

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
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

MENTAL HEALTH SERVICES

Providing information, counselling or support services

Stride Mental Health 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
Head to Health Website Digital mental health services from some of Australia's most trusted mental health organisations	headtohealth.gov.au
headspace Mental health support for young people	Lithgow 6352 7600 Penrith 4720 8800 Katoomba 1800 478 626
headspace Youth Early Psychosis Program (hYEPP) Early intervention program to improve the lives of young people (12 to 25 years) and their families who are affected by psychosis	4720 8800 headspacepenrith@parramattamission.org.au
Lithgow Youth Plus Program A brief intervention service available in the Lithgow area that offers support to young people aged 12-25, who are in crisis	1300 402 585
Live Life Get Active Group exercise program for mental health and wellbeing	www.livelifegetaactive.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
Psychological Therapy Services (PTS) Short-term support to people who have mild to moderate mental health concerns	
A GP Referral is needed to access this service. Please talk to your GP for more information.	
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

DISASTER RECOVERY

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

Nepean Blue Mountains Mental Health Resource Card

Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN.
See www.nbmphn.com.au/disclaimer for more information

www.mentalhealthhelp.com.au

R U OK? Triple OK for Emergency Services 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

SANE Australia Bushfire Resources 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 **0417 241 338**

Recovery Financial Counsellors (RCFS)
Free and confidential service that provides information and assistance on financial position, budgets and submitting applications 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**