session.
- Assistance in creating your USI if you have not done so already.



WHAT CAN I EXPECT DURING TRAINING AND ASSESSMENT?

Vocational training and assessment is all about practical and competency-based learning and assessment that is relevant to industry and our modern world.

You will learn in the classroom and/or the practical work environment where the industry conditions are simulated to prepare you for your chosen field. You are required to undertake a range of assessment activities dependent on the course you are undertaking. Your assessment tasks will either be marked as Satisfactory or Not Satisfactory and achievement of a Satisfactory result for all

assessment tasks within a unit of competency results in a mark of Competent for that unit. Once you have received a mark of Competent for all units that make up the qualification– you will be eligible to be awarded your qualification.

REASSESSMENT ARRANGEMENTS

Arrangements for reassessment will be arranged with you directly with your trainer/assessor if, and as, necessary. You are entitled to two attempts at each assessment task and if you exhaust both attempts, then you will be required to pay an additional cost for re-assessment as outlined in the 'Fees and Refunds' information and this will also be outlined in your Student Agreement signed at enrolment. Please refer to the 'Fees and Refunds' section for more information.

We can't guarantee that you will be awarded your qualification as this is dependent on you and the work you put into your course. We will provide you with all the necessary facilities, equipment, trainers and support to complete the qualification – but the outcome of it depends on you. We also can't guarantee that you will find work in your chosen field, as this depends on factors beyond our control – but what we can guarantee is that we will provide you with consistent training and an industry-relevant course with the support and guidance from a fantastic team of dedicated trainers who care about your individual progress. Each student matters to us – and your positive outcome and successes are successes of our college community also.

SUPPORT AND WELFARE

We all need a little extra support sometimes. We are here to help you – so don't ever be shy to let us know what you are going through and how we can help.

We offer the following in relation to support and welfare:

- One-to-one support from the trainer/assessor.
- Support with personal issues, including your overall wellbeing.
- Access to additional learning resources.
- Reasonable adjustment in assessment.
- Information about external sources of support.



You may not have studied for a while, may have English as a second language or need additional assistance with literacy or numeracy. We will identify any additional support needs you may have at the time of application and enrolment and may prepare a Student Support Plan for you based on those needs.

We have a range of information we can provide you with on a variety of issues. Please communicate with us because we care. We don't charge for internal services but you will be responsible for any external provider costs at the time you access the services. We can assist you to find local groups of like-minded people in the area, connect you with other students with similar interest groups or simply be a friendly listening ear when you need one.

Depending on your needs, we will provide you with a referral to the relevant local organisation and assist you to access services from them.

Some support services are listed in our Important information section of this handbook – but it's best to come and speak to the Administration and Student Support Officer where you can have a confidential discussion and get the right type of service / support for your need or concern.

ISSUING CERTIFICATES

Once you have been found competent in all units you are enrolled in that make up your qualification and have paid all your relevant fees – we will issue you with your qualification and record of results within 30 days. If you withdraw, meaning that you only partially complete your course, then you will be issued with a Statement of Attainment (SoA) within 30 days of withdrawal for all the relevant units that you have completed as competent. We reserve the right to withhold the issuance of any certificates until all fees have been paid, except where we are not permitted to do so by law. We cannot issue your certificates if we do not have your USI on file, which is why we ensure upfront that you have created one, and assist you to do so at the time of orientation if you have not created one prior to this.

REISSUING CERTIFICATION DOCUMENTS

We are required by law to keep records of your qualification and units achieved for at least thirty (30) years. If you lose your statements or qualification, we can re-issue these to you for an additional charge. Refer to our 'Fees and Refunds' section for more information.

FEEDBACK

Your feedback is important to us! Like all businesses, we strive to improve and use feedback to make changes in line with continuous improvement. We want to make sure we are meeting the needs of current and future students so please let us know if something isn't right or you have a feedback suggestion by emailing or calling us.

You will also be provided with a Quality Indicator Survey which is issued by the National Centre for Vocation Education and Research (NCVER). You may also receive surveys from your trainer or the office from time to time. Please complete these and return as advised.



IF YOUR DETAILS CHANGE...

From time to time your personal details may change. You might get a new mobile phone number, change your address or emergency contact details. Please notify us within 7 days if your address changes.

If you ever notice that something isn't right with some of your personal information or our records – please let us know so we can amend your records and correct it.

WHAT'S REQUIRED OF ME AS A STUDENT?

The next section of this handbook outlines important policies and processes that you need to know about as a student. It's expected that you have read through and are familiar with this information – keep this handbook handy for future reference so you can refer to it when needed.

You are also expected to read through and abide by the Student Code of Conduct which is included in the next section below along with other important information.

We look forward to welcoming you as a new student and wish you the best of luck in your studies!

HOW CAN I APPLY?

The application process is outlined in the diagram below:



POLICIES AND PROCESSES

FEES AND REFUNDS

We want to make sure you understand all fees and charges associated with your course so please carefully read this section.

You can find out about the fees for a course on the website.

We will also tell you about the potential for fees and charges to change over the duration of their course, although it is unlikely that fees and charges will change.

We protect your fees at all times by:

- maintaining a sufficient amount in our account so we are able to repay all tuition fees
- already paid never charging any more than \$1,500 in one instalment.

Please note that the following fees can apply in addition to the fees advertised in the Course Brochure.

Non-tuition fees that may apply include:

NON-TUITION FEES THAT MAY APPLY	AMOUNT
Deferral fee	Nil
Re-assessment fee	TLIC3004 \$495 (weekdays) and \$595 (weekend) & public holidays TLIC3005 \$900 (weekdays) and \$1,000 (weekend)weekends & public holidays TLIC4006 \$1,100 (weekdays) and \$1,200 (weekend)weekends & public holidays
Fees for late payment of course fees	\$100 per week for each week the payment for course fees is delayed
Credit transfer	Nil
RPL	From \$250
Additional training fees	\$165 per hour for TLIC3004 weekdays, \$175 hr weekends & public holidays \$200 per hour for TLIC3005 weekdays, \$210 hr weekends & public holidays \$220 per hour for TLIC3006 weekdays, \$230 hr weekends & public holidays

You are required to pay all fees and charges by the date indicated on the invoice. Where you are unable to make a payment by the specified date, please contact us to discuss alternative arrangements.

All payments are to be made into the account specified on the invoice.

Following cancellation of enrolment due to non-payment of fees, your debt will be referred to a debt collection agency.

REFUNDS

Please carefully read the following information about refunds. Please carefully read the following information about refunds. This applies whether you paid the fees or someone else paid the fees and non-tuition fees on your behalf.

All application fees are non-refundable except where we cancel a course before it has started.

If we cancel a course either before or after it starts, you will receive an automatic refund and do not need to completion the Refund Application Form. The refund will be provided within 10 working days of the default.

In all other circumstances, you should complete and submit a Refund Application Form which can be accessed from our office. This form must be submitted within 10 working days of the event that led to the request for the refund. The outcome of the refund assessment will be forwarded to you within 20 working days, as well as any applicable refund.

Refunds will be paid to you or to the person or organisation who paid the course fees.

The refund policy does not remove your right to take further action under Australian Consumer Law.

In addition to the above circumstances, refunds apply as follows:

CIRCUMSTANCE	REFUND DUE
Mega Truck Training cancels course before commencement.	Full refund of all fees.
Mega Truck Training cancels course following commencement.	Full refund of all unspent fees
Student withdraws up to 4 weeks prior to course commencement.	Application fee not refunded. Refund of all other fees and charges.
Student withdraws less than 4 weeks prior to course commencement.	Application fee not refunded. Refund of 90% of all other fees and charges.
The student does not commence on the agreed start date and has not previously withdrawn.	No refund.
Student withdraws after commencement or does not complete pre-paid training within 3 months of enrolment.	No refund.
Student's enrolment is cancelled due to disciplinary action.	No refund.

COMPLAINTS AND APPEALS

We sincerely hope not, but from time to time you may be unhappy with the services we provide or want to appeal a decision we have made. We take your complaints and appeals seriously and will ensure in assessing them that we look at the causes and action that we can take to ensure it does not happen again/reduce the likelihood of it happening again.

Complaints can be made against us, our trainers and assessors and other staff, another learner of Mega Truck Training, as well as any third party that provides services on our behalf.

Complaints can be in relation to any aspect of our services.

Appeals can be made in respect of any decision made by Mega Truck Training. An appeal is a request for Mega Truck Training's decision to be reviewed in relation to a matter, including assessment appeals.

In managing complaints, we will ensure that the principles of natural justice and procedural fairness are adopted at every stage of the complaint process. This means that we will review each complaint or appeal in an objective and consistent manner and give everyone the opportunity to present their point of view.

Our internal complaints and appeals process can be accessed at no cost.

We do encourage you to firstly seek to address the issue informally by discussing it with the person involved.

However, if you do not feel comfortable with this or you have tried this and did not get the outcome you wished you can access the formal complaints and appeals process.

If you want to make a complaint or appeal, you must:

- submit your complaint or appeal in writing using the complaints and appeals form. The complaints and appeals form outlines the information that should be provided and can be accessed from reception
- submit your complaint within 30 calendar days of the incident or in the case of an appeal within 30 calendar days of the decision being made.

WE WILL ACKNOWLEDGE YOUR COMPLAINT OR APPEAL WILL BE ACKNOWLEDGED IN WRITING WITHIN 3 WORKING DAYS OF RECEIPT.

WE WILL REVIEW YOUR COMPLAINT OR APPEAL WILL COMMENCE WITHIN 5 WORKING DAYS OF RECEIVING THE COMPLAINTS.

COMPLAINTS AND APPEALS WILL BE FINALISED AS SOON AS PRACTICABLE OR WITHIN 30 CALENDAR DAYS. HOWEVER, WHERE THE COMPLAINT OR APPEAL IS EXPECTED TO TAKE MORE THAN 60 CALENDAR DAYS TO PROCESS, MEGA TRUCK TRAINING WILL WRITE TO INFORM THE COMPLAINANT OR APPELLANT OF THIS INCLUDING THE REASONS FOR SUCH. FOLLOWING THIS UPDATE, REGULAR UPDATES WILL BE PROVIDED OF PROGRESS.

FOR ASSESSMENT APPEALS, WE WILL APPOINT AN INDEPENDENT ASSESSOR TO CONDUCT A REVIEW OF AN ASSESSMENT DECISION THAT IS BEING APPEALED.

WE WILL COMMUNICATE THE RESULT OF THE COMPLAINTS AND APPEALS PROCESS TO YOU IN WRITING AND THIS WILL INCLUDE THE REASONS FOR THE DECISION.

IF YOU DO NEED TO COME IN FOR A MEETING, YOU CAN HAVE A SUPPORT PERSON OF YOUR CHOICE PRESENT TO ASSIST YOU TO RESOLVE THE COMPLAINT OR APPEAL.

Generally, your enrolment will be maintained throughout any internal appeals process that concerns a decision to cancel your enrolment.

If the appeal is against our decision to suspend or cancel your enrolment due to misbehaviour, this will not take effect until after the outcome of the internal appeals process.

INDEPENDENT PARTIES

Where the internal process has failed to resolve the complaint or appeal, you will be able to take your case to an independent mediator. We recommend the Resolution Institute. You are responsible for all associated costs, except where we make a decision to refer the matter to the Resolution Institute.

We will cooperate in full with the independent mediator's decision and will immediately implement their decisions or recommendations and/or take preventative or corrective action required by the decision or recommendation.

We will communicate all actions to you in writing based on the independent mediator's decision.

Complaints can also be made to the organisations indicated below:

NATIONAL TRAINING COMPLAINTS HOTLINE:

The National Training Complaints Hotline is a national service for consumers to register complaints concerning vocational education and training. The service refers consumers to the appropriate agency/authority/jurisdiction to assist with their complaint. Access to the Hotline is through:

Phone: 13 38 73, Monday–Friday, 8am to 6pm nationally

Email: ntch@education.gov.au

Training Accreditation Council (TAC)

Complainants may also complain to our registering body, TAC.

More information can be found at: <https://www.wa.gov.au/government/publications/fact-sheet-rto-complaints-and-appeals>

TAC has also published a guide on its complaint management here:

<https://www.wa.gov.au/system/files/2022-11/Complaints%20about%20RTOs%20Policy.pdf>.

Nothing in this policy and procedure limits the rights of an individual to take action under Australia's Consumer Protection laws and it does not circumscribe an individual's rights to pursue other legal remedies.

DEFERRING YOUR COURSE

Mega Truck Training allows you to defer your course. This means that your place is guaranteed but you can choose to delay the start of your course for up to 12 months.

To defer your course, you will need to complete a Deferral Form and provide evidence of compassionate or compelling circumstances.

If your request is approved, you will receive a new Student Agreement including a revised start date.

SUSPENDING OR CANCELLING YOUR ENROLMENT

It is important to understand that your enrolment may be cancelled or suspended by us in a range of circumstances:

- Misbehaviour (i.e., not abiding by the Student Code of Conduct as outlined in this
- Handbook). Not paying your course fees.

Where any of the above circumstances apply you will be contacted in writing to inform you of the intended suspension or cancellation and the reasons for this.

You will be given the opportunity to access our Complaints and Appeals Policy and Procedure to appeal the decision within 20 working days of receipt of the decision.

We will not cancel your enrolment until the internal appeal process is complete, unless your health and wellbeing or that of others could be at risk.

PRIVACY AND ACCESS TO RECORDS

WHY WE COLLECT YOUR PERSONAL INFORMATION

As a registered training organisation (RTO), we collect your personal information so we can process and manage your enrolment in a vocational education and training (VET) course with us. If you do not provide this information, we will be unable to process your enrolment.

HOW WE USE YOUR PERSONAL INFORMATION

We use your personal information to enable us to deliver VET courses to you, and otherwise, as needed, to comply with our obligations as an RTO.

HOW WE DISCLOSE YOUR PERSONAL INFORMATION

We are required by law (under the National Vocational Education and Training Regulator Act 2011 (Cth) (NVETR Act)) to disclose the personal information we collect about you to the National VET Data Collection kept by the National Centre for Vocational Education Research Ltd (NCVER). The NCVER is responsible for collecting, managing, analysing and communicating research and statistics about the Australian VET sector.

We are also authorised by law (under the NVETR Act) to disclose your personal information to the relevant state or territory training authority.

HOW THE NCVER AND OTHER BODIES HANDLE YOUR PERSONAL INFORMATION

The NCVER will collect, hold, use and disclose your personal information in accordance with the law, including the Privacy Act 1988 (Cth) (Privacy Act) and the NVETR Act. Your personal information may be used and disclosed by NCVER for purposes that include populating authenticated VET transcripts; administration of VET; facilitation of statistics and research relating to education, including surveys and data linkage; and understanding the VET market.

The NCVER is authorised to disclose information to the Australian Government Department of Employment and Workplace Relations (DEWR), Commonwealth authorities, State and Territory authorities (other than registered training organisations) that deal with matters relating to VET and VET regulators for the purposes of those bodies, including to enable:

- administration of VET, including program administration, regulation,
- monitoring and evaluation facilitation of statistics and research relating
- to education, including surveys and data linkage understanding how the
- VET market operates, for policy, workforce planning and consumer information.

The NCVER may also disclose personal information to persons engaged by NCVER to conduct research on NCVER's behalf.

The NCVER does not intend to disclose your personal information to any overseas recipients.

For more information about how the NCVER will handle your personal information please refer to the NCVER's Privacy Policy at www.ncver.edu.au/privacy.

If you would like to seek access to or correct your information, in the first instance, please contact us using the contact details listed below.

DEWR is authorised by law, including the Privacy Act and the NVETR Act, to collect, use and disclose your personal information to fulfil specified functions and activities. For more information about how DEWR will handle your personal information, please refer to the DEWR VET Privacy Notice at <https://www.dewr.gov.au/national-vet-data/vet-privacy-notice>.

SURVEYS

You may receive a student survey which may be run by a government department or an NCVER employee, third-party contractor or another authorised agency. Please note you may opt out of the survey at the time of being contacted.

CONTACT INFORMATION

At any time, you may contact Mega Truck Training to:

- request access to your personal information
- correct your personal information
- make a complaint about how your personal information has been
- handled ask a question about this Privacy Notice.

Please contact us using the contact details provided at the beginning of this Handbook. If you would like to view a copy of our privacy policy and associated procedures, let us know and we will provide this to you.

STUDENT CODE OF CONDUCT

The following information outlines what's expected of you.

YOUR RESPONSIBILITIES POLICIES AND PROCEDURES

You are expected to:

- read and follow our policies as documented in this Handbook
- respond to our communications promptly
- advise us within 7 days of any change of contact details including current residential address, mobile number, email address and who to contact in the event of an emergency.

LEARNING AND ASSESSMENT

You are expected to:

- attend scheduled classes
- actively participate in learning
- complete all homework given to you
- complete and submit all assessments on
- time refrain from plagiarism, cheating and
- collusion pay all fees due
- ask for support if needed.

CLASSROOM CONDUCT

You are expected to:

- arrive on time for your class
- be prepared for class
- dress appropriately
- only use handheld devices in class when relevant to the
- activity communicate in English.

RESPECT AND ETHICS

You are expected to:

- respect others' values and beliefs
- interact with others in a collaborative, professional manner

- use our resources for the purpose for which they are intended
 - refrain from harassment and discrimination of any kind
 - resolve any conflicts calmly
- respect ours and other people's property.

YOUR RIGHTS

POLICIES AND PROCEDURES

You can expect to:

- be informed of our policies and associated procedures
- receive regular and relevant communications
- learn in a safe environment
- have your personal details kept confidential and secure
- access the information that we hold about you
- have the opportunity to provide feedback on services received.

LEARNING AND ASSESSMENT

You can expect to:

- be provided with high quality training, assessment and support services
- receive the support you need
- have your assessments marked and returned within 10 working days of submission
- receive feedback on assessments where the result is not satisfactory.

CLASSROOM CONDUCT

You can expect your trainer and assessor to:

- be on time for classes
- be prepared for class
- be knowledgeable and engaging
- dress appropriately
- only use handheld devices in class when they are relevant to the
- activity communicate in English.

RESPECT AND ETHICS

You can expect:

- to have your values and beliefs respected
- to be treated fairly and equitably by staff and students
- to interact with others in a collaborative, professional
- manner respect for yourself and your property.

EMERGENCY CONTACTS AND OTHER USEFUL NUMBERS AND INFORMATION

EMERGENCY SERVICES

Dial 000 and advise whether you require:

- police
- fire
- ambulance.



POLICE STATION

The nearest police station is:

Armadale Police Station

Address: 10 Third Rd, Armadale WA 6112

Phone: 08 9399 0222

Website: <https://www.police.wa.gov.au/Contact-Us/Police/Armadale>

MEDICAL FACILITIES NEAR CAMPUS

The closest hospital to campus with an Accident and Emergency Department is:

Armadale Health Service

Address: 3056 Albany Hwy, Mount Nasura WA 6112

Phone: 08 9391 2000

Website: <https://www.ahs.health.wa.gov.au/>

The closest medical centre is:

Champion Drive Medical Centre

Address: Suite 2/273 Railway Av, Armadale WA 6112

Phone: 08 9391 7700

Website: <https://championdrivemedicalcentre.com.au/>

TRANSPORT SERVICES

Perth Public Transport: <https://www.transperth.wa.gov.au/>

TAXI COMPANY

Black and White Cabs

Phone: 133 222

Website: <https://www.blackandwhitecabs.com.au>

CRISIS SUPPORT

LIFELINE 13 11 14

Lifeline provide a 24-hour crisis support and suicide prevention service. If you are thinking about suicide or are experiencing a personal crisis, call Lifeline for immediate support.



BEYOND BLUE 1300 22 4636

Beyond Blue provide support services to those who need support and may be affected by anxiety, depression or suicidal thoughts. They can be contacted by phone, online chat support or via email. Visit their site: www.beyondblue.com.au.



See a range of help lines and websites at <https://www.beyondblue.org.au/get-support/national-help-lines-and-websites> including mental health, groups who may experience discrimination, kids helpline, Relationships Australia and Headspace.