

STUDENT RESOURCE LISTING – FREE SERVICES

Free Support Services for Students (NSW)

1. Legal and Advocacy Services

Legal Aid NSW

Provides free legal information, advice and support for many legal issues.

- Phone (LawAccess NSW): 1300 888 529
- Website: <https://www.legalaid.nsw.gov.au>
- Online Legal Resources: <https://www.lawaccess.nsw.gov.au>
- Services: Legal information, face-to-face advice, duty lawyers at court, factsheets, referrals.

NSW Fair Trading

Free help with renting, consumer issues, scams and contracts.

- Phone: 13 32 20
- Website: <https://www.fairtrading.nsw.gov.au>
- Services: Tenancy issues, consumer complaints, refunds, product safety, dispute resolution.

Tenants' Union of NSW

Free tenancy rights information and advice.

- Phone: (02) 8117 3700 (Tenants' Advice Line)
- Website: <https://www.tenants.org.au>
- Services: Factsheets, tenancy legal advice, share housing support.

2. International Student Support

NSW International Student Service (via Service NSW)

Connects international students with free support services.

- Phone: 13 77 88
- Website: <https://www.service.nsw.gov.au/transaction/support-international-students>
- Services: Emergency housing, counselling, legal support, food relief, safety and wellbeing referrals, employment/visa guidance.

Study NSW

Provides support programs, safety services and community activities for international students.

- Website: <https://www.study.nsw.gov.au>
- Email: info@study.nsw.gov.au
- Services: Airport welcome desk, wellbeing programs, events, safety tools, student hubs.



3. Crisis, Mental Health and Wellbeing Support

Lifeline

Free 24/7 crisis support and suicide-prevention counselling.

- Phone: 13 11 14
- Website: <https://www.lifeline.org.au>
- Online Chat (nightly): <https://www.lifeline.org.au/crisis-chat>

Beyond Blue

Free 24/7 mental health support for anxiety, stress and depression.

- Phone: 1300 22 4636
- Website: <https://www.beyondblue.org.au>
- Webchat: <https://www.beyondblue.org.au/get-support>

Headspace (for students aged 12–25)

Free youth mental health counselling and support.

- Phone: 1800 650 890
- Website: <https://www.headspace.org.au>
- Services: Counselling, work & study programs, early intervention.

NSW Mental Health Line

Free 24/7 mental health triage and referrals.

- Phone: 1800 011 511
- Website: <https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

4. Health and Medical Support

NSW Sexual Health Clinics

Free, confidential sexual health testing, treatment and advice.

- Clinic Locator: <https://www.health.nsw.gov.au/sexualhealth/Pages/sexual-healthclinics.aspx>

Quitline NSW

Free confidential telephone counselling to help quit smoking or vaping.

- Phone: 13 7848 (13 QUIT)
- Website: <https://www.quit.org.au>

5. Emergency and Community Support

Ask Izzy

A free directory connecting students to local support services.

- Website: <https://www.askizzy.org.au>
- Services: Food relief, housing, counselling, financial help, crisis services, health care.



Food Relief Organisations

Foodbank NSW & ACT

- Website: <https://www.foodbank.org.au>
- Phone: (02) 9756 3099

OzHarvest (Sydney)

- Website: <https://www.ozharvest.org>
- Phone: (02) 9516 3877

The Salvation Army – Emergency Assistance

- Phone: 13 SALVOS (13 72 58)
- Website: <https://www.salvationarmy.org.au>
- Phone: 13 18 12
- Website: <https://www.vinnies.org.au>

6. Safety, Domestic Violence and Sexual Assault Support

1800RESPECT

Free 24/7 confidential counselling for domestic, family and sexual violence.

- Phone: 1800 737 732
- Website: <https://www.1800respect.org.au>
- Online Chat: Available via website.

NSW Police Assistance Line

For non-emergency police matters.

- Phone: 131 444
- Emergency (life-threatening): 000
- Website: <https://www.police.nsw.gov.au>

7. Rights, Work, Money and Study Support

Fair Work Ombudsman

Free help with workplace rights, pay rates and visa-holder protections.

- Phone: 13 13 94
- Website: <https://www.fairwork.gov.au>
- Translation Service: 131 450

National Debt Helpline

Free financial counselling for money, debt or bills.

- Phone: 1800 007 007
- Website: <https://www.ndh.org.au>

SafeWork NSW

Free workplace health and safety information and advice.

- Phone: 13 10 50
- Website: <https://www.safework.nsw.gov.au>