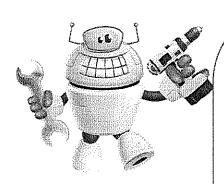


Each striving for the peak

Family How to Guide

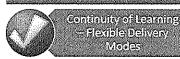


Hi Families,

We have included the following resources in this 'Family How to Guide' to help support parent and Caregivers with remote learning:

- 1. How to set up/ login to your virtual Classroom
 - a. PC/Mac
 - b. Device Blackboard for Students
- 2. Troubleshooting
- 3. How to Call into a Teleconference
- Free Ebooks, Audiobooks and Read-along ebooks
- 5. Additional Learning@home resources
- 6. Remote Learning Frequently Asked Questions
- 7. Online Safety for Parents
- 8. Key contact numbers, Emails and websites
- 9. Support services

Balanced School Planning Areas







Phase 2 – Flexible Delivery of School Operations

Students Accessing Face to Face Learning

Students able to access On-line Learning

Students who need to Access Off-Line Learning

Example Daily Student Group Check-ins — Q&A with Teacher

-		Monday	Tuesday	Wednesday	Thursday	Friday
	Online	20 min Q&A Virtual	lita kanaan ta daa aa aa mira ah ee ee ee ee ah aa faa faan (ah 1	20 min Q&A	20 min Q&A	20 min Q&A
1		Classroom	Virtual Classroom	Virtual Classroom	Virtual Classroom	Virtual Classroom
4	Offline	20 Min	20 Min	20 Min	20 Min	20 Min
1	Offinite	Teleconference	Teleconference	Teleconference	Teleconference	Teleconference





Each striving for the peak

Year 5 Parent Reference Pack

Every day for students learning online there is a Group Q&A/ check-in session via virtual classroom in addition to prerecorded lessons. Your child can attend their class's session or another class's in their grade if time doesn't suit.

Resources are included in this pack to help all parents/caregivers support learning.

If you have any questions please email your child's classroom teacher

For student's learning using an on-line mode your child's

Virtual Classroom is:

WSS Year 5 Classroom

Code: Q1980WYA005

The link to this room will be sent to your child's email address.

For student's learning using an offline mode Teleconference lesson/s will be provided.

Your child's Teleconference

No. is:

1800 931 210

Then enter this code wher requested

Code: 2855 442 239#

For most mobile phone carriers this is a free call.



ema	email your child's classroom teacher		this is a free call. Please help your child with muting and unmuting your phone.		
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - 9:30am	Offline Teleconference Hosted by Ms Cathy Field	Offline Teleconference Hosted by Ms Cathy Field	Offline Teleconference Hosted by Ms Cathy Field	Offline Teleconference Hosted by Ms Cathy Field	Offline Teleconference Hosted by Ms Cathy Field
9:40am - 10:00am	Online Q&A check in - Hosted by Miss Natalie Ung	Online Q&A check in - Hosted by Miss Natalie Ung	Online Q&A check in - Hosted by Miss Natalie Ung	Online Q&A check in - Hosted by Miss Natalie Ung	Online Q&A check in - Hosted by Miss Natalie Ung
10:00am 10:10am 10:30am 10:40am 11:00am	Online Q&A check in - Hosted by Mr Kutz Ali	Online Q&A check in - Hosted by Mr Kutz Ali	Online Q&A check in - Hosted by Mr Kutz Ali	Online Q&A check in - Hosted by Mr Kutz Ali	Online Q&A check in - Hosted by Mr Kutz Ali
10:40am 11:00am	Online Q&A check in Hosted by Ms Cathy Field	Online Q&A check in Hosted by Ms Cathy Field	Online Q&A check in Hosted by Ms Cathy Field	Online Q&A check in Hosted by Ms Cathy Field	Online Q&A check in Hosted by Ms Cathy Fiel
100 000 000 000 000					
11:30am 12:00pm	Offline Teleconference Hosted by Mrs Rhonda Zeylmans	Offline Teleconference Hosted by Mrs Rhonda Zeylmans	Offline Teleconference Hosted by Mrs Rhonda Zeylmans	Offline Teleconference Hosted by Mrs Rhonda Zeylmans	Offline Teleconference Hosted by Mrs Rhonda Zeylmans
12:00pm 12:00pm 12:20pm	Online Q&A check in - Hosted by Mrs Rhonda Zeylmans	Online Q&A check in - Hosted by Mrs Rhonda Zeylmans	Online Q&A check in - Hosted by Mrs Rhonda Zeylmans	Online Q&A check in - Hosted by Mrs Rhonda Zeylmans	Online Q&A check in - Hosted by Mrs Rhonda Zeylmans
2:00pm - 2:20pm	Online Q&A check in - Hosted by:	Online Q&A check in - Hosted by:	Online Q&A check in - Hosted by:	Online Q&A check in - Hosted by:	Online Q&A check in - Hosted by:



Daily Routine for At-Home Learning

Structured days with regular mealtimes and bedtimes are essential to keeping children happy and healthy. A predictable, regular routine will assist in ensuring students remain calm.

Before 9am	Morning Routine	Breakfast, get dressed, make bed etc	
9:00-9:30	Be active	Walk, stretches, ball games	
9:30 11:00	Academic Learning	Set teacher tasks	
11:00-11:30	Lunch		
11:30-12:00	At Home Chores	Choose	
12:00-12:30	Regular homework routine	 Reading Basic maths – times tables Spelling activity 	
12:30-1:30	Academic Learning	Set teacher tasks Online activity- Studyladder Maths/ English activity Typing Task Reading	
1:30-2:00	Afternoon Tea		
2:00-3:00	Creative Time	Lego, drawing, music, cooking	
3:00-4:00	Outdoor Activity	Outdoor play, bikes	
4:00 - Bedtime	Regular afternoon rou	tines	



White the Sonoo









visit and explore if they require more school work to complete during the week! Here's a list of some fun, educational and safe websites for your children to

EQ Learning@home

Phontes Hero

https://education.qld.gov.au/cu home/learning-resources Education Queensland: rriculum/learning-at-

Reading and spelling with a phonics https://www.phonicshero.com/

program. FREE for teacher and

parents. (7day free trial)

Waith Game Time

Responsibility,

https://www.storylineonline.net/libr

Shory Line Online

Online library of favourite children's

stories read by celebrity actors.

https://www.mathplayground.co solving, logic games and number Online math games, problem puzzles (P-6).

Serenteh

community to create your own Free programming and online interactive stories, games and https://scratch.mit.edu/ animations.

Study-Ladden

Maths, English, Science and more. A https://www.studyladder.com.au/ comprehensive program of online educational activities for students aged 4-12.

Numerous educational games

for students.

https://www.abcya.com/

WIDEN

Maths Online

https://www.mathsonline.com.a Students learn at their own pace through curriculum lessons and u/students/lesso ns/1/2444 activities,

NASA Space Place

https://www.typingclub.com/ Free online typing program.

Typing club

Earth Science through interactive primary students in space and games, and hands on activities. Space Place website engages https://spaceplace.nasa.gov/

Stanfall

Have fun while children learn educational games, books and https://www.starfall.com/h/ reading, phonics and math songs (P-3).

Splash Learn

Comprehensive maths learning program with unlimited maths https://www.splashlearn.com/ lessons (P-5).

National Geographie

science, archaeology and https://www.natgeokids. geology, geography and history (Enter Kids Club) exciting facts: amazing animals, incredible com/au/ Discover

https://www.speldsa.org.a SPELD (SA) Free phonics books use the sequence of sounds u/speld-phonic-books from Jolly Phonics.

P.E. With los (Youngle)

https://www.youtube.com/watch? v=K6r99N3kXME From Monday 23rd March 2020, free home based P.E. workout for kids.

> E: admin@whitfieldss.eq.edu.au 🌘 https://www.facebook.com/WhitfieldStateSchool https://whitfieldss.eq.edu.au 42-74 McManus St, Whittield QLD 4870 PO Box 680, Edge Hill QLD 4870 Ph; (07) 4034 7333

The Queensiand Department of Education trading as: Education Queensland International (EQI) CRICOS Registration Number 00808A

Whitfield State School Learning at Home: MIS, Virtual Classroom, Live Sessions, Teleconference

Computer/Device: Your child can access their online learning activities using most devices. This includes laptop or desktop computers, iPads and other tablet computers. See supporting steps below for **PC/ Mac or App**

Accessing your child's email account

What is my child's EQ Email address?

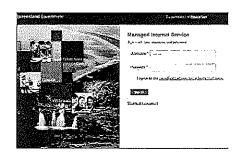
Every student in Education Queensland has their own email address.

This email address is as follows

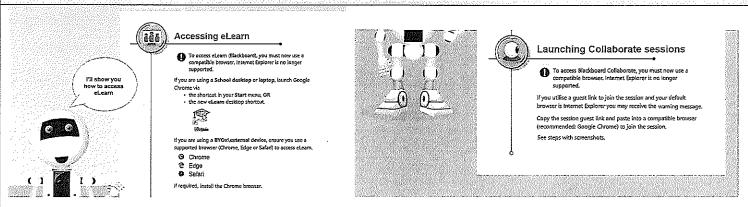
<student username>@eg.edu.au

To access you child's account follow these steps

- 1. Go to https://owa.eq.edu.au/
- 2. Use your students EQ username and password to log in The students mailbox will open.



PC or Mac - Access eLearn



STEP 1: How to access your learning activities

Open a web browser

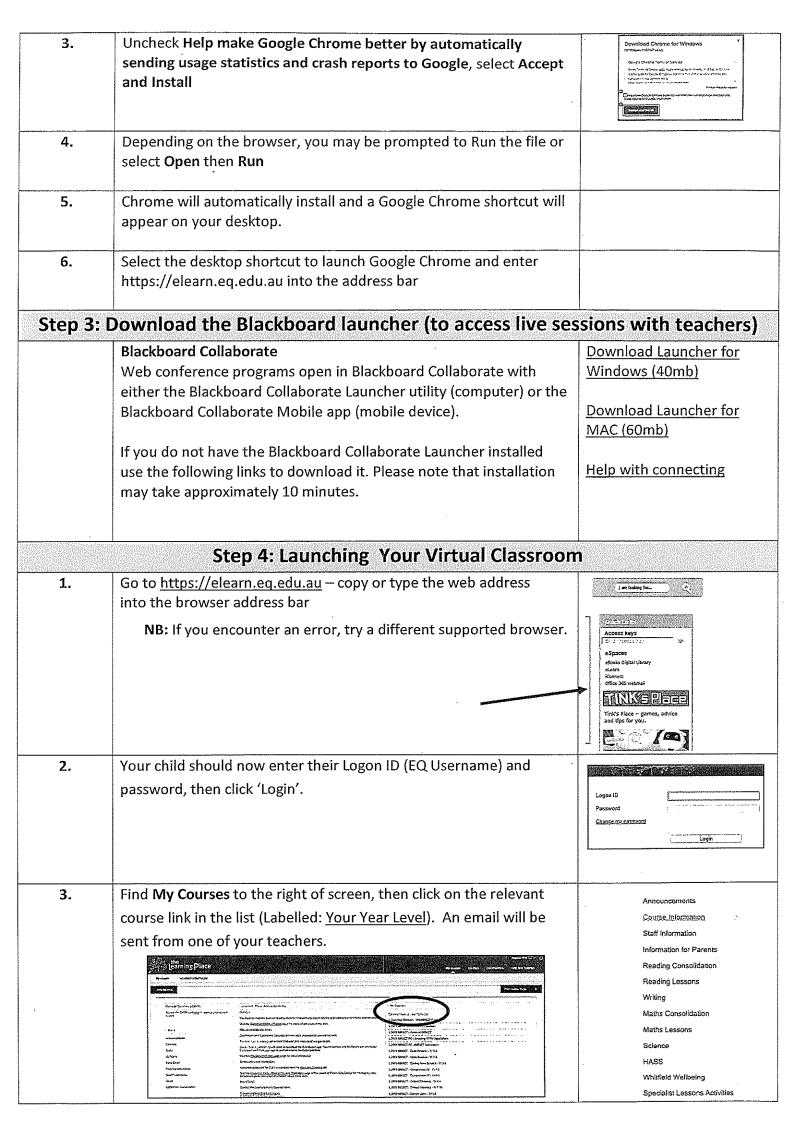
- Google Chrome, Firefox, Safari or Microsoft Edge are supported.
- Internet Explorer will not work.

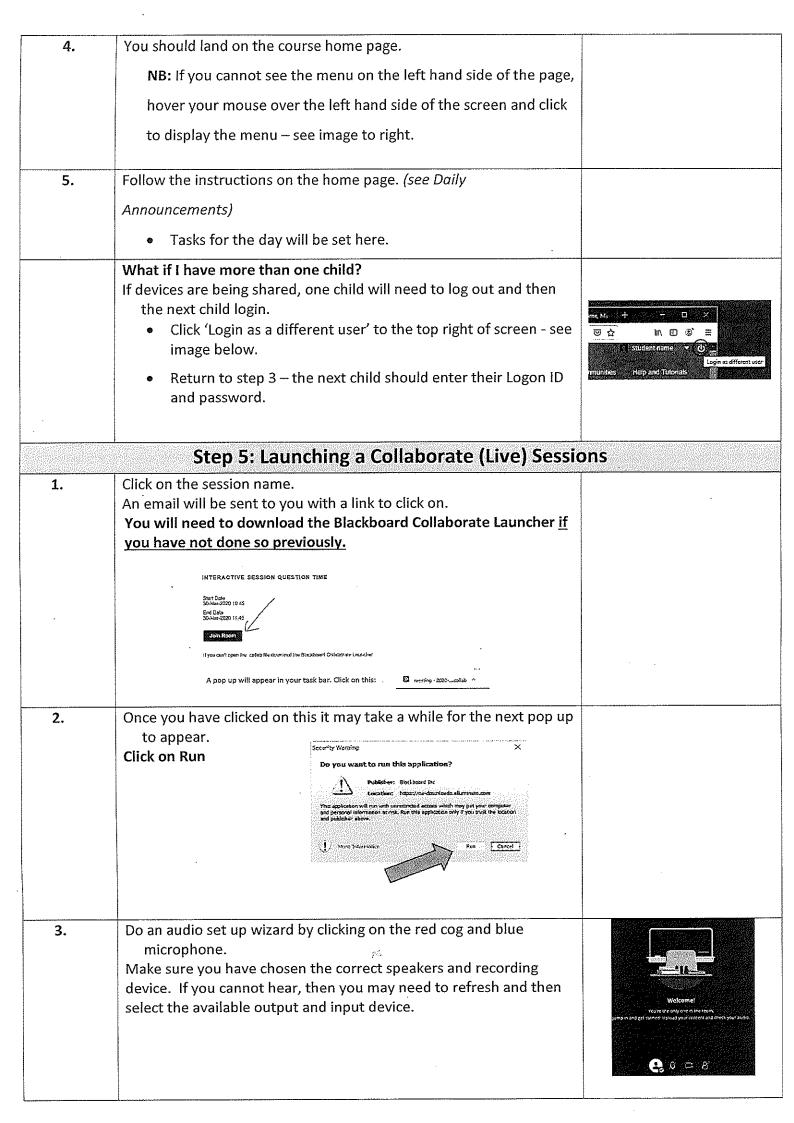
Supported	Supported Web Browser		
		Google Chrome	
		Free Download	
		Apple Safari	
		Standard on Apple devices	

Supported	14 25 (27)	Web Browser
2	13	Firefox
V		Free Download
		Microsoft Edge
V		Standard on Windows 10

Not supported		Web Browser
	(Š	Internet Explorer
W	الربية الم	Standard on Windows 7-8

	Step 2: Download the correct Web Browser			
1.	Navigate to https://www.google.com/chrome.	©		
2.	Select Download Chrome.	Get more done with the new Chrome		
		Balling Control		





Setting up your Device

Step 1: Using the App on a Tablet, iPad or phone - Access eLearn

Blackboard mobile app

You can Download the Mobile App

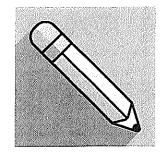
https://help.blackboard.com/Blackboard App

The Blackboard mobile app has changed. You can find your Virtual Classroom on your phone (e.g. iPhone) or tablet (e.g. iPad) by downloading the new Blackboard app for free!

Follow these three steps:

- 1. Download and install the Blackboard App for Students. You can ask your teacher for help.
- 2. Type in 'Learning Place' then choose Learning Place, DoE Qld from the list.

Enter your MIS logon ID and password.



Step 2: Download the Blackboard launcher (to access live sessions with teachers)

Blackboard Collaborate

Web conference programs open in Blackboard Collaborate with either the Blackboard Collaborate Launcher utility (computer) or the Blackboard Collaborate Mobile app (mobile device).

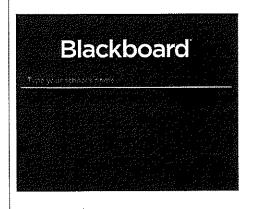
If you do not have the Blackboard Collaborate Launcher download the App Blackboard Collaborate.



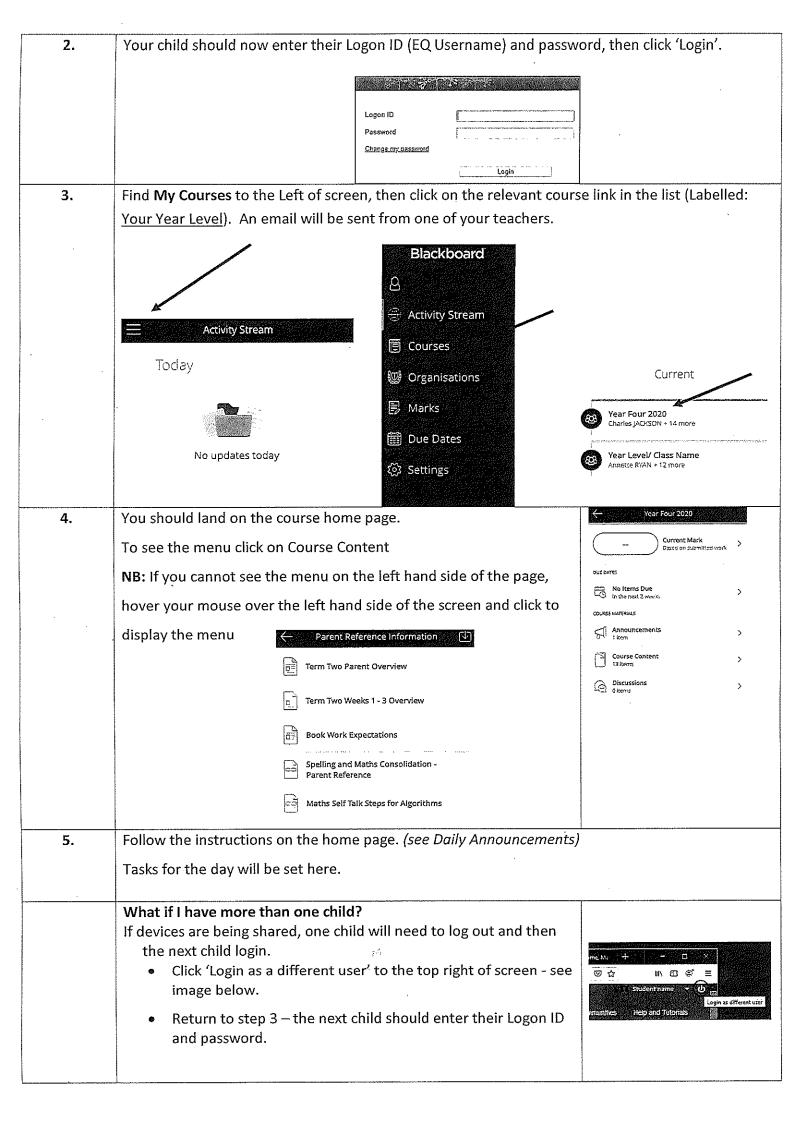


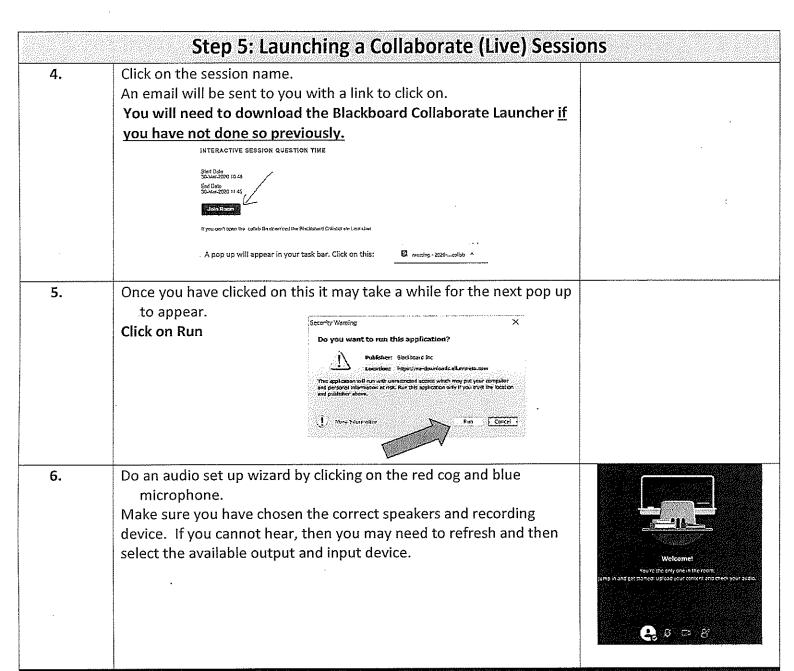
Step 4: Launching Your Virtual Classroom

1. Click on the App and enter Learning Place, DoE Qld







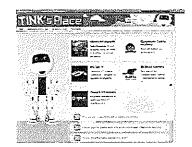


Troubleshooting

You can enter <u>TINK's Place</u> in The Learning Place once your child has logged in for further help to find your classroom.

https://students.learningplace.eq.edu.au/lp/pages/default.aspx?cid=133988 link available from the school's website also.

- Things to check before your session
- How to join your session
- How to set up your audio
 Additional Resources to Access via The Learning Place:
 (Education Queensland curriculum resources)
- EdStudios
- Digital Library



If you are experiencing technical difficulties logging into, using, or navigating The Learning Place and/or Blackboard; Please contact our WSS I.C.T. Support email (ICT_Support@whitfieldss.eq.edu.au).

Whitfield State School - Teleconferencing How to:

To participate in the teleconference call

• At the specified time, dial the **1800 931 210** provided to you by the teleconference leader.

For most service providers this is a free call. Please check.

- When prompted, enter the provided 10 digit conference code followed by the hash (#) key
- If prompted please give your name and class

Helpful keypad commands for Conference participants

- *0 Operator assistance conference
- 00 Operator assistance individual
- *6 Self mute phone line

#6 Self unmute phone line

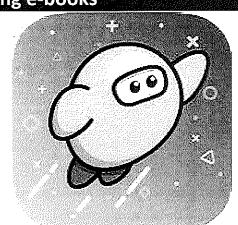
Number for assistance: 1300 132 004

Free Ebooks, Audiobooks and Read-along e-books

Our school has purchased a registration for all of our students, so that they can now access over 40,000 eBooks, audiobooks and read-along eBooks by visiting the **Sora website**, or downloading the free **Sora app** on a mobile device. Search for the school 'Education Queensland', and log in using your child's MIS ID(username). Enjoy

(Please note, the Sora website is best viewed in the Google Chrome web browser.)

https://soraapp.com/library/eduqueenslandau



Learning at Home

The Department of Education, QLD has also provided a suite of online resources to support schools and parents/carers to maintain teaching and learning in the event of a prolonged school closure or student absence. These are additional resources.

Learning			
@ Home			
(Additional			
resources)			

The Department of Education has a number of online tools and resources to support students. Curriculum resources for Mathematics and English are available for students to complete at their own pace.





Please note - Students in Prep to Year 3 may require support to read and understand instructions.

Visit https://education.qld.gov.au/curriculum/learning-at-home/learning-resources for resources. The resources provided here are a sample of activities that can be printed and are designed as a support tool for students to continue their learning and engage in familiar activities essential to their learning and wellbeing.

The Learning Place (Additional resources) Additional online resources are available through the <u>Learning Place website</u> using individual students log ins. This is the same logon (username) and password that students use to log onto the computers at school.

https://education.qld.gov.au/curriculum/learning-at-home/learning-at-home-tv Recorded TV episodes to provide quality learning resources for students.

Please contact the teacher for these details if required. You can find these resources here: https://learningplace.eq.edu.au/cx/resources/file/6f953822-eb08-473b-9f36-f5637af98019/1/index.html

Resources - There are resources to support this on the 'Learning Place' here and Edstudios (links & details below)

P-2 Access key: S169239942 Year 3-4 Access key: S321239943 Year 5-6 Access key: S917239944

How to	access Learning Place resources – See the steps below	
1.	Search for the 'Learning Place' https://learningplace.education.qld.gov.au/	Queensland Government The Learning Place
2.	Enter your username and password to get access. (Please note - If you do no know your username or password, please ask your class teacher).	ot
3.	Click 'Student space' (right of page)	Access the Learning Place Spaces State State Running Course Non on State planting State State State State State State
4.	Choose a learning phase Early = P-2 Middle = 3-6	Please select a phase of student site: Early Middle Senior
5.	To access an EdStudio, enter the 'Access Key' (listed above)	DESCRIPS ACCESS KAYS Enter access yety ESPACES aBooks Digital Ubrary cleam
	To access other eSpaces, click the links here	iConnact Office 365 webmail

Trouble Shooting

The Learning Place website states ...

"Departmental websites and applications issues with Chrome v80

Staff, students and the public using un-managed devices (e.g. non-MOE, BYOx and personal) will have issues accessing some departmental applications and websites using Google Chrome v80. The department is working with Google to resolve these browser issues introduced by the new version upgrade.

Chrome v80 users will not be able to access:

- CAMS
- Learning Place resources (e.g. searching from Staff and Student sites)
- some resource links within eLearn courses and edStudios.

For CAMS, Staff and Student sites links to Learning Place resources, users should continue to use Internet Explorer 11 or Safari on Mac. Access will be available to eLearn using Chrome v80."



Each striving for the peak

Remote Learning - FAQs

The below will be slightly different for the first week, which we are calling our 'Learning to Learn Remotely' week.

i ne below	The below will be slightly different for the first week, which we are calling our 'Learning to Learn Remotely' week.				
My Child will be learning	Using an Online mode with home internet or mobile and a computer or device (able to stream)	Using an Offline mode, so my child will be ringing into teleconferences and completing work at home.	Face to face if the government determines that this is appropriate.		
Lesson Delivery	Learning will be delivered in 3 short pre-recorded lessons every day. The length and number of lessons will allow parents to manage multiple students using the same device and will be supplemented through set physical or on-line learning resources. Learning will be delivered through 3 lessons every day using physical materials. Teleconference lesson/s will also be provided as required.		Students from all classes in the same year level will be grouped together to form temporary class/es. Students will be taught by a teacher from the Year Level. Content learning will match on and off-line learning.		
What will I receive from the school?	Parents/ Carers will receive a Fareference Pack. This will include such as Q&A sessions or ever classrooms and teleconferencing routines and supports for learning be picked up at the school as parents of the school as par	No material required for collection			
What will my child receive from the school?	Students will receive a small station materials. This resource pack we returned to the school as per our lead to the school . Feedback will or er	No material required for collection			
How can my child get help if they need it?	Every day there will be either a Givirtual classroom or teleconfere class's session or another class's i or your children can also either school and leave a message for feedback will be provide	During normal face to face learning.			
How Often do we return or get new learning	All learning and resource development will occur in two week Learning Rounds. This is except for the first week, which we are calling our 'Learning to Learn Remotely' week. During this week we will be ensuring that students know how to use the various platforms and that we have developed the routines for successful learning to occur. We will start learning in these modes fully in the second week of school.				
What types of subjects will my child/ren be learning	Throughout the week children will have access to Core, Specialist and Extra-curricular learning that will be occurring over a week. We will also be providing children and their parents other activities that have the purpose of ensuring children stay connected to our school and each other. An example is our Virtual Assemblies which are available from our school's Facebook site or YouTube Channel.				



My Child requires additional support or has special needs	Parents of special education children will be contacted personally by the school's staff to arrange alternative learning and resource requirements. At any time if you have any concerns about your children either from an academic or social and emotional standing please make contact with your child's teacher.	As normal
I am having trouble with the mode or the technology	Please contact your class teacher for all issues to see if they can be resolved. Otherwise your teacher may refer you to our tech support staff or a deputy principal. There will also be some simple troubleshooting guides in your parent reference pack	Not applicable – if you have concerns about your child attending school or not and would like to discuss this please contact the school's office





Each striving for the peak

Online Safety for Parents Help your child manage their online time



Stay engaged and encourage balance

- · Keep an eye on the games, apps and devices your child uses
- Balance online and offline activities. Online activities includes all screen time. Offline line activities can be drawing, reading, playing outside. listening to music or getting some exercise.
- Join in. Play games together as a family, or explore some joint online projects.
- Where possible, avoid limiting online time as a punishment as this approach
 may inflate its importance to children.





Create a plan

- Work out the plan together with your child/ren in creating a family plan for leisure and entertainment time.
- Include age-based time limits, which websites that can be visited and online games that can be played. It could also include control of access to the internet or devices, perhaps with daily passwords revealed once family time, homework and chores are complete.
- A minor reduction each day or a '15-minutes to switch-off warning can help the transition to a more balanced use of time.





Set boundaries for device use in your home

For example, your family plan could include rules like this:

- · no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- · all family members switch off at dinner time
- devices charged overnight in a place your child cannot access





Please Remember School Rules Still Apply Online



Staff Emails			
Year Level	Given_Name	Family Name	Email_Contact
Prep	Randeep	Johal	rkjoh1@eq.edu.au
Prep	Sarah	Hodkinson	smdel0@eq.edu.au
Prep	Belinda	Jarvinen	bjarv34@eq.edu.au
Prep	Belinda	Stowe	bxsto2@eq.edu.au
Prep	Courtney	Crichton	cwick70@eq.edu.au
1	Michele	Bond	mbond25@eq.edu.au
1	Kathy	Harris	kharr81@eq.edu.au
1	Alanna	Marshall	akmar0@eq.edu.au
1	Maddie	Wells	mewel0@eq.edu.au
1	Yolanda	Alexander	yxale1@eq.edu.au
2	Natalie	Clarke	nclar196@eq.edu.au
2	Jessica	Kelly	jakel3@eq.edu.au
2	Tracy	Schafer	tscha64@eq.edu.au
2	Demi	Quirk	dxqui0@eq.edu.au
2	Danielle	Russell	druss128@eq.edu.au
3	Gillian	Gallen	gxgal0@eq.edu.au
3	Kylie	Knight	krein32@eq.edu.au
3	Charmaine	Anderson	cande611@eq.edu.au
3	Ross	Tudberry	ratud0@eq.edu.au
34	Jill ang Asia	Emmans	jhemm25@eq.edu.au
4	Tina	Gibbons	tgibb79@eq.edu.au
4	Hollie	Martin	hmart157@eq.edu.au
4	Evelyn	McGuinness	eamcg1@eq.edu.au
4	Adele	Smith	asmit1654@eq.edu.au
5	Kutsal	Ali	kxali3@eq.edu.au
5	Cathy	Field	cthom142@eq.edu.au
5	Rhonda	Zeylmans	rzeyl1@eq.edu.au
56	Natalie	Ung	nung1@eq.edu.au
6	Leonie	Kristens	lkris7@eq.edu.au
6	Tracy	Onaindia	tonai1@eq.edu.au
6	Elysia	Flint	txpra0@eq.edu.au
6	Laura	Jago	lwood267@eq.edu.au
IEC	Steve	Brech	sbrec4@eq.edu.au
IEC	Catherine	Foy	cestc1@eq.edu.au
IEC	Mary	Smith	msmit498@eq.edu.au
IEC	Tania	Leiter	tleit5@eq.edu.au
IM	Jonathon	Barbagallo	jbarb133@eq.edu.au
IM.	Elisha	Anthony	eanth7@eq.edu.au
IM	Emma	Baker	elbak0@eq.edu.au
BST	Lana	Swayn	effin13@eq.edu.au
Drama	Veronica	Brady	vjbra1@eq.edu.au
LOTE	Janelle	Morris	jmorr138@eq.edu.au
MUSIC	Katie	Quinn Milner	klqui0@eq.edu.au nmiln18@eq.edu.au
MUSIC HPE	Natasha Michael	Arcidiacono	marci7@eq.edu.au
HPE	Trevor	Olive	toliv34@eq.edu.au
TECH	Justyn	McConachy	jmmcc4@eq.edu.au
LRC / GEC	Annette	Ryan	aryan60@eq.edu.au
DP P-2	Leigh	Evans	levan143@eq.edu.au
DF 7-2 DP 3-4	Janine	Wicks	jwick19@eg.edu.au
DP 5-6	Prue	Ruler	prule1@eq.edu.au
Principal	Matthew	Thompson	principal@whitfieldss.eq.edu.au
Entra Militabellimit		I was in the contract of the c	

KEY CONTACTS

School Email:

admin@whitfieldss.eq.edu.au

General Student Email:

WSSstudents@whitfieldss.eq.edu.au

Leave a message for call back –

School Message Bank: 40347366

Leave a text for call back -

School SMS Messages: 0429655316

Normal School Phone Number:

4034 7333

Website:

http://whitfieldss.eq.edu.au Useful Links from front page

- Principal Updates
- Online Links
- Offline Links
- Curriculum > Curriculum Activities

Facebook:

https://www.facebook.com/WhitfieldStateSchool

YouTube:

Search Whitfield State School from YouTube

EQ Learning at home Resources:

https://education.qld.gov.au/curricul um/learning-at-home

Where dessible please contact your child's teacher first.

Cairns Support Services and 24 hour Help Lines

Provided for families who may require emergent access to Cairns based support services during the coming months

Personal Support:

Providers Name:	Contact Details:
Anglicare Food Bank	Address: St John's Church Hall, Cnr Lake and
 Centrelink Concession Card required for free bread, cakes and 	Minnie Street, Cairns.
purchases from low cost shop.	Open: 10am to 4pm, Monday to Friday
 FREE 2 course meals every Wednesday from 5pm. No 	
concession card required for Wednesday meals.	
Anglicare - Youth Support Program	Phone: 4080 5800
Cairns Hospital	Phone: 4226 0000
Family and Child Connect – connecting families to services	Website: http://familychildconnect.org.au/
	Phone: 13 32 64
ICAN - Financial Counselling	Phone: 1300 369 878
Lives Lived Well - Cairns Alcohol & Other Drugs Support Centre	Phone: 4220 9881
Queensland Health Mental Health Emergency- Acute Care Team	Phone: 1300 642 255
RAATSIC Family Support Information - Cape and Torres	Phone: 1300 663 411
Standby - Support after Suicide, FNQ	Phone: 0407 490 005
Women's Centre FNQ	Phone: 4051 9366
	Email: wirc@wirc.org.au
Wuchopperen Health Service - Indigenous Health	Address: 6 Moignard Street, Manoora
	Phone: 4080 1000
YETI - Youth Support and Information	Phone: 4051 4927
Youthlink - Youth Support and Information	Phone: 4031 6179

Tenancy Support and Advice:

Providers Name:	Contact Details:
Anglicare Homestay - Support for at risk tenancies	Phone: 0417 639 103
Cairns Homeless Services Hub	Address: 149 Bunda Street, Cairns
	Phone: 4046 8050
Ozcare Homestay - Support for at risk tenancies	Phone: 1800 692 273
QSTARS - Advice and referral service for all renters	Phone: 1300 744 263
Quigley Street Night Shelter	Address: 6-8 Quigley Street, Cairns
	Phone: 4046 8092
Ruth's Women's Shelter Cairns	Address: Shop 108 Raintrees Shopping Centre
Ruth's Hub	Phone: 4281 6899
	Email: rwcairns@bigpond.net.au
	Email: lauren@ruthswomensshelter.com.au
Salvation Army Centennial Lodge	Address: 281-289 Sheridan Street, Cairns
	Phone: 4031 4432

Phone Advice:

13 HEALTH (Confidential Health Advice 24/7)	Phone: 13 43 25
Beyond Blue – online chats, support groups, information, referral	Website: https://www.beyondblue.org.au/
search.	Phone: 1300 224 636
Domestic Violence Hotline (DV Connect)	Phone: 1800 811 811
Gambling Helpline	Phone: 1800 858 858
Kid's Help Line – phone counselling, online wellbeing activities.	Website: https://kidshelpline.com.au/kids
	Phone: 1800 551 800
Lifeline Telephone Counselling	Phone: 13 11 14
Mensline Australia	Phone: 1300 789 978
Mensline DV Connect Queensland	Phone: 1800 600 636
Parent Line	Phone: 1300 301 300
Relationships Australia Support and Information	Phone: 1300 364 277