

TAFE SA STUDENT SERVICES

WITH YOU ON THE JOURNEY TO YOUR GOALS

STUDENT COUNSELLING

Helping build the resilience and wellbeing you need for life's ups and downs.

- > Dealing with study stress
- > Motivation and organising your time
- > Feeling anxious or depressed
- > Relationship issues or conflict
- > Financial or welfare issues
- > Coping with change or crisis.

CAREER CONFIDENCE

- > Identify your strengths and goals
- > Explore career opportunities and pathways
- > Help with career decision making and putting your plan into action
- > Supporting informed choices for students with additional support needs.

DISABILITY AND INCLUSION

- > Information, support and advice
- > Access plans and reasonable adjustments
- > Specialised services such as AUSLAN interpreting and equipment.

Free and confidential services are available face-to-face on most sites. Appointments are also available by phone or Skype.

If you are experiencing a mental health emergency call: 24-hour Mental Health Triage Service 13 14 65 or Lifeline 13 11 14

tafesa.edu.au/services | 1800 882 661 | studentservices@tafesa.edu.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service relayservice.gov.au