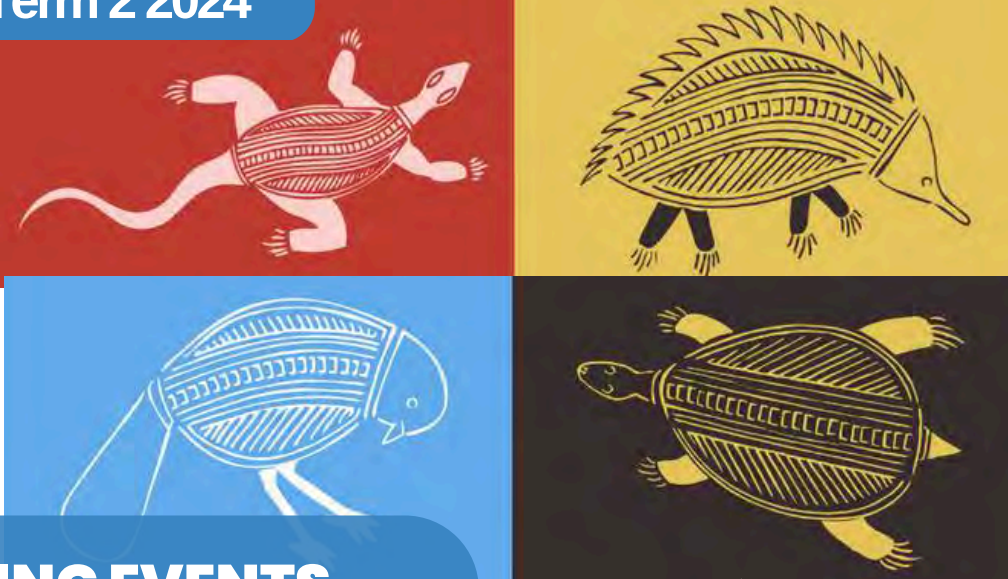


# BINGARA CENTRAL SCHOOL NEWSLETTER



Week 6 ~ Term 2 2024



## UPCOMING EVENTS

### Week 7

**Monday 10 June**

Long Weekend

**Tuesday 11 June**

16 Years Central Schools Touch @ Inverell

**Wednesday 12 June**

Open Central Schools Touch @ Inverell

**Thursday 13 June**

North West Cross Country @ Coolah

Primary & Secondary

**Friday 14 June**

NAIDOC Day

Kindy Gritters 9:00am - 11:00am

### Week 8

**Monday 17 June**

Thomson Cup leadup events

PSSA Boys Soccer Knockout

**Tuesday 18 June**

Thomson Cup leadup events

Stage 3 Debating V Barraba

**Wednesday 19 June**

1500m Gwydir Oval

**Thursday 20 June**

Primary Cricket Coaching Clinic

**Friday 21 June**

Thomson Cup Gwydir Oval (Y2-Y12)

Kindy Gritters 9:00am - 11:00am

## *Junior AECG Established*

This week Aunt Donny from the Gwydir Local Aboriginal Education Consultative Group (AECG) joined us to establish the 2024 Junior AECG at Bingara Central School. We started the meeting with an Acknowledge of Country in language before we commenced the proceedings. I would like to formally congratulate Jymari R serving as President, Taminya B as Vice President, and Rainbow D as Secretary. These young leaders embody the spirit of determination and commitment to making a positive impact on our educational environment and ensuring that the voices of our Aboriginal and Torres Strait Islander students are heard and valued. They have already provided feedback on our NAIDOC day and what they want to see occur at this event for our students, families and community.

We are also proud to acknowledge the invaluable support of Yarrun F, Jakiya F, Jessica M, Hudson P, Tamiya M, Hallie W, and Taysharn P, who form the general committee. Your willingness to step up and contribute your time and energy to the Junior AECG is commendable.

## GET IN TOUCH

55 Finch Street BINGARA NSW 2404

P: 02 6724 1606 E: [bingara-c.school@det.nsw.edu.au](mailto:bingara-c.school@det.nsw.edu.au)

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

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

Each of you brings unique strengths and perspectives that will undoubtedly enrich the group's activities and initiatives. Together, you form a strong, dynamic team that is poised to make a meaningful impact on our school community.

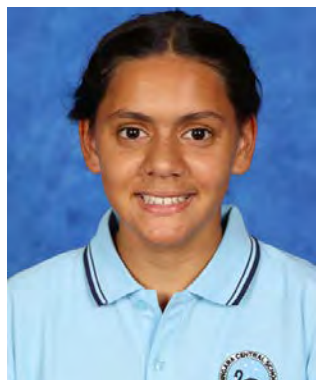
As we move forward, let us all remember the importance of the values that the Junior AECG stands for: unity, respect, and cultural pride. This group not only serves as a platform for student leadership but also as a beacon of hope and progress in our ongoing journey towards reconciliation and mutual understanding. Congratulations once again to all the newly appointed members.

Over the weekend our students, supported by Mrs Gasson and Mrs Pleffer will be representing Bingara Central School at the Myall Creek Massacre Memorial. On Friday 14 June, following this event we will be celebrating NAIDOC Day. Our Junior AECG have invited our families into the school to share some of their stories over lunch at our yarning circle. We are proud of our participation in these annual ceremonies as our students gain a deeper understanding of the significance of past histories, but they also empower students to contribute to the ongoing journey towards mutual respect and cultural understanding.

Congratulations again to our Junior AECG leaders, we look forward to witnessing your growth and the positive changes you will bring to Bingara Central School.



Brooke Wall  
Principal



# School News

## Class of the Week - Year 6



Year 6 have been putting their knowledge of fractions into practice by solving a 'Fractional Conundrum'. They determined the fraction represented by each colour and recorded their findings using equivalent fractions. It was wonderful to see the enthusiasm and the excitement on their faces once the problem was solved. Year 6 thrive on challenges!

Students converted astronomical distances to appropriate measurements to identify the relative size of and distance between Earth, other planets in the solar system and the Sun. They selected everyday objects and equipment to design their investigation. Students worked collaboratively to represent their investigation as a real-world model on our school oval. Year 6 thoroughly enjoyed sharing their scientific knowledge and explaining their model to their peers.

Congratulations Year 6!

**Classroom Teacher**  
*Mrs Fiona Craddock*



# School News

## Kindy Gritters News

Today was our first GRITTERS transition at Big School! We loved exploring all the new spaces including our classroom and playground.

Counting games and reading stories was enjoyed by all Gritters.

We look forward to seeing all our GRITTERS back at big school next week!

**Classroom Teacher**

*Mrs Tammy Hall*



## BCS Gritters in training



# Lead Up Events

# THOMSON CUP



Mon 17	Primary Girls: Long Jump, Prelim qualifying - High Jump, Shot Put , Discus
Tues 18	Primary Boys: Long Jump, Prelim qualifying - High Jump, Shot Put , Discus Primary/ Secondary - 1500m - Gwydir Oval
Wed 19	Secondary Long Jump

JUNE 2024

In preparation for the Thomson Cup on Friday 21st June 2024, we will be running some events at school during Week 8. By running pre-events at school and reducing numbers in larger age groups, we are ensuring that we can get through all events at the Thomson Cup.

Students from Years 2-6 will be competing in high jump, discus and shotput to reduce numbers for the Thomson Cup. Students from Years 2 to 12 will also be completing the long jump event at school, as there is no long jump pit at the Gwydir Oval.

On Wednesday 19th June, students from Years 2 - 12 who wish to compete in the 1500m running race, will be walked over to the Gwydir Oval to complete the race. Racing will begin at approximately 1.30pm. For students who are participating in the 1500m race, an early lunch time will be provided.

Friday the 23rd June, the day of Thomson Cup, will commence with the Marching of sporting teams leaving the school at **8:45am**. The teams will march from the school, along Maitland Street and towards Gwydir Oval. Athletics will commence at 9:30am at Gwydir Oval. Students can wear **House Colours**.

It is a **compulsory event** for all students from Years 2 - 12 to participate in the Thomson Cup. Parents and community members are welcome to spectate on Wednesday afternoon and Friday.

Please note: spikes may be worn in all track and jump events except the 800m and 1500m.

# School News

## Upcoming Exams & Assessments

### Stage 4

Year 8 English – Thursday 13th June (Term 2 Week 7)

Year 7 Maths – Thursday 27th June (Term 2 Week 9)

### Stage 5

Stage 5 PASS – Friday 21st June (Term 2 Week 8)

Stage 5 Maths – Thursday 20th June (Term 2 Week 8)

Stage 5 Visual Art – Wednesday 3rd July (Term 2 Week 10)

### Stage 6

Year 12 Maths Standard 1 & 2 – Wednesday 12th June (Term 2 Week 7)

Year 12 English Standard – Tuesday 25th June (Term 2 Week 9)

## Student of the Week - Primary

### William C

The primary student of the week is Year 4's quiet achiever, William Crump. William has proven that he displays true BCS GRIT across all aspects of school life. He is always a willing helper who enjoys assisting his peers while quietly going about getting his own work done. He is developing his oral skills when talking to his class and enjoys sharing his random pieces of general knowledge with them. William also loves Mathematics and is amazing at calculating mentally. Well done William on being our student of the week, keep up the good work!



## Student of the Week - Secondary

### Blake T

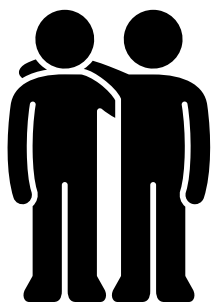
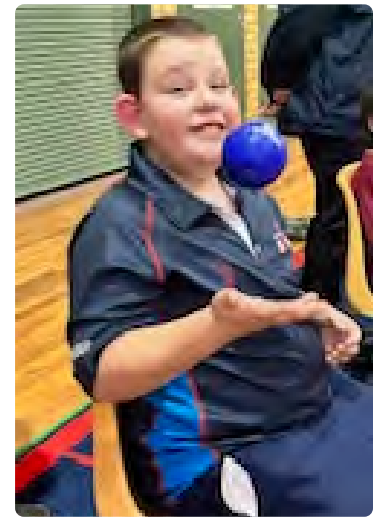
Blake approaches each day with a positive attitude. He is always friendly, helpful and cooperative towards staff and peers. Blake is undertaking Stage 6 studies in Mathematics, Computing Applications and Industrial Technology (Metal and Engineering). He consistently applies himself and strives to achieve his personal best in all of these subjects. Blake has also been an instrumental part of the Stage 6 fundraising efforts, delivering coffees to staff with his cheerful demeanour. Congratulations Blake on being Student of the Week!



# School News

## MC Boccia

On Wednesday the MC Boccia Team travelled to Manilla to play Quirindi. The boys got off to a great start leading after the first end. Quirindi produced some outstanding shots and won the last 3 ends convincingly. It is an amazing achievement for our students to participate in activities outside of the school environment and they have all demonstrated outstanding BCS GRIT. Congratulations and many thanks to



## Buddy Bench

Bingara Central School students have been using the buddy bench during morning play to share stories, read books and make everyone feel welcome.

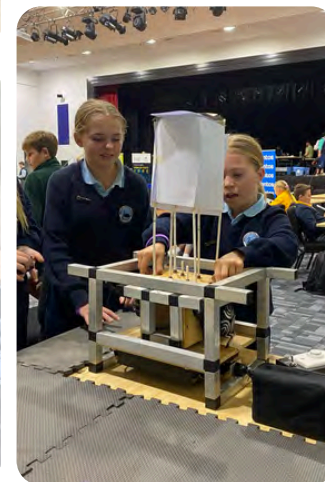
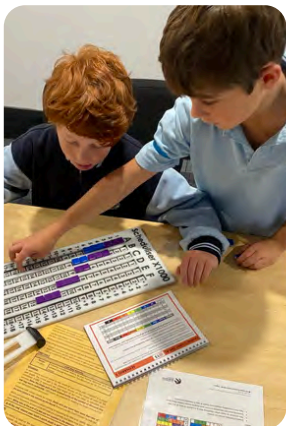
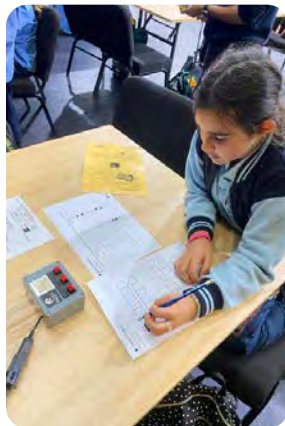
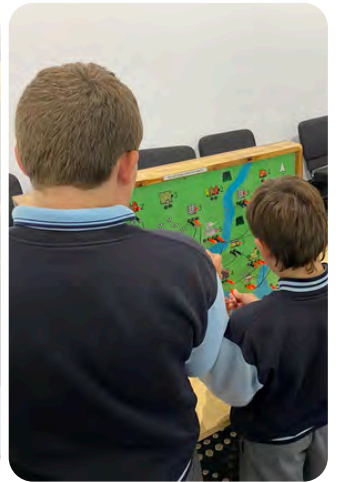
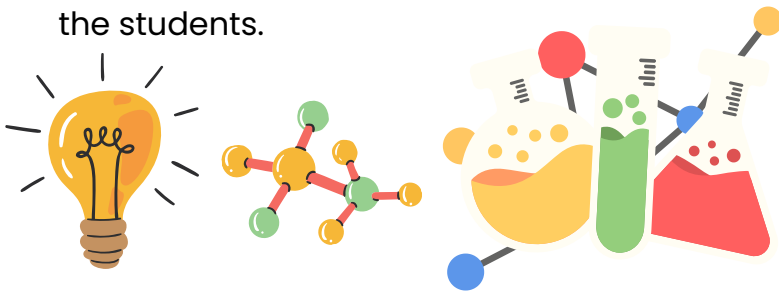
Teachers have discussed the purpose of the Buddy Bench with students to develop a total understanding that it is a place students can sit when they don't have anyone to play with. The Buddy seat has played an important role in students feeling of belonging and being connected in their school environment.



# School News

## Science & Engineering Challenge

Our Stage 3 Students had a fantastic day on Tuesday, when they attended the Science and Engineering Challenge Day in Narrabri. BCS students had to complete a variety of challenging science activities in their groups to try and get as many points as possible. Our teams worked well together, and our school came away with 3rd place overall. One of our teams also managed to get an equal 1st in the strongest bridge activity. These opportunities are always a lot of fun for our students, practising their critical thinking and collaborative skills amongst students from other schools. Thank you to Mrs Craddock and Mr McEwan who took to the students.





BINGARA CENTRAL SCHOOL

# NAIDOC DAY

FRIDAY 14 JUNE



Smoking Ceremony | Aboriginal Games | Storytelling  
Gamilaraay Language | Artefact Workshop | Cooking  
Dilly Bag Making | Art | Fishing

*students who have nominated to do fishing will need to bring their fishing equipment*

**FREE** Stew & Damper lunch in the Yarning Circle

**STUDENTS TO COME IN FREE DRESS  
TO CELEBRATE NAIDOC**



## THE BINGARA ORANGE TREES

Planted as a living memorial to Bingara's fallen in World Wars I and II.

Our children (the orange police) are taught the significance of the trees from an early age and are quick to educate anyone who tries to pick the oranges before our

Annual Orange Picking Day. This is a unique Bingara tradition since the 1960's.

B I N G A R A

# RANGE PICKING

*Ceremony*

**Bingara Central School**  
in conjunction with  
**Bingara RSL Sub Branch and Gwydir Shire Council**

invite you to attend our

**Annual Orange Picking Ceremony and Harvest**  
**FRIDAY 5 JULY 2024 - commencing at 11:00am**

*Finch Street near the Bingara RSL*

**For further information please contact the school office 67241606**

# *Celebrating academic excellence for over* 40 YEARS

Bingara Central School is participating in ICAS 2024! Give your child the chance to shine in the internationally-recognised gold standard academic competition that inspires, celebrates and challenges 10 million+ students across the world. Learn more: [icasassessments.com/icas](https://icasassessments.com/icas)

ICAS Assessments are designed to assess students' ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills.

ICAS subjects for Years 2-12 (Writing from Year 3 – 12 only):

- English
- Writing
- Spelling Bee
- Science
- Mathematics
- Digital Technologies

Online registration and payment is now open. Read about ICAS subjects [here](https://icasassessments.com/products-icas/) ([icasassessments.com/products-icas/](https://icasassessments.com/products-icas/))

To participate: go to the Parent Portal to sign up to chosen subject areas [here](https://shop.icasassessments.com/pages/pps): ([shop.icasassessments.com/pages/pps](https://shop.icasassessments.com/pages/pps)) Using our school access code: JBA063



**The internationally-recognised gold standard in academic competitions.**



ENROL NOW

All students attending Bingara Central School in 2025, and wishing to attend the Kindy Gritters program commencing **Friday 7 June MUST** be enrolled prior to attendance.

Please visit

[www.bingara-c.schools.nsw.gov.au/about-our-school/enrolment.html](http://www.bingara-c.schools.nsw.gov.au/about-our-school/enrolment.html)



ENROL NOW!

**KINDERGARTEN  
TRANSITION**

COMMENCING WEEK 6  
Friday 7 June 2024 9am - 11am

Is your child starting Kindergarten in 2025?

The Bingara Central School Kindergarten transition program is starting soon. Students must be enrolled prior to attendance. Please enrol on the school website ASAP.



# Aerospace Camp Inverell

29TH JULY - 1ST AUGUST

**Aerospace Camp is a free STEM and aerospace camp open to Regional students between the ages of 11 to 14**

The camp includes:

- Astronomy
- Virtual Reality
- Talking to space experts
- Flight simulators
- Designing galactic habitats
- Using robotics
- Drone flying
- STEM Careers Expo
- Rocket launching

....and much more!



Four days  
and three  
nights of  
activities!

Camp is  
free to  
attend!



See our website for more details

<https://onegiantleapfoundation.com.au/aerospace-camp>



**NEW!**

When  
ordering  
Book Club  
please use  
**LOOP**

\*Cash no longer accepted

**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)



# IT IS EASY TO ORDER

The Book Club LOOP platform for parents allows you to pay by credit card. Your child's order is submitted directly to school safe and sound and the books will be delivered to class.

BCS will be participating in Scholastic bookclub twice a term during the school year, with each order earning points for free books and teaching materials for our classrooms!

## Bingara Central School Fundraiser \$1,200 in 1 hour

Taste-testing grilled Australian beef for market research

All we do is turn  
up & taste

No cost to us,  
UNE does it all

Time and venue

60 participants, split across  
3 sittings of 1 hour each.

No set up, no clean up!

All we have to do is show up  
on time & taste-test 7 small  
samples of Australian beef.

**FREE TO  
PARTICIPATE**

**We just turn up  
and taste!**

**Date: Wednesday  
3rd July**  
**Venue: Bingara Central  
School  
Hall**  
**Session times:**  
3:30pm - 4:30pm  
4:30pm - 5:30pm  
5:30pm - 6:30pm.

Check-in 10 mins prior to start

**60 of us + 1 hour + taste-test grilled Australian beef  
=\$1,200 donated straight to our school!**

To claim your 1 hour session time please contact Scot Crispin

e: [scot.crispin@det.nsw.edu.au](mailto:scot.crispin@det.nsw.edu.au) or m: 0429 341 804

**CRITICAL: If you can't make it on the day, you MUST provide a SUB. to take your place, or we can't run**

Social-distancing  
and fundraising  
CAN go together!

### What is this all about?

This is Australian farmer-funded market research on the eating quality of beef. You can help raise funds & collect important data, by tasting 7 small samples of grilled beef & filling out a simple survey.

### What do I need to do?

1. Confirm your eligibility to participate: you must

- Meet the minimum age criteria of 18 years old
  - Be a regular consumer of beef/lamb (ie at least once a fortnight)
  - Prefer to eat beef cooked between medium-rare to medium-well done
  - Provide your group with a substitute participant if you can't make it to the event on time
- Only attend if feeling well

2. Register your name and session time

Choose the 1 hour time slot that you can commit to and let your coordinator know (RSVP details are overleaf).

3. Lock in the date and time in your calendar

Your fundraiser event is a market research activity for the Australian beef industry - all farmer funded. If any participants are "no-shows" then it puts your club fundraiser in jeopardy and wastes the levy money of our farmers ... and no-one wants that, so please set your reminders now.

4. Turn up on time, taste-test and have fun!







On the day, everything will be set up and the team will guide your group members through the taste- testing process. It really is that simple and it's a lot of fun!




5. Spread the word!

If you know of any other organisations that would like to get involved please ask your group coordinator for a flyer to pass on, or talk to the team at your event.

Fundraise while supporting market research for Australian beef.

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

<p><b>headspace</b></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><b>‘Take a Step’ ‘Yarnsafe’ ‘Yarnspace’</b></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><b>Reach Out</b></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><b>Beyondblue</b></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><b>Parent Line NSW</b></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><b>Raising Children Network</b></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><b>Lifeline</b></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><b>Mind Health</b></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>

<p><b>13YARN</b></p> 	<p>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 yarning 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></p>
<p><b>Head to Health</b></p> <p><b>Chatstarter</b></p> 	<p>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></p> <p><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></p>
<p><b>Suicide Call Back Service</b></p> 	<p>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></p> <p>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></p>
<p><b>SANE</b></p> <p><b>'You are not alone'</b></p> 	<p>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></p> <p>'You are not alone' – 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></p>
<p><b>The Butterfly Foundation</b></p> <p><b>Body Kind Families</b></p> 	<p>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></p> <p>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></p>
<p><b>Kids Helpline</b></p> 	<p>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></p> <p>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></p>
<p><b>NSW Mental Health Line</b></p> 	<p><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></p>
<p><b>Transcultural Mental Health Line</b></p> <p><b>1800 648 911</b></p>	<p>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 &amp; 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).</p>