



## DATES TO REMEMBER

### Week 9

**Monday 11 – Friday 15 September**

Year 7 –10 Yearly Exams

**Wednesday 13 September**

Kinder Town Library Visit

**Thursday 14 September**

Infants Sports Day

**Friday 15 September**

Kindy Gritters Transition

### Week 10

**Monday 18 – Thursday 21 September**

K – 2 Parent Teacher Interviews

**Wednesday 20 September**

Cultural Day

**Thursday 21 September**

Whole School Assembly

**Friday 22 September**

Last Day of Term 3

Jump Rope for Heart Jump Off

Year 12 Farewell Breakfast and Final Assembly

## SACS Appreciation Week

This week was a showcase of many of the wonderful opportunities that exist within Bingara Central School and public schools across NSW. As we look back on 175 years of public education, we are reminded that the journey is far from over. Education continues to evolve, adapt, and innovate to meet the needs of future generations. Many of our current and past students enjoyed looking back at earlier times, reflecting on our classroom spaces, sporting traditions and the ever popular, Kindergarten photos.

Our book fair this week certainly delivered the theme of read, grow, inspire. All of our students had the opportunity to view and purchase books at our fair – and purchase they did! We can't wait to hear about all the stories that are being read at home!!! All of our students from

### GET IN TOUCH

55 Finch Street BINGARA NSW 2404

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[www.bingara-c.schools.nsw.edu.au](http://www.bingara-c.schools.nsw.edu.au)

[www.facebook.com/BingaraCentralSchool](https://www.facebook.com/BingaraCentralSchool)

# Message from The Principal

Kindergarten to Year 12, including our staff were certainly inspired by book characters as they participated in the book parade. Everyone did a fabulous job and channelled their inner characters!

Throughout the week our school was honoured with outstanding sporting performances by our students at both PSSA and CHS levels. Individual students have been recognised at the state carnivals and received recognition for their sportsmanship and leadership abilities as a part of a representative team.

To top off our Education Week at Bingara Central School, our Kindy Gritters program has also been honoured with a commendation for the Secretary's Award for an Outstanding School Initiative at the 2023 Public Education Foundation NSW Minister's and Secretaries Awards for Excellence.

This week was a time to celebrate our collective commitment to providing quality education and nurturing the potential of every student. We are proud to be a part of this enduring legacy and look forward to many more years of inspiring young minds and shaping the future of education in our community.

Brooke Wall  
Principal







## ***Celebrating Excellence: Bingara Central School Receives Secretary's Award for Outstanding School Initiative – Commendation***

We are thrilled to share the exciting news that Bingara Central School has been honoured with a commendation for the Secretary's Award for an Outstanding School Initiative. This prestigious recognition underscores our school's unwavering commitment to fostering excellence in education, promoting student success, and creating a sustainable learning environment.

The Secretary's Award for an Outstanding School Initiative is a distinguished accolade presented to New South Wales (NSW) public schools that demonstrate exceptional dedication to teaching and learning outcomes, leadership, student support, and the establishment of a sustainable educational ecosystem.

Bingara Central School's outstanding achievement, the Kindy Gritters Project, has exemplified these values in every aspect of its design and implementation. This initiative, led by a passionate teacher leader, recognises that collaboration across the community is paramount in equipping our students with the academic, emotional, social, and wellbeing skills necessary for early learning success.



The Kindy Gritters Project has not only transformed our approach to education but has also been a catalyst for the development of educator and parent skills. This transformation is achieved through the provision of valuable resources and facilitation



of professional development opportunities, fostering a robust partnership between Early Stage 1 teachers, educators, parents, and students.

A hallmark of the Kindy Gritters Project is its forward-focused, data-driven approach, ensuring that we remain responsive to the evolving needs of our students. Operating in a small, rural, and remote central school, this initiative has shown that innovation knows no boundaries.

At its core, the Kindy Gritters Project adheres to the principles of high-quality transition practices, as outlined in the Strong and Successful Start to School – Transition Guidelines. This commitment to excellence extends to the meticulous review of data to inform our next steps, the implementation of collaborative practices with all stakeholders, and the delivery of professional development opportunities. With a clear focus on improving all aspects of school readiness, this initiative has set a new standard for educational excellence in our area.

One of the standout features of the Kindy Gritters Project is its dedication to aligning literacy and numeracy lessons with the Early Years Learning Framework, offering onsite lessons for 2 hours a week, starting in Term 2. Play-based lesson sequences and resources have been thoughtfully developed to target specific areas crucial for school readiness.

Furthermore, we have reached out to preschool educators, providing them with valuable professional development on Best Start results and resources to assist in addressing gaps in school readiness for our incoming students. Our commitment to transparency and collaboration is evident in the pre-Best Start testing that occurs each term, with results provided to parents as a snapshot of their child's key school readiness skills.

To further support our students' development, parents are offered online lessons to assist their child with skill development at home, fostering a strong connection between school and home learning.

The Kindy Gritters Transition Project has produced some remarkable outcomes, to assist students in their transition to learning at school. Notably, it has contributed to a reduction in anxiety levels for both parents and students, empowered parents with the skills to assist learning at home, and forged

robust relationships with educators, families, and incoming students.

This award is a testament to the dedication and innovation of our school community, and we are immensely proud of the Kindy Gritters Project's impact on our students' lives. It reaffirms our commitment to providing a high quality education, irrespective of our rural and remote setting.

As we celebrate this achievement, we look forward to the continued growth and success of Bingara Central School, knowing that our commitment to excellence remains unwavering. Together, we will continue to make a positive impact on the lives of our students and their families, ensuring a bright future for all.

Congratulations and recognition to Ms Natasha Schmidt on bringing my vision for developing school readiness at Bingara Central School to life!







# Book Week







# Book Week







# Book Week





# School News

## STUDENT OF THE WEEK

### AN Q

An Qi is an exceptional student who consistently goes above and beyond in their academic pursuits, displaying a strong work ethic and a passion for learning. She also exhibits kindness, respect, and leadership within our school community. Congratulations An Qi on this well-deserved recognition!



## SECONDARY STUDENT OF THE WEEK

Week 7 saw a number of Secondary Students attend the Central Schools Finals in Dubbo as well at the Space camp in Moree. It was simply too difficult to single out any student for student of the week and the decision was made to award it to all students who have represented Bingara Central School exceptionally well! You all should be very proud of the way you conducted yourselves, it is a pleasure to take you away. We received some excellent feedback from a number of people, including the Motel managers who informed us they were the best group of students they have had stay at their motel. Another guest at the motel (a deputy principal from a large school in southern NSW) congratulated the students on their behaviour and the way they represented the school. We also received an email from the Pub where we ate dinner on how well mannered and behaved the students were. Congratulations to all students who have represented BCS!





# Dubbo Recap

On Monday 28 August, 30 secondary students made their way to Dubbo for the NSW Central Schools State Finals. We took 4 teams away to compete in Touch Football and Rugby League. The students have been training all term and their hard work definitely paid dividends with BCS achieving some excellent results.

First up was the 16's Girls Touch Football Finals. The girls played their toughest opponent in their first game, going down to Dunedoo 5 - 2. They then bounced back to win their next 3 games defeating Coolamon 2 - 1, Trundle 6 - 3 and our local rivals Bundarra, 4 - 1. Our final game was against Boorowa, which ended in an extremely tight 1 all draw. The Girls finished third on a countback, narrowly missing out on a medal. They should be exceptionally proud of their efforts and are commended on their dedication, teamwork and sportsmanship on the day. Congratulations girls!



The following day saw the Opens Boys and Girls Touch football teams take to the field. The girls drew reigning champions, Dunedoo in the first game, going down 5 - 1. With a number of girls backing up from the previous day, they began to run some soreness out, which resulted in 3 excellent wins over Braidwood 4 - 1, Molong 6 - 1 and Bundarra 4 - 3. As per the previous day, they came up against an experienced Boorowa team in their final game, going down in the last few minutes 2 - 1, ending the competition in 3rd place. This was an outstanding achievement, especially as we had a number of girls who backed up from the previous day. Congratulations Girls!

It was the first time in many years that Bingara Central School had qualified for the Boys finals and the quality was outstanding. In a tough first game against our fellow zone qualifiers, Uralla, both teams couldn't be split, finishing in a 2 all draw. The second game saw Bingara come up against a very experienced Coolamon team, who shot out to a 5-nil lead. Our boys didn't drop their heads and fought back to go down 7 - 5. They then were able to secure a win against Dunedoo 5 - 3 in the next game. The boys then had the tough task of taking on a Boorowa team who were mostly year 11 and 12 boys and have played together for a number of years with their experience showing defeating Bingara 9 - 2. The boys left nothing in the tank in the last game fighting out a 4 all draw with Coolah, finishing 4th overall on the day. It was an exceptional effort from the boys who only had one Opens player in the team and the remainder of students still under 16. The boys displayed some excellent skills on the day and should be proud of their efforts! Congratulations boys!



*continued*

The final day of competition saw the under 14's boys Rugby League team take to the field to endeavour to defend their title from the previous year. Coming up against a much bigger Dunedoo team in their first game, didn't deter the boys who came away with a solid 38 - 8 victory. Their second game was against old rivals Guyra, in what was a really physical game. Bingara had a 2-point lead at halftime and came out strongly in the second half, capitalising on Guyra's mistakes to earn a 30 - 22 win. Their third game was against a well drilled Lake Cargelligo team, who had already had 2 convincing wins on the day. It was try for try in the opening half and Bingara stuck to their game plan and were patient in the second half, grinding out a 32- 20 win. In the final game of the day, Bingara came up against Boorowa and ending the day with a convincing 40 - 6 win. It is the second year in a row that Bingara has gone undefeated and won the Championship. It was a great team performance on the day with all boys working together to achieve their goal. It is difficult to single out any players, however, a massive congratulations to Jarrod Petrus, who was awarded best and fairest on the day as voted by the officials. Congratulations to all boys who left nothing on the field and worked tirelessly on the day, demonstrating excellent sportsmanship and determination. Well done boys!

A massive thank you to Mr Eastcott, Mrs Reynolds, Miss Beutel, Mrs Johnson, Mrs Boyle and Mrs Evans for all their support at Dubbo and in the weeks leading up. It was a pleasure to take the students away and they are a credit to our school. A huge thank you to all the parents who made the journey to support the students during the week and to the Bingara Anglers Club for their generosity and support of our students. We look forward to the Central Schools competition in 2024.





# EXAM REMINDER

Week 9 (11-15 September)  
Years 7-10 will be sitting their formal yearly  
examinations. Students will receive their  
examination schedule early next week.



GWYDIR  
SHIRE COUNCIL

## STRUGGLING WITH YOUR SCHOOLWORK?

**ARE YOU A STUDENT IN YEAR 9, 10, 11 OR 12?**

Would you like help from the Sydney  
"Youth 4 Difference" students via FREE  
on-line tutoring?

If so, call Sue Smoothy on 0408 454 813  
for more information or to register  
your interest.





# Sport News

## RUGBY 7'S

This week Lily M, Steph P and Amaliah T travelled to Mudgee to attend the North West Girls State Carnival for Rugby Union. The girls ripped in and had a fabulous two days of rugby, playing alongside girls from near and far.

The girls had a cracking time away, with Lily captaining the side for a day and Steph coming away from the carnival with the players players medal.

Continue to reach for your rugby goals girls!



## CHS STATE ATHLETICS CARNIVAL

Congratulations to Jarrod P, Casey W and James I who travelled to Sydney this week to compete at the Combined High Schools State Athletics Carnival.

Jarrod P took out the gold in the 14 years Javelin with a monster throw of 39.74m! He also competed in shot putt and came away with 5th place.

Casey W competed in the high jump whilst also running in the 17+ girls 400m and had an outstanding result of 4th in her heat.

James contended in the 13 years high jump and had a fantastic result of 1.45m.





Complete a traineeship  
or start an apprenticeship  
while still at school



## **School-Based Apprenticeships and Traineeships (SBATs)**

Now is the time for students in Year 10 to get the ball rolling if they want to undertake an SBAT during Years 11 and 12!

A few points on SBATs:

- SBATs are available to students in Years 10, 11 and 12.
- SBATs contribute units as one of the HSC subjects and some can count towards the ATAR.
- Students work a minimum of 100-180 days of paid work before the end of their HSC year, depending on the qualification. This is usually one day per week plus some of the school holidays.
- Students complete a nationally recognised training qualification (Certificate II or III) before the end of their HSC. This can be in the form of face-to-face learning at TAFE or another RTO, online learning, flexible delivery or via the school's VET program, depending on the qualification.
- School-based trainees complete their traineeship at the completion of the HSC.
- School-based apprentices complete Stage 1 of their apprenticeship at the completion of the HSC, ready to vary into full-time work as a second-year apprentice after Year 12.
- SBAT opportunities are available across a wide range of industries.

What to do next:

- Talk to the people listed below for more information and career advice.
- Undertake work experience to test out the job before you commit.
- Find yourself an employer who is interested to employ you part-time for the next 2 years.

For more information:

- Talk to your Careers Advisor

- Talk to Jacinta Gorton, SBAT Engagement Officer on 0460 031 947 or [jacinta.gorton1@det.nsw.edu.au](mailto:jacinta.gorton1@det.nsw.edu.au)
- Visit [www.education.nsw.gov.au/public-schools/career-and-study-pathways/school-based-apprenticeships-and-traineeships](http://www.education.nsw.gov.au/public-schools/career-and-study-pathways/school-based-apprenticeships-and-traineeships) for more information





## YEAR 7 INFORMATION EVENING and Transition Days

An information evening for the families of  
**YEAR 6 STUDENTS ENTERING INTO YEAR 7**  
**AT BINGARA CENTRAL SCHOOL IN 2024**

will be held in the library on  
**WEDNESDAY 20 SEPTEMBER**  
**COMMENCING AT 5.15PM**

This is aimed at Year 6 parents/students.  
The presentation will cover information about High School  
and 'High School Readiness'.



## Make every parenting moment count with FREE positive support

Time flies – making the most of every parenting moment helps equip children with the life skills they'll need to learn, make healthy decisions, and reach their potential. It also helps build and maintain strong relationships, so we can stay close to our kids. Those relationships build open communication and trust, which will be important as they get older and face challenges and changes.

Now, it's easy to get proven, practical, positive strategies that help parents and carers reduce stress and make the most of every parenting moment, even during stressful times. And a positive family environment helps give all kids a better chance of success in adult life!

You can tackle small problems before they grow, set up good habits early, and help kids express and cope with uncomfortable emotions (like anxiety, sadness, or anger) in healthy ways.

The Triple P – Positive Parenting Program doesn't tell you 'how to be a parent' – it gives you more understanding and builds on the skills and knowledge you already have.

Triple P is fully Australian – backed by research, proven by parents. It's FREE, funded by the Australian Government Department of Health and Aged Care. You can start now, and it's all online: [triplep-parenting.net.au](http://triplep-parenting.net.au)

## KOOL SKOOL KIDS

### WHEN

**Tuesdays 3.05pm - 4.30pm**  
**Thursdays 3.05pm - 4.30pm**

### WHERE

**Bingara Toy Library**  
24 Finch Street Bingara NSW 2404

**LIMITED SPACES AVAILABLE**

**FEATURING • Lego • Art and craft •**  
**Board games • Movie afternoons •**  
**Colouring in • Outside play • Card games •**  
**Cooking**

**FACEBOOK-BINGARA TOY LIBRARY**

**EMAIL-TOYLIBRARY@GWYDIR.NSW.GOV.AU**

### KINDER-YEAR 3 STUDENTS

**KSK MEMBERSHIP**  
\$20 per family/year

### SERVICE

Staff collect the children from school at 3.05pm and walk them to the toy library.

Children bring their own afternoon tea to eat at the service.

4.30pm parents collect their child.



### BENEFIT

After school event which allows families a further 1.5 hours of time before their children need to be collected for home which is supervised in a safe and secure environment with fun things to do.



## SCHOLASTIC Book Club LOOP for Parents

LOOP is the Scholastic Book Club  
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

**[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)**





# LINKS FOR LIFE

## Disability Expo

### TAMWORTH SPORTS DOME

Jack Smyth Drive, Tamworth

**Thursday 14th September 2023**

9:30am - 2:00pm

Quiet hour 1:00pm - 2:00pm

**FREE:  
ENTRY & PARKING  
SAUSAGE SIZZLE  
BUS TRAVEL**

Proudly supported by:



**Lifestyle  
Solutions**



Holistic Recovery

**BEST**  
You can't do better.

**APM**  
employment services

**ENlarge  
LIVING**

*Kirinari*  
Enriching Lives



**CHALLENGE**  
Community Services

Tamworth  
REGIONAL COUNCIL

**Agile**  
Support Services  
**MAGENTA**  
COMMUNITY SERVICES

*Keeping the heart*

**acacia**  
MEDICAL

**Northcott**  
Let's see what you can do

**aidacare**  
HEALTHCARE EQUIPMENT

**aruma.**  
Disability services. Putting you first.

**Brighter  
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Opening doors - enhancing lives

**JOBS  
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ENTERPRISES LTD  
Your Success - Our Mission

**EAGLE**  
Plan Management

**BOOMAROO**  
PLAN MANAGEMENT

**LAVENDER**  
PLAN MANAGEMENT

**Tamworth  
BUSLINES**

**HANNAFORDS**

**FIONA'S  
Mini Buses**  
Personalised Transport  
Services

**FREE BUS TRAVEL** with Hannafords and Tamworth Buslines to and from the Sports Dome to attend the Expo. Give this flyer to the driver on the day. Hannafords will take you as far as Kable Ave, then Tamworth Buslines will take you out to the Sports Dome.

Free transfers to and from the Expo with Fiona's Mini Buses on 6760 9084 for community members who are unable to access the regular public transport options and require individual transport.

For more information, please call:  
Kate Drury 0438 139 102  
Kate Brown 0472 803 471

**priceline  
pharmacy**

**BEST  
Community  
Connections**







**EAGLE**  
Plan Management

**BOOMAROO**  
PLAN MANAGEMENT








**LAVENDER**  
PLAN MANAGEMENT



## Phone and online information and support for parents / carers / families

<p>headspace</p> 	<p>headspace provides information and support for both young people and their family and friends. Resources for parents / carers can be accessed on the headspace website by selecting the "I'm supporting a young person" menu options <a href="https://headspace.org.au/">https://headspace.org.au/</a></p> <p>headspace also offers an online and phone support service, staffed by experienced youth mental health professionals and family clinicians. This service is free and available by phone <b>Ph. 1800 650 890</b> and <b>webchat</b> (9am – 1am AEST, 7 days a week) or <b>email</b>. <a href="https://headspace.org.au/online-and-phone-support/">https://headspace.org.au/online-and-phone-support/</a> Online services also include group chats where friends and family can join with clinicians and youth representatives for Q&amp;A discussions. <a href="https://headspace.org.au/online-and-phone-support/join-the-community/">https://headspace.org.au/online-and-phone-support/join-the-community/</a></p>
<p>'Take a Step' 'Yarnsafe' 'Yarnspace'</p> 	<p>'Take a Step', 'Yarnsafe' and 'Yarnspace' are initiatives of headspace for Aboriginal and Torres Strait Islander young people. These resources offer information, online group chats, interactive activities and stories of lived experience.</p> <p><a href="https://headspace.org.au/takeastep">https://headspace.org.au/takeastep</a>  <a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a>  <a href="https://headspace.org.au/online-and-phone-support/spaces/community/673335/">https://headspace.org.au/online-and-phone-support/spaces/community/673335/</a></p>
<p>Reach Out</p> 	<p>Reach Out <a href="https://au.reachout.com">https://au.reachout.com</a> provides practical support, tools and tips to help young people, and their parents/carers to get through tough times. Parent / carer support and resources can be found at <a href="https://parents.au.reachout.com/">https://parents.au.reachout.com/</a> Reach Out also offers free one-on-one counselling for parents and carers with experienced family and parent coaches as well as self-help information and online forums. <a href="https://parents.au.reachout.com/one-on-one-support">https://parents.au.reachout.com/one-on-one-support</a></p>
<p>Beyondblue</p> 	<p>Beyondblue provides mental health information and support for young people and adults of all ages. Information to support parents and carers can be found at <a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p> <p>Beyondblue also provides a free phone <b>Ph. 1300 22 46 36</b> and <b>webchat</b> counselling service 24 hours, 7 days a week, as well as support via <b>email</b> (response within 24 hours) <a href="https://www.beyondblue.org.au/get-support/talk-to-a-counsellor">https://www.beyondblue.org.au/get-support/talk-to-a-counsellor</a>. Moderated online discussion forums can also be accessed at <a href="https://forums.beyondblue.org.au">https://forums.beyondblue.org.au</a></p>
<p>Parent Line NSW</p> 	<p>Parent Line is a free support service for parents and carers who live in NSW. It offers <b>telephone and email</b> support, information, advice and support tips on its website. <a href="https://www.parentline.org.au/teenagers/">https://www.parentline.org.au/teenagers/</a> Parent Line <b>Ph. 1300 1300 52</b> is available from 9am to 9pm weekdays and 4pm to 9pm on weekends. It is closed on public holidays.</p> <p><a href="https://www.parentline.org.au/how-parent-line-works/">https://www.parentline.org.au/how-parent-line-works/</a>  <a href="https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you">https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you</a></p>
<p>Raising Children Network</p>	<p>The Raising Children Network provides tips for a positive relationship with your teenager. It offers parenting articles and videos on a range of topics, including mental health, which are reviewed by Australian experts. <a href="https://raisingchildren.net.au/teens">https://raisingchildren.net.au/teens</a>  <a href="https://raisingchildren.net.au/teens/mental-health-physical-health">https://raisingchildren.net.au/teens/mental-health-physical-health</a></p>
<p>Lifeline</p> 	<p>Lifeline provides all Australians experiencing a personal crisis with access to 24 / 7 support and suicide prevention services. Lifeline offers 24 / 7 <b>phone</b> counselling <b>13 11 14</b>, <b>online chat</b> and <b>text message</b> <b>0477 13 11 14</b> support <a href="https://www.lifeline.org.au/get-help/get-help-home">https://www.lifeline.org.au/get-help/get-help-home</a></p>
<p>Mind Health</p>	<p>MindHealth is a free phone <b>Ph.1300 029 131</b> and <b>online</b> counselling service for people aged 15 years and over living in the Hunter New England and Central Coast regions of NSW, available between 7am and 9pm, Monday to Saturday. <a href="http://www.mindhealth.org.au">www.mindhealth.org.au</a></p>



<b>13YARN</b> 	13YARN is a free national crisis phone line <b>Ph. 13 92 76</b> for mob who are feeling overwhelmed or having difficulty coping. It offers a confidential one-on-one yarnning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter, available 24 hours a day, 7 days a week. <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
<b>Head to Health</b> <b>Chatstarter</b> 	Head to Health provides a guide to digital mental health services – including apps, online programs, forums and phone services - from trusted Australian sources. <a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a> <b>Chat starter</b> is a resource to help family and friends to talk with someone who is struggling with mental health issues and get them support. <a href="https://www.headtohealth.gov.au/covid-19-support/chatstarter">https://www.headtohealth.gov.au/covid-19-support/chatstarter</a>
<b>Suicide Call Back Service</b> 	Suicide Call Back Service provides support and information for those worried about a friend or family member - including recognizing signs of suicidal thinking, how to talk it over and support a person to get help. <a href="https://www.suicidecallbackservice.org.au/worried-about-someone/">https://www.suicidecallbackservice.org.au/worried-about-someone/</a> Free phone <b>Ph. 1300 659 467</b> and <b>online</b> counselling is available 24/7 for people 15 years and over who are suicidal, caring for someone who is suicidal, or bereaved by suicide. A free <b>video chat</b> service is also available by appointment for people aged 18 years and over. <a href="https://www.suicidecallbackservice.org.au/phone-and-online-counselling/">https://www.suicidecallbackservice.org.au/phone-and-online-counselling/</a>
<b>SANE</b> <b>'You are not alone'</b> 	SANE supports people that experience complex mental health issues, their family and friends. Information and support is available by phone <b>Ph. 1800 187 263</b> and <b>webchat</b> (Mon- Fri 10am – 10pm), <b>email</b> (response within 48 hrs) and online moderated <b>discussion forums</b> . <a href="https://sane.org/get-support/drop-in-service">https://sane.org/get-support/drop-in-service</a> <b>'You are not alone'</b> – suicide prevention and carer support for those supporting someone who is at risk of, or has attempted suicide eg. how to navigate the hospital system, coping after discharge and self-care. <a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>
<b>The Butterfly Foundation</b> <b>Body Kind Families</b> 	The Butterfly Foundation <a href="https://butterfly.org.au/">https://butterfly.org.au/</a> provides support services, information and prevention programs for Australians impacted by eating disorders and body image issues. It offers free support for family and carers from qualified mental health professionals via is phone <b>Ph. 1800 33 46 73</b> , <b>online chat</b> and <b>email</b> from 8am – midnight 7 days a week (AEST). It also provides translation services for this support. <a href="https://butterfly.org.au/get-support/how-we-help">https://butterfly.org.au/get-support/how-we-help</a> Body Kind Families is a free initiative aimed at boosting parents' and carers' confidence to support positive body image and respond to body image concerns in their teenage children. <a href="https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/">https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/</a>
<b>Kids Helpline</b> 	Kids Helpline is Australia's only free, private and confidential 24/7 phone <b>Ph. 1800 551 800</b> counselling, crisis support and <b>online</b> counselling service for young people aged 5 - 25. <a href="https://kidshelpline.com.au/about/about-khl">https://kidshelpline.com.au/about/about-khl</a> Their website also provides information for parents and carers on a range of topics <a href="https://kidshelpline.com.au/parents">https://kidshelpline.com.au/parents</a>
<b>NSW Mental Health Line</b> 	<b>Ph. 1800 011 511</b> available 24/7 across NSW, people experiencing a mental health issue, carers and service providers can speak with a mental health professional for advice and referral to appropriate care. Referrals to Child and Adolescent Mental Health and Adult Community Mental Health services are also made via this phone line. If you are deaf, or have a hearing or speech impairment, call the Mental Health Line through the National Relay Service 1300 555 727. If English is not your first language, call the Translating and Interpreting Service 131 450 and ask them to call the Mental Health Line. <a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a>
<b>Transcultural Mental Health Line</b> <b>1800 648 911</b>	The <b>NSW Transcultural Mental Health Line</b> connects you to experienced clinicians who understand your culture and can communicate in your language (covering up to 30 different languages). The service is available Monday – Friday 9:00am – 4:30pm <b>Ph. 1800 648 911</b> to: provide advice on how to improve mental health & wellbeing, access mental health services, and support you to care for someone with a mental health concern. <a href="https://dhi.health.nsw.gov.au/tmhc">https://dhi.health.nsw.gov.au/tmhc</a> For support and advice on evenings and weekends, call the NSW Mental Health Line Ph. 1800 011 511 (see above).