Student Support Services Procedure



Institute of Health and Nursing Australia

Legal entity: Health Careers International Pty Ltd ABN: 59 106 800 944 ACN: 106 800 944 CRICOS Code: 03386G RTO ID: 21985

www.ihna.edu.au





1. Purpose

This document, pursuant to the *Student Services Support Policy*, sets out the procedure for implementing the support services provided to the Institute of Health and Nursing Australia (IHNA) students as outlined in the policy.

2. Scope

This procedure applies to all students enrolled at IHNA and all staff who will be in contact with students. Some services are also available to previously enrolled students as well. This procedure aligns closely to Standard 1 (Clause 1.7) of the Standards for RTOs 2015 and ensures the strategies and practices used in relation to train and assessment that are responsive to industry and student needs and meet the requirements of the qualifications and courses provided. This procedure also addresses the National Code 2018 Standards 6 and the Enrolled Nurse Accreditation Standards 6 (Clause 6.1 and 6.3).

3. Responsibility

- 3.1 The National Registrar, in coordination with registrars in various campus locations, Student Administration and Support Officers, Course Coordinators and Trainers/Assessors, has the overall responsibility of implementing this procedure.
- 3.2 Course Coordinators and academic staff at IHNA are responsible for monitoring student progress as well as identifying students who require additional support.
- 3.3 Student Administration and Support Officer is responsible for the implementation of student services and works with academic staff on supporting students with their personal and academic needs.
- 3.4 Students are responsible for:
 - a) Seeking relevant support and professional assistance where a physical or mental health issue is having an impact upon their academic progress;
 - b) Seeking and following advice from the Student Administration and Support Officer, course coordinators and academic staff;
 - c) Fulfilling academic requirements, including enrolment, class registration and any other requirements by the relevant due dates; and
 - d) Making contact as soon as possible with the Student Administration and Support Officer or relevant academic staff member should they receive any formal notifications regarding concerns for their progress or wellbeing.

Version 2.0

March 2021

Enhancing Lives through Training



4. Definitions

• **Student Support Services** refers to the additional support services available for students at IHNA. All the available services are described in this document.

5. Procedure

5.1 <u>Support to complete the enrolment</u>

- a) IHNA's friendly admission support team provides one-on-one assistance to the students to complete the enrolment process by guiding them through documents via phone/video calls, emails, or face-face sessions. No prior appointment is required.
- b) IHNA's admission support team inform applicants of the following before accepting an offer of enrolment for the Diploma of Nursing course:
- c) Requiring a formal English language test result demonstrating the applicants have achieved the Nursing and Midwifery Board of Australia (NMBA) specified level of English language skills prior to commencing the program;
- d) Requiring providing evidence of having sufficient language, literacy, and numeracy skills prior to commencing the program
- e) Requiring IHNA to notify the Australian Health Practitioner Regulation Agency (AHPRA) if a student undertaking clinical training has an impairment that may place the public at substantial risk of harm
- f) Requiring specific conditions for right of entry to health services for professional experience placement
- g) The NMBA requirements for registration as an enrolled nurse including, but not limited to, the registration standard on English language skills.

5.2 Orientation Day

- a) Students will be advised to attend the orientation day at IHNA prior to the commencement of the course or make prior arrangements with IHNA to gather the course information.
- b) The orientation day will provide an induction about the course including details regarding course summary, expectations, learning and teaching approaches, professional placement experience, occupational health and safety, student support services, accessing to library resources, applicable policies, assessment, progress, campus facilities and fire and safety aspects.
- c) An orientation day schedule will be sent to the enrolled students prior to the orientation day. On the orientation day, an orientation pack will be distributed which include IHNA Student Handbook, Course information guide, e-learning information guide, professional experience placement guide, assessment guide to the students, relevant documents

Version 2.0

March 2021

Page 3 of 17

Enhancing Lives through Training



through IHNA online system, Student Hub. (e.g., Timetable, assessment cover sheet, students' complaints and appeal form, feedback forms, ANMAC Enrolled Nurse Standards for Practice 2016.

- d) Commencing students are also provided with information in plain English about:
 - a. English language and study assistance programs (National Code 2018, Standard 6.1.2)
 - b. Services students can access for information on their employment rights and conditions, and how to resolve workplace issues, such as through the Fair Work Ombudsman (National Code 2018, Standard 6.1.9)
- e) Students who cannot attend the orientation day may request for the orientation pack from IHNA. The pack will be sent to the students.
- f) The information could also be retrieved from the Knowledge Hub. The students can contact the Course Coordinator through MS Teams, email, or student portal chatbot to discuss further on any aspects as per the orientation day schedule.

5.3 <u>'On Arrival' Reception Service</u>

- a) On Arrival Reception Service can be booked by all new students (and immediate dependents) arriving in Melbourne, Perth, or Sydney (applicable if the student is relocating to Melbourne or Perth for their study and arriving via flight). This service means that students will be greeted at Melbourne, Perth or Sydney Airports and taken to their place of accommodation.
- b) To arrange this service, the enrolled students are advised to contact the Student Support Officer at studentsupport@ihna.edu.au three days prior to their arrival so that convenient arrangements can be made. An e-mail confirming this arrangement will be send to the student and the course coordinator.

5.4 Accommodation Support

- a) IHNA may provide students with accommodation at a reasonable cost at Melbourne, Sydney and Perth Campus and will be available to a limited number of students. Our facilities are arranged as close as possible to training locations and professional experience placement venues.
- b) Contact the student support manager at studentsupport@ihna.edu.au for more details.
 Enrolled students will be allowed to visit the accommodation facilities prior to making decisions on the accommodation.

Version 2.0

Page 4 of 17



5.5 Welfare Services

IHNA provides students with a broad range of welfare services including assistance with enquiries about fees, social security allowances and benefits and applications for course-related financial support. Students are requested to contact the Registrar in person or emailing studentsupport@ihna.edu.au at the corresponding campus for more details.

5.6 <u>Student Support Services</u>

- The Student Administration and Support Officer is responsible for ensuring information up-to-date and available for students and staff on available support services and current contact list. This information is distributed to students through the orientation program. This is available on IHNA's website, Knowledge Hub, and student portal.
- b) IHNA will provide students with contact details to refer any matters that require further follow up with relevant professionals.
- c) Any referrals and services are arranged by IHNA at no cost to the student.

5.7 <u>Counselling Services</u>

- a) IHNA students have access to staff for counselling and advice on appointment. An internal Counsellor is available for staff and students of IHNA to access as required.
- b) IHNA's counsellor is also available to all students who may want to talk about:
 - a. stress and depression
 - b. relationships and family matters
 - c. sexual assault
 - d. identity issues
 - e. study issues and performance anxiety
 - f. suicidal thoughts or self-injury
 - g. homesickness
 - h. adjusting to the new environment or the Institute
 - i. motivation issues
 - j. exam stress
 - k. any other matters to talk about in confidence.
- c) IHNA has an agreement with Relationship Australia to provide ongoing professional support to staff and students.

5.8 Complaints and Appeals Process

a) IHNA has Student Complaints and Appeals Policy. Any complaints or appeals from the students will be managed based on this policy. IHNA is committed to providing students with a fair and equitable process for resolving any complaints or appeals they may have. This includes provision of an independent mediator.

Version 2.0

March 2021

Page 5 of 17

Enhancing Lives through Training

Student Support Services Procedure



- b) IHNA has decided with The Resolution Institute, Association of Dispute Resolvers. If the student is dissatisfied with the resolution proposed by the Institute, they can access the Student Mediation Scheme provided by The Resolution Institute.
 - a. Contact details for Resolution Institute:
 - Address: Level 1, 13-15 Bridge Street Sydney NSW 2000, Phone: 02 9251 3366, Fax: 02 9251 3733
 - c. Email: infoaus@resolution.institute Website: https://www.resolution.institute/
- c) The charges and costs for Student Mediation Scheme will be shared between IHNA and the student.
- 5.9 <u>Support to Aboriginal and Torres Strait Islander Students</u>
 - a) IHNA has established the Aboriginal and Torres Strait Islanders Education and Support Committee which oversees the support initiatives for the students from Aboriginal and Torres Strait Islander background.
 - b) IHNA will support the Aboriginal and Torres Strait Islander students for:
 - a. Enrolment and course advice
 - b. Academic support tutoring and mentoring
 - c. Presentations
 - d. Job opportunities
 - c) IHNA will extend social support through cultural awareness activities, drop-in centre (crisis-help network), community organisations and events; referrals and support in housing counselling and discrimination advice; and access to the Indigenous Resource Library.
 - d) IHNA will encourage and direct the nursing students to join the Congress of Aboriginal and Torres Strait Islander Nurses.
 - e) Students of Aboriginal and Torres Strait Islander background may choose to liaise with the Campus Manager. The Campus Manager will assist with contacting the external Koori liaison officer who will provide cultural, study and general support for Indigenous students. The Campus Manager will assist with the arrangement of appropriate cultural support services at IHNA's expense.

5.10 Support to Students from Culturally and Linguistically Diverse Background

IHNA believes in adult learning principles. People from all social and cultural backgrounds will be equally treated and due respect will be given to Aboriginal and Torres Strait Islander people, people from Culturally and Linguistically Diverse background, people with disability and mature age students. Additional free of charge learning-teaching sessions will be arranged for students who require additional support. Students will be guided to external support agencies, if

Version 2.0

March 2021

Page 6 of 17

Enhancing Lives through Training



required, for specific support strategies. The National Training Manager, as the IHNA representative, will make decisions regarding this service.

- 5.11 Support for Students with Disabilities
 - a) IHNA will assist students with a disability to succeed in their studies. These students can consult confidentially and, if eligible, register for support (they will need recent documentation of their disability or medical condition). A learning support plan can then be negotiated with their Course Coordinator.
 - b) The students with any forms of disability are encouraged to:
 - a. Inform IHNA clearly about the disability at enrolment
 - b. Speak up about their needs
 - c. Make enquiries as early as possible as IHNA may need time to organise the support that may suit them
 - d. Supply a written verification of the disability by the professional of their choice (e.g., general practitioner, medical specialist, allied health professional)
 - c) Any information about student's disability will be kept confidential. IHNA respects their rights not to reveal information about their disability. However, they may need to consider its impact that may have on their support needs.
 - d) IHNA provides the following services for students with disabilities:
 - a. Assistance during course application, enrolment, and orientation
 - b. Assistance with physical access to buildings and special parking facilities
 - c. Liaising with external agencies (e.g.: Transport and Accident Commission (TAC))
 - d. Special study materials and equipment (e.g., ergonomic chair, tape recorder)
 - e. Organising direct learning support (e.g., note takers, special tutors and signing interpreters for the deaf).
 - e) Course Coordinator will negotiate with other IHNA trainers and assessors to provide alternative assessment and special considerations.
 - f) Reasonable adjustment may include but is not restricted to:
 - a. the use of adaptive/assistive technology (equipment and software designed for use by people with a disability)
 - b. educational support
 - c. alternative assessment methods
 - d. learning and assessment aids such as papers in large print or the use of scribes or interpreters
 - e. extra time to complete a course or assessment.

Version 2.0

March 2021 Enhancing Lives through Training



5.12 <u>Clinical Learning Laboratories</u>

All IHNA campuses have multi-purpose clinical learning laboratories available for teaching, demonstrating and practice of skills along with access to a bathroom that includes bath and shower facility for demonstration and practice. Each clinical learning laboratory is furnished with audio-visual equipment including internet facilities available for staff and student use. In addition, there are two self-directed learning rooms that students can use for clinical skills related learning. Students must organise with the Course Coordinator if they need the extra support or assistance from a trainer or assessor for the laboratory session.

5.13 <u>Referral to other services</u>

- a) The Student Administration and Support Officer will be familiar with services available to support students' wellbeing, including community medical and legal services, telephone counselling services (such as WIRE, Men's Referral Service, Lifeline, and others) and will maintain a database of their contact details for the purpose of referring students.
- b) IHNA has an agreement with Relationship Australia to provide ongoing professional support to staff and students.
- c) A detailed list providing Referral to other services is placed as **Appendix A** to this Procedure document.

5.14 Internal Support Services

- a) Integrated Library System
 - a. A library service is provided free for enrolled students. Students have access to the integrated library system for eBooks, journal articles and multitude of reading, audio-visual learning resources.
 - b. Students will also be encouraged to read beyond the required and recommended reading materials for their subjects to enhance the breadth and depth of their understanding of complex and interrelated issues in their field of study.

b) <u>Photocopying</u>

A photocopier is available in the student lounge for student use. Students requiring photocopying services need to contact the Student Support Officer for the use of the photocopier.

- c) <u>Learning support</u>
 - a. IHNA tutors and support staff will be available for academic and learning support to all students who seek such support or require additional support for achieving learning outcomes.
 - b. An Individual Learning Support Plan will be created in consultation with the student.
- d) <u>Study Skills Workshops (Webinars)</u>

Version 2.0

March 2021

Page 8 of 17

Enhancing Lives through Training



Regular study skills workshops are held to assist students to learn how to succeed in their studies. To gain the greatest benefit from the resources available, all new students will be invited to participate in an online skills workshop covering library services, electronic resources, and research skills. Trainers/Assessors will liaise with support staff and identify skills and activities with which students face difficulties. Support staff will target webinars and develop support materials to help students overcome these difficulties.

e) <u>Study Groups</u>

Online informal group meetings will be facilitated to enable students to share ideas and engage in peer mentoring.

f) English Language Support

- a. The entry requirements for IHNA courses require specific English language levels. However, should a student require further English language support IHNA has a learning support system under which the English language educators will provide support and help students to improve English language skills in the following areas:
 - Understanding the requirements of an assessment task
 - English expression, grammar and academic writing, spelling
 - Referencing skills
 - One on one and group sessions with an English language educator which the students can book through Student Hub.

g) <u>Career guidance</u>

IHNA campuses organise career guidance sessions which include interview techniques, letters of application and CV/resumes preparation. Students can clarify their career interests, discover new possibilities, and learn more about education and training options.

- h) <u>Student Representative Council</u>
 - a. IHNA has Student Representative Council (SRC) that provides a forum for students to develop soft skills such as organising, leadership, communication, mentoring new students etc. Students can raise any matters of concern relating to delivery of courses, assessments, evaluate the quality of the teaching, credit transfer, Recognition of Prior Learning (RPL), student amenities, student activities, discrimination, sexual harassment, and other issues that may arise.
 - b. The purpose of an SRC at IHNA is to act as a key source of communication between the student body and IHNA. Student Representatives should be sought from all cohorts in all courses; IHNA Alumni could also be invited to participate.
 - c. SRC members consult with fellow students to discuss emerging views, suggestions and issues about learning, teaching, and student services. It is essential that IHNA is adequately represented at each SRC meeting to ensure that students can present their ideas to IHNA executives present at the meeting.

Version 2.0

March 2021 Enhancing Lives through Training Page 9 of 17



i) <u>Review of Student Support and Advocacy Services</u>

Recommendations for change, addition or replacement of Student Services Support can be put forward by staff to the relevant committee at any time. All staff will be invited to participate in a major review which will be held triennially.

6. Associated information

Related Internal	Student Services Support Policy		
Documents			
Documents			
	Academic Participation and Progress Policy		
	Academic Participation and Progress Procedure		
	Assessment Policy		
	Assessment Procedure		
	Quality Assurance and Continuous Improvement Policy		
	Student Handbook		
Related Legislation,	Australian Qualifications Framework (2013)		
Standards, and	National Vocational Education and Training Regulator Act 2011		
Codes	Education Services for Overseas Students Act 2000 (ESOS Act)		
	National Code of Practice for Providers of Education and Training		
	to Overseas Students (2018), Standard 6		
	• Standards for Registered Training Organisations (SRTO) 2015,		
	Clause 1.7		
	 ANMAC Enrolled Nurse Accreditation Standards 2017, Clause 6.1, 		
	6.3		
	0.5		
Date Approved	10/03/2021		
Date Endorsed	12/03/2021		
Date of Effect	13/03/2021		
Date of Review	31/07/2024		
Approval	Academic Board		
Authority	National Desistant		
Document	National Registrar		
Custodian			

Enhancing Lives through Training



Committee Learning and Teaching Committee (LTC)	
Responsible	
PinPoint DocID	SSSPAP-22

7. Change History

Version Control		Version 2.0
Change	Date	Brief description of the change, incl version number, changes,
Summary		who considered, approved, etc.
	10/03/2021	Separated Policy document from Procedure, revised and
		updated with pertinent sections

Version 2.0

March 2021

Enhancing Lives through Training



Appendix A

Client Referral Support Services

Below is important information on various client services that IHNA clients (Students mainly) who can be referred to in case of a need.

1. Aboriginal and Torres Strait Islander

- Over time and across Australia, generations of Aboriginal and Torres Strait Islander people have experienced trauma, grief and loss.
- Psychological distress is high amongst Aboriginal and Torres Strait Islander people and this is exacerbated by ongoing social and health factors.
- The Victorian Aboriginal Education Association Incorporated is the peak Koorie community organisation for education and training in Victoria. They work for our community to build success in education and training.

Victorian Aboriginal Education Association Phone: 03 9481 0800 Fax: 03 9481 4072 Email: vaeai@vaeai.org.au Website: http://www.vaeai.org.au/

2. Deaf or Hearing Impaired

- At Vicdeaf, their vision is to achieve access and equity for deaf and hard of hearing Victorians. They are a progressive community service organisation striving to provide relevant, responsive and accessible services.
- Established in 1884, they are still the primary source of reference, referral, advice and support for deaf and hard of hearing adults in Victoria.
- To achieve access and equity for people who are deaf or hard of hearing, they engage and work collaboratively with community, government and private sector organisations.

Expression Australia (Formerly known as VicDeaf)

<u>Phone</u>: 03 9473 1111 <u>Toll Free</u>: 1300 780 235 <u>Fax</u>: (03) 9473 1122 <u>Email</u>: <u>info@expression.com.au</u> Website: <u>www.expression.com.au</u>

3. Blind or Vision Impaired

Version 2.0

March 2021

Enhancing Lives through Training

Student Support Services Procedure



- Vision Australia is a leading national provider of blindness and low vision services in Australia. They work in partnership with Australians who are blind or have low vision to help them achieve the possibilities they choose in life.
- They support more than 27,500 people of all ages and life stages, and circumstances.
- They do this through 28 Vision Australia centres in Victoria, New South Wales, the Australian Capital Territory, Queensland, South Australia and Western Australia; 30 clinics; and through outreach programs in the Northern Territory and Tasmania.
- They are a not-for-profit organisation and a major participant and partner in the international blindness community.

Vision Australia

<u>Phone</u>: 1300 847 466 <u>Fax</u>: 1300 847 329 <u>Email</u>: <u>info@visionaustralia.org</u> <u>Website</u>: <u>www.visionaustralia.org</u>

4. Acquired Brain Disorder

BrainLink has experienced staff who can provide you with information, resources and suggestions about learner's situation either over the phone, email or face to face. Some of the issues that BrainLink can assist with include:

- Information about what services and support BrainLink offer to learners with an acquired brain disorder or injury;
- Practical information about what services are available to learners for people living with an acquired brain injury or disorder in their community and how they can access these services;
- Explanatory literature about acquired brain injury, stroke, progressive neurological disorders and brain tumour;
- A wide range of resources including fact sheets, booklets and books which are available to download, loan from the BrainLink library or purchase;
- Information and assistance when accessing and using respite services;
- Referral to local support groups for those living with or caring for a person with an acquired brain injury or disorder;
- Comprehensive presentations for professionals and the general public on BrainLink Services (resources included);
- Weekly state-wide email network for professionals and individuals to receive information about what's happening in the area of acquired brain disorders. To join this distribution list, or to advertise your news, contact BrainLink

Version 2.0

March 2021

Page 13 of 17

Enhancing Lives through Training



BrainLink

<u>Toll Free</u>: 1800 677 579 <u>Telephone</u>: 03 8761 9232 <u>Website</u>: <u>www.brainlink.org.au</u>

5. Learning Difficulties

- Learning Difficulties Australia (LDA) is an association of teachers and other professionals dedicated to assisting students with learning difficulties through effective teaching practices based on scientific research.
- The LDA Online Tutor Search is designed to allow users to search for specialist teachers with specific skills in teaching students with learning difficulties by location, year level, and areas of specialist expertise.
- The Tutor Search will then provide with a list of Consultant Tutors who meet the requirements as specified.

Learning Difficulties Australia

<u>Phone</u>: 1300 756 206 <u>Email</u>: <u>enquiries@ldaustralia.org</u> <u>Website: www.ldaustralia.org</u>

6. Physical Disability

- Scope was established in 1948 by a group of families desperate for support for their children with cerebral palsy. Without a service provider who would take their children on, the families banded together to create a not-for-profit organisation that believed in the potential of every individual, regardless of the complexity of their disability. With this conviction, the Spastic Children's Society of Victoria was born.
- As the children they supported thrived and grew, so did the organisation. It extended its services to include adults with a disability and changed its name to the Spastic Society of Victoria.
- By 2001, the Spastic Society of Victoria was providing a wide range of services to more than 3500 people with a range of disabilities and support needs.
- To reflect this expansion, the organisation changed its name to Scope. They chose 'Scope' as it upheld the core belief of their founding families with the right support every person has scope to achieve their goals in life.
- Today, Scope supports more than 6000 people with a disability to lead the life they choose. They work with more than 1000 community organisations to help create welcoming and inclusive communities for people with a disability.
- Through best practice research and innovation, they provide leadership to both state and federal governments in policy development and sector reform. At Scope, they see the person not the disability.

Version 2.0

March 2021

Page 14 of 17

Enhancing Lives through Training



Scope Central Office

Level 2, 302 Burwood Road Hawthorn VIC 3122 <u>Phone</u>: 1300 472 673 <u>Email</u>: contact@scopevic.org.au <u>Website</u>: <u>www.scopeaust.org.au</u>

7. Intellectual disability

- A person with an intellectual disability may have difficulty learning and managing daily living skills. This is due to impaired cognitive (thought-related) processing before the age of 18 years, resulting in an IQ below 70. However, everyone is unique. How a person functions in their daily life depends on many factors, not just their IQ level. Characteristics of people with an intellectual disability
- Every person is unique, with their own personality and areas of ability and areas of difficulty. Generally, a person with an intellectual disability:
 - learns and processes information more slowly than people without an intellectual disability
 - has difficulty with abstract concepts, such as money and time
 - has difficulty understanding the subtleties of interpersonal interactions.

Disability Intake and Response Service

Phone: 1800 783 783 Website: www.lcg.asn.au

Your Department of Human Services Regional Office

Website: www.dhs.vic.gov.au/for-individuals/disability

Centre for Developmental Disability Health Victoria

<u>Phone</u>: 03 9792 7888 <u>Email</u>: <u>cddh@monashhealth.org</u> <u>Website</u>: <u>https://www.cddh.monashhealth.org/</u>

Yooralla Community Learning and Living Centre

<u>Phone</u>: 03 9666 4500 <u>TTY</u>: 03 9916 5899 <u>Email</u>: <u>yooralla@yooralla.com.au</u>

8. Mental illness

Version 2.0

March 2021

Page 15 of 17

Enhancing Lives through Training



 Mental illness is a general term for a group of illnesses that may include psychotic or changed mood symptoms. Mental illness can make it difficult for someone to cope with work, relationships and other demands. The relationship between stress and mental illness is complex, but it is known that stress can worsen an episode of mental illness. Most people can control their mental illness with medication, counselling or both. Where to get help:

Local Community Mental Health Service

SANE Helpline Tel. 1800 187 263

ARAFMI (Association of Relatives and Friends of the Emotionally and Mentally III)

<u>24hr</u>: 0429 346 638 <u>Phone</u>: 07 3254 1881 <u>Email</u>: info@arafmi.com.au

Mental Health Foundation Australia (Victoria)

Phone: 03 9826 1422 Helpline: 1300 643 287 Email: <u>admin@mentalhealthvic.org.au</u> Website: <u>www.mhfa.org.au/</u>

9. Dyslexia

People with dyslexia display some of the following signs:

- Confused by letters, numbers, words, sequences, or verbal explanations.
- Reading or writing shows repetitions, additions, transpositions, omissions, substitutions, and reversals in letters, numbers and/or words.
- Complains of feeling or seeing non-existent movement while reading, writing, or copying.
- Seems to have difficulty with vision, yet eye exams don't reveal a problem.
- Trouble learning Sight Words
- Reads and rereads with little comprehension.
- Spells phonetically and inconsistently.
- confusion or weakness with letter order within words

Brenda Baird Dyslexia Australia

4-B La Senda Court, Springwood, QLD 4127 Springwood, QLD 4127 <u>Phone</u>: 07 3299 3994 <u>Website</u>: www.dyslexia-australia.com.au/

10. Other Medical Conditions

• There are various medical conditions that may impact on a student's study. Medical condition is a temporary or permanent condition that may be hereditary, genetically

Version 2.0

March 2021

Page 16 of 17

Enhancing Lives through Training

Student Support Services Procedure



acquired or of unknown origin. The condition may not be obvious or readily identifiable, yet may be mildly or severely debilitating and result in fluctuating levels of wellness and sickness, and/or periods of hospitalisation; for example, asthma, diabetes, kidney disorders, cystic fibrosis, back injury, cancer, hepatitis, chronic fatigue syndrome (CFS), HIV/AIDS etc.

• Depending on the nature of the medical condition, the Management will seek advice from appropriate medical/support groups/ government agencies for deciding on the course of action to be taken for deciding on the suitability or otherwise for admission into the chosen courses. An alternative course may also be suggested.

Suicide and Crisis Support

- LifeLine 13 11 14
- Suicide Call Back Service 1300 659 467
- Suicide Help Line (Victoria) 1300 651 251

Support for Youth

- Headspace 1800 650 890
- Kids Helpline 1800 55 1800
- YSAS 1800 458 685 (Weekdays, 9am 8pm)

Information and Counselling

- 1800Respect 1800 737 732
- Grief Line 1300 845 745 (7 Days, Midday 3am)
- MensLine Australia 1300 78 99 78
- OCD & Anxiety HelpLine Victoria 03 9830 0533 or 1300 269 438 (Weekdays, 10am 4pm)
- ParentLine 1300 30 1300
- Reconnexion 1300 273 266 (Weekdays, 9am 5pm
- Relationships Australia 1300 364 277
- SANE Australia 1800 18 7263 (Weekdays, 9am 5pm)
- QLine 1800 184 527 (7 Days, 3pm 12am)
- Victorian Government Mental Health Advice Line 1300 280 737

Medications and Poisons

- Medicines Line 1300 MEDICINE (1300 633 424)
- Poisons Information Line 13 11 26

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Version 2.0
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