



Mental Health Resource Card

Blue Mountains | Hawkesbury | Lithgow | Penrith

CRISIS or EMERGENCY NUMBERS (24/7)

Ambulance, Police, Fire	000
Child Protection Helpline Report child abuse or neglect	13 21 11
Domestic Violence Line Help for domestic and family violence	1800 656 463
Kids Helpline* Kids counselling service	1800 551 800
Lifeline Crisis support and suicide prevention	13 11 14
Link2home Homelessness information and referral	1800 152 152
Mental Health Access Line Mental health crisis support	1800 011 511
Rape Crisis Centre Counselling and information for men and women	1800 424 017
Suicide Call Back Service Counselling and support service	1300 659 467

*Offers support for young people

MENTAL HEALTH SERVICES

Providing information, counselling or support services

Aftercare National Psychosocial Support	0429 046 925
Beyond Blue	1300 224 636
The Butterfly Foundation Support for eating disorders	1800 334 673
Community Health Centres Central referral service to relevant facility	1800 222 608
eheadspace* Free online and telephone support and counselling for young people	1800 650 890
headspace* Mental health support for young people	Lithgow 6352 7600 Penrith 4720 8800
Live Life Get Active Group exercise program for mental health and well-being	www.livelifegeactive.com
MensLine Australia	1300 789 978
Mindspot Free telephone and online service for adults with anxiety or depression	1800 614 434
Neami National - Nepean Group program for people with emerging mental health issues	8416 1190
NewAccess Free coaching sessions for depression and anxiety (Lithgow and Hawkesbury only)	6333 2838
QLife LGBTI Counselling	1800 184 527
Relationships Australia	1300 364 277
SANE Helpline	1800 187 263
Parramatta Mission Includes LikeMind & Mental Health Carer respite	9891 2277
Veterans and Veterans Family Counselling Service (VVCS)	1800 011 046
Youth Early Support Service (YESS)* Mental health outreach service for young people	4720 8811
1800RESPECT Sexual assault and domestic violence counselling	1800 737 732

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TELEPHONE SUPPORT SERVICES:

Translating and Interpreting Service (TIS)	13 14 50
National Relay Service (TTY)	13 36 77

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
Vale Street, Katoomba	4782 1286

INFORMATION and ASSISTANCE

After Hours 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

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WELFARE and FINANCIAL SUPPORT

Commonwealth Respite & Carelink Centre (CRCC) Respite service for carers	1800 052 222
LawAccess NSW Free legal helpline	1300 888 529
National Disability Insurance Scheme (NDIS) Advice, support and assistance	1800 800 110
Official Visitors Program (OVP) Advocacy regarding hospital treatment and care	1800 208 218
Salvation Army Emergency relief assistance	1300 371 288
St Vincent de Paul Family assistance hotline	1800 606 724
Wesley Mission Financial counselling	1300 827 638
West Connect Domestic violence services	4732 2318

ALCOHOL, DRUGS and GAMBLING

Adele House Residential rehabilitation program for men	1300 286 693
Alcoholics Anonymous (AA) Support for both men and women	1300 222 222
Al-Anon Family Groups Advice for families and friends of people with an addiction	1300 252 666
Alcohol and Drug Information Service (ADIS) 24 hour support line	1800 250 015
Dianella Cottage Non-residential drug and alcohol service for men and women	4782 9265
Drug and Alcohol Helpline Free online counselling and information service	1800 422 599
NBM Drug and Alcohol Service Central intake, assessment and treatment	1300 661 050
Family Drug Support (FDS) Support for people with a drug dependence	1300 858 584
Gambling Help Free and confidential support	1800 858 858
Narcotics Anonymous Support for both men and women	1300 652 820
ONE80TC Residential rehabilitation for men and women	1800 679 657
Ted Noffs Foundation* Support programs and counselling for young people	9305 6600
We Help Ourselves (WHOS) Day rehabilitation and support for adults	9131 8080

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