



Student Support Resources

Do you need more specific support than a Greystone Institute Student Advisor is able to provide? Please see resources below to support you.

Sonder:

Use the details you have been provided with in Orientation to contact Sonder.

Urgent Health Advice:

Health Direct [Trusted Health Advice | healthdirect](#) - Ph: 1800 022 222 (This is a government service. It provides free 24/7 health advice from registered nurses and help finding GP near you. It is like calling a nurse and getting advice on what to do next if it is not a life-threatening issue)

Walk-in Clinic [Nurse-led walk-in clinic | Community and Oral Health](#).

Nurse-led walk-in clinics offer free treatment for non-life-threatening injuries, illnesses and common health concerns. The clinics are open for extended hours, every day of the week, and no bookings or referrals are required.

Emergency

Call 000 (Fire, Police, Ambulance). (Do not call 911 – in Australia the emergency services number is 000)

If you need help with depression, anxiety or suicidal thoughts:

- [Lifeline Australia](#) provides 24-hour crisis counselling, support groups and suicide prevention services. Call 13 11 14, text 0477 13 11 14 or chat online.
- suicidecallbackservice.org.au provides 24/7 support if you or someone you know is feeling suicidal. Call 1300 659 467.



- [Beyond Blue](#) aims to increase awareness of depression and anxiety and reduce stigma. If you or a loved one need help, you can call 1300 22 4636, 24 hours/7 days a week or chat online.
- [MindSpot](#) is a free telephone and online service for people with anxiety, stress, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call 1800 61 44 34.
- [Head to Health](#) gives advice and will connect you to local mental health services. Call 1800 595 212.
- [MensLine Australia](#) is a professional telephone and online counselling service offering support to Australian men. Call 1300 78 99 78, 24 hours/7 or [chat online](#).

If you are feeling lonely:

- [FriendLine](#) supports anyone who's feeling lonely, needs to reconnect or just wants a chat. You can call them 7 days a week on 1800 424 287, or chat online with one of their trained volunteers. All conversations with FriendLine are anonymous.

Do you need LGBTQ+ support?

- [QLife](#) provides nationwide telephone and web-based services for peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527.

Pregnant or a new parent and need help?

- [PANDA \(Perinatal Anxiety & Depression Australia\)](#) supports families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. Call 1300 726 306.

Do you want to talk to someone about Domestic violence/abuse/sexual assault:

- 1800 Respect: This is a national 24-hour line for counseling related to domestic and family violence. [You can call them at 1800 737 732 to speak with a counselor and receive advice](#)

- Full Stop Australia: They also provide a 24/7 counseling service for people impacted by violence and abuse. You can contact them at 1800 385 578. [If English is not your first language, you can request support in a different language](#)
 - Violence & Assault Counselling: <https://www.whiteribbon.org.au/Find-Help/Help-Lines>
 - Sexual assault: <https://www.sacl.com.au/>

Do you have financial hardship?

- [National Debt Helpline](#) 1800 007 007 is Australia's only free 24/7 confidential and private financial counselling service

Do you want a psychologist who can speak your language?

- Spanish speaker psychologist: Dra Marta García de Blakeley, Griffith University Psychology Clinic, 176 Messines Ridge Rd, Mount Gravatt, QLD 4122 Australia, Phone: +61 407 570 712, Email: admin@elfaro.com.au - <https://www.psychologytoday.com/au/counselling/marta-garcia-de-blakeley-mount-gravatt-qld/870327>
- Spanish speaker psychologist: Francisco J. Rivas Rivero, Senior Clinical Psychologist and Psychotherapist. 105/71 Doggett St, Newstead QLD 4006 – [\(07\) 3060 8357](tel:(07)30608357), info@ascentpsychology.com.au, <https://ascentpsychology.com.au/>
- Spanish speaker psychologist : Ana Carreno Gazquez, Phone : (07) 3130 0638, Website: [Find Spanish Psychologists and Therapists in Brisbane City, QLD - Psychology Today](#)
- Japanese speaker psychologist: Brisbane City Psychologists. Phone: 0735036813 <https://www.brisbanecitypsychologist.com.au/dr-miyuki-ono/>
- Portuguese speaker psychologist : Mauro Vieira, Phone: (02) 9158 6184, Website: [Find Portuguese Psychologists and Therapists in Brisbane - Psychology Today](#)
- Korean speaker psychologist : Noah Kim, Phone: (07) 2100 4628 / Yoon Jung Choi, Phone: (07) 2100 4779, Website: [Find Korean Psychologists and Therapists in Brisbane - Psychology Today](#)



- Mandarin speaker psychologist : Enders Chen, Phone: (07) 2100 4993, Website: [Find Mandarin Psychologists and Therapists in Brisbane - Psychology Today](#)

Do you want a GP in Brisbane who can speak your language?

- Korean GP Brisbane: Dr Samuel Min, Website: [Dr Samuel Min | GP | Doctor | Brisbane QLD, Australia](#)
- Portuguese GP Brisbane: Dr Ana Rodrigues da Silva Barros, Website: [Dr Ana Rodrigues da Silva Barros - Doctor GP - Healthengine](#)
- Portuguese and Spanish GP Brisbane : Dr Pedro Valente, Website: [Skin Cancer Clinic | Portuguese and Spanish speaking GP Doctor | Skin moles | Anti wrinkle injections — Botany Road Doctors - Rosebery Sydney's GP Family Healthcare Medical Practice Green Square](#)
- Japanese GP Brisbane: Sakura Clinic, Address: Level 11, 116 Adelaide St Brisbane City 4000, Phone number: 07-3003-0100, website : [ブリスベンに滞在中の日本人のためのGPクリニック | Sakura Family Clinic \(sakuraclinic.com.au\)](#)