

# Mental Health Resource Card

Blue Mountains | Hawkesbury | Lithgow | Penrith

## CRISIS or EMERGENCY NUMBERS (24/7)

<b>Ambulance, Police, Fire</b>	<b>000</b>
<b>Child Protection Helpline</b> Report child abuse or neglect	<b>13 21 11</b>
<b>Kids Helpline</b> Kids counselling service	<b>1800 551 800</b>
<b>Lifeline</b> Crisis support and suicide prevention	<b>13 11 14</b>
<b>Link2home</b> Homelessness information and referral	<b>1800 152 152</b>
<b>Mental Health Access Line</b> Mental health crisis support	<b>1800 011 511</b>
<b>Rape Crisis Centre</b> Counselling and information for men and women	<b>1800 424 017</b>
<b>Suicide Call Back Service</b> Counselling and support service	<b>1300 659 467</b>

## MENTAL HEALTH SERVICES

Providing information, counselling or support services

<b>Stride Mental Health</b> National Psychosocial Support	<b>0429 046 925</b>
<b>Beyond Blue</b>	<b>1300 224 636</b>
<b>The Butterfly Foundation</b> Support for eating disorders	<b>1800 334 673</b>
<b>Community Health Centres</b> Central referral service to relevant facility	<b>1800 222 608</b>
<b>eheadspace</b> Free online and telephone support and counselling for young people	<b>1800 650 890</b>
<b>Head to Health Website</b> Digital mental health services from some of Australia's most trusted mental health organisations	<b>headtohealth.gov.au</b>
<b>headspace</b> Mental health support for young people	<b>Lithgow 6352 7600 Penrith 4720 8800 Katoomba 1800 478 626</b>
<b>headspace Youth Early Psychosis Program (hYEPP)</b> Early intervention program to improve the lives of young people (12 to 25 years) and their families who are affected by psychosis	<b>4720 8800 headspacepenrith@parramattamission.org.au</b>
<b>Lithgow Youth Plus Program</b> A brief intervention service available in the Lithgow area that offers support to young people aged 12-25, who are in crisis	<b>1300 402 585</b>
<b>Live Life Get Active</b> Group exercise program for mental health and wellbeing	<b>www.livelifeggetactive.com</b>
<b>MensLine Australia</b>	<b>1300 789 978</b>
<b>Mindspot</b> Free telephone and online service for adults with anxiety or depression	<b>1800 614 434</b>
<b>Neami National – Nepean</b> Group program for people with emerging mental health issues	<b>8416 1190</b>
<b>Psychological Therapy Services (PTS)</b> Short-term support to people who have mild to moderate mental health concerns <b>A GP Referral is needed to access this service. Please talk to your GP for more information.</b>	
<b>QLife</b> LGBTI Counselling	<b>1800 184 527</b>
<b>Relationships Australia</b>	<b>1300 364 277</b>
<b>SANE Helpline</b>	<b>1800 187 263</b>
<b>Parramatta Mission</b> Includes LikeMind & Mental Health Carer respite	<b>9891 2277</b>
<b>Veterans and Veterans Family Counselling Service (VVCS)</b>	<b>1800 011 046</b>
<b>Youth Early Support Service (YESS)</b> Mental health outreach service for young people	<b>4720 8811</b>

## DISASTER RECOVERY

<b>Black Dog Institute Bushfire Support Service</b> Emergency service workers and their adult family members mental health support <a href="http://www.blackdoginstitute.org.au/bush-fire-support-service">www.blackdoginstitute.org.au/bush-fire-support-service</a>	<b>(02) 8627 3314</b>
<b>Bushfire and Flood Psychological Therapy Services (PTS)</b> Available to anyone in our region experiencing high levels of distress resulting from the 2019/20 Bushfires and/or 2021 Floods <b>A GP referral is needed to access this service. Please talk to your GP for more information.</b> <a href="http://www.nbmphn.com.au/talktoyourdoctor">www.nbmphn.com.au/talktoyourdoctor</a>	
<b>Gateway Family Services Well Being Outreach Program</b> Free practical, emotional and psychological outreach support for residents in the Blue Mountains, Hawkesbury and Lithgow areas <a href="http://www.gatewayfamilyservices.org.au">www.gatewayfamilyservices.org.au</a>	
• <b>Blue Mountains: Megan Watson</b>	<a href="mailto:meganw@gatewayfamilyservices.org.au">meganw@gatewayfamilyservices.org.au</a> <b>0490 676 269</b>
• <b>Hawkesbury: Nicole Luhrs</b>	<a href="mailto:nicolel@gatewayfamilyservices.org.au">nicolel@gatewayfamilyservices.org.au</a> <b>0490 670 682</b>
• <b>Lithgow: Alan Henderson</b>	<a href="mailto:alanh@gatewayfamilyservices.org.au">alanh@gatewayfamilyservices.org.au</a> <b>0490 824 690</b>
<b>FORTEM Australia</b> Evidence-based, comprehensive and integrated wellbeing support to first responder families <a href="http://FortemAustralia.org.au">FortemAustralia.org.au</a>	<b>1300 33 95 94</b>
<b>headspace Bushfire Recovery Service</b> Coordinated and early intervention services for young people aged 12 to 25 affected by the 2019/2020 bushfires <a href="http://www.nbmphn.com.au/headspace">www.nbmphn.com.au/headspace</a>	<b>Katoomba 1800 478 626 Hawkesbury 1800 478 626</b>

**R U OK? Triple OK for Emergency Services** [www.ruok.org.au/triple-ok](http://www.ruok.org.au/triple-ok)  
Peer and social support for police and emergency services workers nationwide

**Step by Step** 0417 298 832

Walking alongside people affected by bushfires and floods in the Blue Mountains, Hawkesbury and Lithgow areas, providing recovery assistance and caring support  
[www.gatewayfamilyservices.org.au/disaster-recovery-support](http://www.gatewayfamilyservices.org.au/disaster-recovery-support)

**SANE Australia Bushfire Resources** [www.sane.org/lifeafterbushfires](http://www.sane.org/lifeafterbushfires)

Tips on trauma recovery, self care, connecting with others and seeking help

**Winmalee Neighbourhood Centre Bushfire Recovery** 02 4754 4050

Relief and recovery assistance available, providing non-judgemental and confidential service that maintains the dignity of the individual

**The Salvation Army National Bushfire Recovery Services** 0429 549 494

Range of services and assistance measures – including financial assistance, emotional support and referrals to help people and communities across Australia that have been impacted by disasters

**Rural Adversity Mental Health Program (RAMHP)** 0448 125 676

Coordinators link people to local mental health services and resources, educate workplaces and communities about mental health and wellbeing and respond in times of natural disasters and severe adversity

**Rural Financial Counselling Service NSW Bushfire Recovery Financial Counsellors (RCFS)** 0417 241 338

Free and confidential service that provides information and assistance on financial position, budgets and submitting applications  
[www.rfcscr.com.au](http://www.rfcscr.com.au)

## LOCAL HOSPITALS

**Blue Mountains Hospital – Katoomba** 4784 6500

**Hawkesbury District Health Service (SJGHC) – Windsor** 4560 5555

**Lithgow Hospital** 6350 2300

**Nepean Hospital – Kingswood** 4734 2000

**St. John of God Hospital – North Richmond (Private)** 4570 6100

## LOCAL COMMUNITY SUPPORTS

*Providing social, recreational or health service and support*

**Australian Men’s Shed Association (AMSA)** 1300 550 009

**Blue Mountains Women’s Health and Resource Centre** 4782 5133

**Flourish Australia (Includes WestClub, Penrith)** 9393 9000

**Lithgow Information & Neighbourhood Centre (LINC)** 6352 2077

**Penrith Women’s Health Centre** 4721 8749

**The Women’s Cottage – Hawkesbury** 4578 4190

## INFORMATION and ASSISTANCE

**Healthdirect (Health Advice and Information)** 1800 022 222

**My Aged Care** 1800 200 422

**Medicines Line** 1300 633 424

**Poisons Information Centre** 13 11 26

**Police Assistance Line** 13 14 44

**WayAhead Mental Health Support Line** 1300 794 991

## HOUSING and ACCOMMODATION

**The Right Door** 1800 760 071

**Christ Mission Possible** 1300 435 728

**NBM Family Homelessness & Housing Support** 4724 3000

**Platform Youth Services** 4760 0800

**Wentworth Community Housing** 4777 8000

## WELFARE and FINANCIAL SUPPORT

**Commonwealth Respite & Carelink Centre (CRCC)** 1800 052 222

Respite service for carers

**LawAccess NSW** 1300 888 529

Free legal helpline

**National Disability Insurance Scheme (NDIS)** 1800 800 110

Advice, support and assistance

**Official Visitors Program (OVP)** 1800 208 218

Advocacy regarding hospital treatment and care

**Salvation Army** 1300 371 288

Emergency relief assistance

**St Vincent de Paul** 1800 606 724

Family assistance hotline

**Wesley Mission** 1300 827 638

Financial counselling

## ALCOHOL, DRUGS and GAMBLING

**Alcoholics Anonymous (AA)** 1300 222 222

Support for both men and women

**Al-Anon Family Groups** 1300 252 666

Advice for families and friends of people with an addiction

**Alcohol and Drug Information Service (ADIS)** 1800 250 015

24 hour support line

**Dianella Cottage** 1300 727 957

Non-residential drug and alcohol service for men and women

**Drug and Alcohol Helpline** 1800 422 599

Free online counselling and information service

**NBM Drug and Alcohol Service** 1300 661 050

Central intake, assessment and treatment

**DrugInfo** 1300 858 584

Support and information for people with a drug dependence

**Gambling Help** 1800 858 858

Free and confidential support

**Narcotics Anonymous** 1300 652 820

Support for both men and women

**ONE80TC** 1800 679 657

Residential rehabilitation for men and women

**Ted Noffs Foundation** 9305 6600

Support programs and counselling for young people

**We Help Ourselves (WHOS)** 9131 8080

Day rehabilitation and support for adults

## DOMESTIC VIOLENCE SUPPORT

**1800RESPECT** 1800 737 732

Confidential sexual assault and domestic violence counselling and support

**Domestic Violence Line** 1800 656 463

Help for domestic and family violence

**DV West** 4732 2318

Domestic violence services

**Lithgow Women & Children’s Crisis Centre** 02 6353 1277

**The Womens Cottage, Richmond** 02 4578 4190

**Domestic Violence Legal Service** 1800 810 784

Free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence and Apprehended Domestic Violence Orders

## TELEPHONE SUPPORT SERVICES

**Translating and Interpreting Service (TIS)** 13 14 50

**National Relay Service (TTY)** 13 36 77