

<b>Academic Tutor</b>	Discipline specific tutors are available to provide you with weekly tutoring. Contact the Dean of Students for more information
<b>Australian Counselling Service</b>	The Australian Counselling Service provides online mental health care for a range of concerns. Therapists are at an advanced stage in their training and are familiar with contemporary best practice modalities such as Cognitive Behaviour Therapy (CBT), Solution-Focussed Therapy, Acceptance and Commitment Therapy (ACT), and more. <a href="http://www.acscounselling.com.au/registration/johnflynn">www.acscounselling.com.au/registration/johnflynn</a> . Register as a John Flynn College resident to receive three free sessions
<b>Contact Officer</b>	Contact Officers are a first point of contact if you have experienced harassment of any kind (e.g.bullying, or hazing). They provide a safe, confidential environment where you can express your concerns and receive advice about what your options are. Check the Flynn current resident portal for contact officer details
<b>Deck RA</b>	Your deck RA is there to keep an eye on you and to be your big brother or sister. They're there for you if you need advice, when you just need someone to talk to or if you need help resolving conflict
<b>Dean of Students</b>	The Dean of Students is available anytime for a confidential chat about your wellbeing, mental health, and any of those tricky life issues. The Dean of Students is also available if you need academic support and guidance or if you've experienced or witnessed harassment of any kind. Contact the Dean of Students direct by phone or email, through administration or the Duty RA.
<b>Duty RA</b>	Available anytime after hours, on weekends and public holidays for support in emergency situations. Phone 0417427330 or look for the RA in the Duty RA shirt.
<b>Guidance and Support Officer</b>	The GSO is a registered Psychologist who provides mental health guidance, referral and support. Make an appointment with the GSO by contacting administration or a Residential Assistant.
<b>JCU AccessAbility Services</b>	A free and confidential support service for all registered JCU students, who identify as having a short or long term disability, injury, illness or health condition. They provide information and practical advice about the support available at JCU and ensure access to appropriate adjustments and services. More info: <a href="https://www.jcu.edu.au/student-equity-and-wellbeing/accessability">https://www.jcu.edu.au/student-equity-and-wellbeing/accessability</a>
<b>JCU Careers and Employment Service</b>	JCU Careers and Employability provides appointments for career planning and decision making, job application and job search assistance to JCU students and graduates for up to 12 months after the completion of their studies. More info: <a href="https://www.jcu.edu.au/careers-and-employment">https://www.jcu.edu.au/careers-and-employment</a>
<b>JCU Counselling and Wellbeing Service</b>	JCU Counselling and Wellbeing Service is a free and confidential service provided to students currently enrolled and actively engaged at JCU Australia. The Service is provided by highly qualified Counsellors with backgrounds and experience in Psychology, Social Work, Counselling and Occupational Therapy. JCU Counselling and Wellbeing Service offers brief-intervention support, up to ten sessions per student. More info: <a href="https://www.jcu.edu.au/student-equity-and-wellbeing/wellbeing/counselling">https://www.jcu.edu.au/student-equity-and-wellbeing/wellbeing/counselling</a>
<b>JCU Financial Support</b>	There are a number of financial support options available to you to help with the costs of studying. These range from student loan programs to help with subject fees, to grants or scholarships that award you money to help pay for study materials and textbooks. More info: <a href="https://www.jcu.edu.au/students/fees-and-financial-support/financial-support">https://www.jcu.edu.au/students/fees-and-financial-support/financial-support</a>
<b>JCU Health General Practice</b>	<a href="http://www.jcuhealth.com.au">www.jcuhealth.com.au</a> . Bulk billing is available to students of JCU who hold a current Medicare card.
<b>JCU Indigenous Student Services</b>	The Indigenous Academic Support Advisors have an in-depth understanding of the challenges students usually face during their higher education studies, especially students from Australian Aboriginal and Torres Strait Islander backgrounds. They will also help with academic coaching, such as tutoring; helping you develop strategies to identify areas of improvement in your studies; staying on track with your studies; supporting you to create an effective study plan, and suggesting alternative ways to improve your academic progress. More info: <a href="https://www.jcu.edu.au/ierc/our-staff/indigenous-academic-student-services">https://www.jcu.edu.au/ierc/our-staff/indigenous-academic-student-services</a>
<b>JCU International Student Support</b>	The JCU International Student Support team can be contacted for information and advice about support services for international students studying at James Cook University. Services include international student mentor programs, international student orientation, assistance with emergencies, overseas student health cover. More info: <a href="https://www.jcu.edu.au/international-students/life-at-jcu/student-services-and-support">https://www.jcu.edu.au/international-students/life-at-jcu/student-services-and-support</a>
<b>JCU Learning Centre</b>	JCU Learning Centre offers online and face-to-face access to academic learning development. Whether you are looking for assistance with time management, mathematics, basic statistics, planning your assignment, editing your academic communication, the Learning Centre is your 'one-stop-shop' for academic learning development. More info: <a href="https://www.jcu.edu.au/students/learning-centre">https://www.jcu.edu.au/students/learning-centre</a>
<b>JCU Multifaith Chaplaincy</b>	Provides a chaplaincy centre with prayer and worship rooms, pastoral care for personal, spiritual and faith related support, interfaith engagement, and connection with faith communities. More info: <a href="https://www.jcu.edu.au/student-equity-and-wellbeing/multifaith-chaplaincy">https://www.jcu.edu.au/student-equity-and-wellbeing/multifaith-chaplaincy</a>
<b>JCU Peer Assisted Study Sessions</b>	PASS is a free academic support program. PASS provides a casual, friendly and active learning environment where students can work together to better understand the content and learning objectives for a subject. The study sessions focus on integrating course content (what to learn) with academic reasoning and study skills (how to learn). More info: <a href="https://www.jcu.edu.au/students/learning-centre/pass">https://www.jcu.edu.au/students/learning-centre/pass</a>
<b>JCU Sexual Misconduct Officers</b>	Provide a single point of contact for a person who has been subject to Sexual Harassment or Sexual Assault. An SMO will support people to access specialist services, facilitate precautionary measures, and provide support with making a report or complaint. More info: <a href="https://www.jcu.edu.au/safety-and-wellbeing/sexual-harassment-and-sexual-assault/sexual-misconduct-officers">https://www.jcu.edu.au/safety-and-wellbeing/sexual-harassment-and-sexual-assault/sexual-misconduct-officers</a>
<b>JCUSA Student Advocacy</b>	The JCU Student Association offers free, confidential and non-judgmental support services for students. The Student Advocacy and Welfare Officers in Townsville and Cairns can help with information, advocacy and referral on a range of student support issues. They also help with academic support issues including exams and assessment, appeals, interpreting University policies and procedures, and academic misconduct. More info: <a href="https://www.jcusa.edu.au/tsv-student-support/">https://www.jcusa.edu.au/tsv-student-support/</a>
<b>JCU Student Mentor Program</b>	The JCU Student Mentor Program matches new undergraduate students with a student mentor during O-Week. Mentors are experienced second or third-year students from a similar course or study area to you, who can answer your questions and help you settle into university life. More info: <a href="https://www.jcu.edu.au/students/support/student-mentor-program">https://www.jcu.edu.au/students/support/student-mentor-program</a>
<b>JCU Student Success Officer</b>	JCU Student Success Officers provides personalised support to across the student lifecycle to both undergraduate and postgraduate students. More info: <a href="https://www.jcu.edu.au/students/support/student-success-officers">https://www.jcu.edu.au/students/support/student-success-officers</a>
<b>Justine Baulch</b>	Justine is the College's preferred psychologist, not only because of her clinical skill, but also because of her ability to relate well to young people. Justine's rooms are located off campus, near Castletown Shopping Centre. Justine works with young adults presenting with a wide range of needs including depression, anxiety, panic, substance abuse problems, trauma, relationships difficulties and family separation. To book an appointment with Justine, call her on 0423 550 055. Leave a message if she doesn't answer, as she's probably in session. Once you've booked an appointment, see a GP to obtain a Mental Health Treatment Plan. That way, you'll be eligible for a Medicare Rebate. Justine charges \$160, but with the Medicare rebate, this comes down to a gap of \$67.10. The college will then reimburse you \$67.10 for each of your first three sessions with Justine. Just keep your receipts and email them to <a href="mailto:Alison.www.jlbpsychology.com">Alison.www.jlbpsychology.com</a>
<b>Local Churches</b>	There are so many great churches in Townsville. Contact our Resident Support Officers if you want to get connected with one of them
<b>Principal</b>	The Principal is available anytime for a confidential chat about your wellbeing, mental health, and any of those tricky life issues. The Principal is also available if you need academic support and guidance, if you're having trouble paying your fees, or if you've experienced or witnessed harassment of any kind. Contact the Principal direct by phone or email, through administration or the Duty RA.
<b>Red Frogs</b>	Red Frogs are regular guests in the Flynn community and are available to provide you with chaplaincy services, connect you with a local church and/or just be an independent friend to have a chat with. Contact Redfrogs through our Resident Support Officers.
<b>Resident Support Officer</b>	RSOs live onsite and are just that little bit older and wiser. They're available for a confidential chat when you've got one of those tricky life issues that you're not sure how to deal with. They can meet you on/off college and are available after hours. Contact them via email, or by contacting administration or the Duty RA.
<b>Senior RA</b>	Senior RAs are senior residents who are there for you if you need advice, when you just need someone to talk to or if you need help resolving conflict. Check the Flynn current resident portal for SRA details
<b>Studiosity</b>	If you need help outside of hours you can connect to Studiosity. A real life tutor will be waiting online to help you with academic writing, referencing, sentence structure, study skills, exam preparation, online search skills, numeracy, statistics, accounting, and more. Your Tutor can be found through LearnJCU.