

Wellbeing: June Newsletter

Happy Pride Month of June

Pride Month, observed in June every year, is time to reflect, celebrate the LGBTQIA+ community and acknowledge their contributions and promote inclusion and understanding.

We all need support sometimes, and the Queer community is no exception.

In fact, LGBTQIA+ people often face additional stress due to experiencing stigma discrimination and abuse based on being different.

This can be exacerbated when issues affecting LGBTQIA+ people, like religious discrimination and trans gender rights are front page news, and people's identities and human rights become a topic of public debate.

[Research](#) from LGBTQIA+ Health Australia shows that LGBTQIA+ young people are five times more likely than general population to attempt suicide. Trans people are nearly 15 times more likely.

Fortunately help is out there.

Compiled here is a list and links to resources and support services.

Wellbeing Team at Rowville Secondary College (RSC) are inclusive and resourced in practice and currently running social support groups for RSC LGBTQIA+ students and school community. For more information regarding these groups please contact the Wellbeing Coordinators.

Andy Phillips (East) 9755 4533 or Mandy Fogarty (West) 9755 4641

Urgent help 24/7

- Kids Helpline 1800 551 800
- Lifeline 13 11 14
- Emergency 000

LGBT SUPPORT & RESOURCES

[Minus18](#) is an Australian charity improving the lives of LGBTQIA+ youth via life-affirming events, leadership programs, and education for the whole community.

[PFLAG](#)

Support and resources for family and friends across Australia.

[Knox Youth Services](#): 9298 8000

Peer groups and other supports.

[Rainbow Network](#)

Directory to LGBTQIA+ groups and services across Victoria.

LGBT SUPPORT & RESOURCES

[Queerspace](#)

[ReachOUT](#)

[QLife](#) Helpline 1800 184 527

QLife is a free and anonymous helpline for LGBTQIA+ people and their loved ones. 3pm to midnight every day. Webchat or phone.

[Headspace](#): 1800 650 890

