



ST MARY'S
CATHOLIC COLLEGE
GATESHEAD

Congratulations! You have completed your exams and HSC. We wish you all the best for this new transition ahead.

This is an exciting time but it can also be a time which brings uncertainty. The contacts below may be useful for you in negotiating this next step in your life:

Leaving School – Where to Now?

<http://myfuture.edu.au/>

<https://education.nsw.gov.au/teaching-and-learning/disability-learning-and-support/leaving-school>

<https://www.jobjump.com.au/>

<http://about.au.reachout.com/theres-life-year-12-exams-for-students-parents/>

Need Support?

www.ruok.org.au/find-help

<https://headtohealth.gov.au/>

www.reachout.com

Local Community Help

Your own GP

Headspace – Newcastle – 4929 4201
Maitland – 4931 1000

Mental Health Info Line – 1800 011 511

Catholic Care – 49791120

Youth Health Team – General health support, counselling & referral. Can self refer – 4925 7804