

## Support Services

Hunter TAFE Counselling Service – At your local campus.

<http://wwwauth.hunter.tafensw.edu.au/students/Pages/Careers-Counselling.aspx>

Alcohol & Drug Information Service	1800 422 599
Hunter New England Mental Health Services	1800 655 085
Kids Help Line (under 18)	1800 55 1800
Lifeline	131 114
Community Health Newcastle - Intake	4925 7990
Lakeview Drug and Alcohol Services	4923 2060
Smoking Quitline	1370848

## Useful Websites

Smoking Quitline

<http://www.quit.org.au>

Drug information @ your library

<http://diayll.sl.nsw.gov.au>

Australian Drug Foundation (ADF)

<http://www.adf.org.au>

Australian Indigenous Health InfoNet

<http://www.healthinfonet.ecu.edu>

Alcohol and Drug Assistance

<http://www.druginfo.adf.org.au>

Anxiety and Depression

<http://www.beyondblue.org.au>

Mental Health for Young People

<http://www.headspace.org.au>

Reach out for Young People

<http://www.reachout.com.au>