Mental Health Resource Card

Blue Mountains | Hawkesbury | Lithgow | Penrith

blue Mountains i Hawkesbury i Liingow i Penrin		
CRISIS or EMERGENCY NUMBERS (24/7)		
Ambulance, Police, Fire	000	
Child Protection Helpline Report child abuse or neglect	13 21 11	
Kids Helpline	1800 551 800	
Kids counselling service Lifeline	13 11 14	
Crisis support and suicide prevention Link2home	1800 152 152	
Homelessness information and referral	1800 011 511	
Mental Health Access Line Mental health crisis support		
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	0429 046 925	
National Psychosocial Support	1300 224 636	
Beyond Blue The Butterfly Foundation	1800 334 673	
Support for eating disorders	1000 334 073	
Community Health Centres	1800 222 608	
Central referral service to relevant facility eheadspace	1800 650 890	
Free online and telephone support and counselling for young people		
Head to Health Website headtohealth.gov.au Digital mental health services from some of Australia's most trusted mental health organisations		
headspace Lithgo		
Mental health support for young people Penrit Katoomb	h 4720 8800 a 1800 478 626	
headspace Youth Early Psychosis Program (hYEPP) Early intervention program to improve the lives of young people (12 to 25 y	4720 8800	
families who are affected by psychosis headspacepenrith@parramatt		
Lithgow Youth Plus Program	1300 402 585	
A brief intervention service available in the Lithgow area that offers support to young people aged 12-25, who are in crisis		
Live Life Get Active www.livelife	egetactive.com	
Group exercise program for mental health and wellbeing	1200 780 078	
MensLine Australia Mindspot	1300 789 978 1800 614 434	
Free telephone and online service for adults with anxiety or depression		
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 hear A GP Referral is needed to access this service. Please talk to your GP for more information.	Ith concerns	
QLife	1800 184 527	
LGBTI Counselling Relationships Australia	1300 364 277	
SANE Helpline	1800 187 263	
Parramatta Mission	9891 2277	
Includes LikeMind & Mental Health Carer respite Veterans and Veterans Family Counselling Service (VVCS)	1800 011 046	
Youth Early Support Service (YESS)	4720 8811	
Mental health outreach service for young people		
DISASTER RECOVERY		
Black Dog Institute Bushfire Support Service	(02) 8627 3314	
Emergency service workers and their adult family members mental h www.blackdoginstitute.org.au/bush-fire-s		
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 y	our	
GP for more information. www.nbmphn.com.au/ta		
Gateway Family Services Well Being Outreach Program Free practical, emotional and psychological outreach support for resid	lants in the Blue	
Mountains, Hawkesbury and Lithgow areas www.gatewayfamily		
Blue Mountains: Megan Watson meganw@gatewayfamilys		
Hawkesbury: Nicole Luhrs nicolel@gatewayfamilys	0490 676 269 services.org.au 0490 670 682	
Lithgow: Alan Henderson alanh@gatewayfamilys	services.org.au	
	0490 824 h90	
FORTEM Australia	0490 824 690 1300 33 95 94	
Evidence-based, comprehensive and integrated wellbeing	1300 33 95 94	
Evidence-based, comprehensive and integrated wellbeing support to first responder families FortemA		
Evidence-based, comprehensive and integrated wellbeing support to first responder families FortemA headspace Bushfire Recovery Service Coordinated and early intervention services for Hawkesbury	1300 33 95 94 .ustralia.org.au	
Evidence-based, comprehensive and integrated wellbeing support to first responder families FortenA headspace Bushfire Recovery Service Katoomba	1300 33 95 94 ustralia.org.au a 1800 478 626 1800 478 626	



Wentworth Healthcare

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

DU ORT 7160 K for Emergency Services www.ruck.org.au/triple-ok Peer and social support for police and emergency services workers nationwide Sep by Step Versite and services the valuative and double in the Buck APT 228 832 Hawkesbury and Lingov areas, providing recovery assistance and caring support www.gatewarfmillerecovery setting and distance recovery - support SANE Australia Bushifre Resources www.sane.org/Heartforbushifres Do natauna expression assistance measures - including financial assistance and and confidential service that mathatine the dignly of the individual The Salvation Army National Bushifre Recovery Services 0423 549 449. Warmade Service that mathatine the dignly of the individual The Salvation Army National Bushifre Recovery Services 0423 549 449. Warmade Service that program (RAMHP) 0448 125 576 Coordinatos link people to local mental health services and resources, educate work/people so and communities about mental health and welling and respond in time of natural disasters and services of services on traincial coordinaties about mental health and welling and respond in times of natural disasters and services on traincial coordinaties and services (SJGHC) - Windsor 1458 0555 Lithgord Hard Health All Service (SJGHC) - Windsor 1458 0555 Lithgord Hard Health All Service (SJGHC) - Windsor 1458 0555 Displane Hospital - Katoomba 1478 14500 St. John of God Hospital - North Richmond (Private) 4570 6100 LiOCAL COMMUNITY SUPPORTS Providing social, receasions of meaning and support Providing social, receasions of meaning and support Providing social, receasions of meaning and SMSA Displane Hospital in Contex Service 1472 5133 Displane hasting the solid and support Providing social, receasions of meaning and SMSA Displane hasting the solid and support 14724 3000 Displane hasting the solid and support 14724 3000 Displane hasting the solid and the solid and support Providing social, receasions of meaning and support Providing social, receasions of meaning and support Providing social, receasions of meani		
Peer and social support for police and emergency services workers nationwide Walking alongide people affected by builtines and floods in the bit Mountains, Hindsoury and againstance connecting with others and section people SANE Australia Bushiter Resources www.sane.org/Heafferbushiters poor natural records, solf care, connecting with others and section, people and confidential service that maintains the dipits of the individual and confidential service that maintains the dipits of the individual and confidential service that maintains the dipits of the individual and confidential service that maintains the dipits of the individual and confidential service that maintains the dipits of the individual and confidential service that maintains the dipits of the individual and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and support. CocAL COMMUNITY SUPPORTS Providing todal, recreational of hub service and support. Australia Men's Shed Association (AMSA) 1300 550 0050 Nepsan Hospital - North Richmond (Private) 4570 6100 Networks burger Stand Association (AMSA) 1300 550 0020 Nepsan Hospital - North Richmond (Private) 4578 4100 Networks Cottage - Heavkeebury 4774 2000 Providing todal Networks and Information in 1800 023 024 Networks Cottage - Networks Networks 1300 023 024 Networks Cottage - 130 162 Networks Cottage - 130 162 Networks Cottage - 130 162		
Waking alongside people affected by bushines and floods in the Blue Mountains. Newsebury and Lingow areas, provides, connecting with others and seaking appoint The Dear Traum events and acceler and the stand seaking help. Winnales Neighbourhood Centre Bushiner Recovery 02 4754 4050 Relief and recovery, self care, connecting with others and seaking help. Winnales Neighbourhood Centre Bushiner Recovery of Lingow 10429 544 494 And confidential service that maintains the dignity of the individual The Salvation Army National Bushiner Recovery Services 0429 544 494 Australia that have been impacted by disasters Rural Adversity Mental Health Program (RAMHP) Out and the people to local methods of the services of the services organized the service that the service and resources. Hural Financial Counselling Service INW Bushine Recovery Financial Counselling Service INW Bushine Neural Financial Service that provides information and assistance on financial position. budgets and submitting applications Www.rfsecr.com.au LOCAL HOSPITALS Blue Mountains Hospital - Katoomba Neural Internation and Health Service Internation and Salvice INT Fourding usedi, recreation of Matheth Service and support Hawkesbury District Health Service Internation and Support Hawkesbury Bushing Service INT Providing usedi, recreation of Matheth Service and Support Hawkesbury Bushing Health Service Control (LINC) Site Mountains Women's Health Centre (AT21 5785 The Woman's Cottage - Hawkesbury Australa Menth Service Counter 4778 25735 The Woman's Cottage - Hawkesbury House Information Centre 131 146 WayAbaca Mental Health Support Line 130 130 232 2222 My Aged Care My Aged Care		
Hawkesbury and Liftgow grees, providing recovery assistance and caring support SANE Australia Bushifer Resources www.asno.org/illigatforbushifes Www.asno.org/illigatforbushifes Www.asno.org/illigatforbushifes Withmale Networks and sestance analysis. Providing non-judgmenntal and confidentia service that maintains the dignly of the individual The Salvation Army National Bushifer Recovery Services 0429 549 440 Ange of services and assistance massuresincluding financial assistance. Australia that have been impacted by disasters Australia that have been impacted by disasters and resources and common the about metal health and vellesing and resources and common the about metal health and vellesing and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and respond in times of natural disasters and severe adversity and confidential severice (SJGHC) – Windsor 14500 550 00 SL John of God Hospital – North Richmond (Private) 4570 6100 SL John of God Hospital – North Richmond (Private) 4570 6100 SL John of God Hospital – North Richmond (Private) 4570 4100 SI Ungow Information & Keighbourhood Centre 1472 4570 Blue Mountains & Shedd Association (AMSA) 1300 550 009 SU How Montria adversity a	Step by Step	0417 298 832
www.anc.org.au/disater-recovery support SNR E Australia Bushtire Recovery 02 4754 4059 The Salvation Army National Bushtire Recovery 02 4754 4054 And confidential service that maintains the dignity of the individual 02 4754 4054 404 Range of services and assistance measures – including financial assistance. 04 29 549 404 Rural Adversity Mental Health Program (RAMHP) 044 125 576 Rural Adversity Mental Health Program (RAMHP) 044 125 576 Rural Financial Counselling Service NXP Bushtire 0447 241 338 Recovery Financial Counselling Service NXP Bushtire 0477 241 338 Recovery Financial Counselling Service NXP Bushtire 0472 250 555 Blue Mountains Hospital - Katoomba 1734 520 500 Blue Mountains Hospital - Katoomba 1300 550 069 Blue Mountains Hospital - North Richmond (Private) 4570 5100 OCAL COMUNITY SUPPORTS 1300 550 069 Providing social, reconsitional or health sarvice and support 4022 222 Providing social, reconsitional or health sarvice and support 4022 222 Providing social, reconsitional or health sarvice and support 4023 420 02 Blue Mountains Women's Health and Resource Contre 4778 5500 406 020 22	Walking alongside people affected by bushfires and floods in the Blu Hawkesbury and Lithgow areas, providing recovery assistance and	le Mountains, caring support
Tips on trauma recovery, self care, connecting with others and sekking help. Velta of the convery assistance available, providing non-judgemental and confidential service that matriams the dignity of the individual. Velta 944 44050 The Salvation Army National Bushfire Recovery Services Velta 944 44050 Australia that have been impacted by disasters Velta 9454 4505 Rural Adversity Mental Health Program (RAMHP) Velta 925 576 Coordinators link people to local mental health and velta velta 950 Velta 925 576 Coordinators link people to local mental health and velta 950 Velta 925 576 Coordinators link people to local mental health and velta 950 Velta 925 576 Recovery Financial Counsellors (RCFS) Pervanta 7476 4550 Free and confidential service that provides information and assistance on financial position. Dudgets and submitting applications www.rfeer.com.au LOCAL HOSPITALS Blue Mountains Hospital - Natomba 4784 45500 Hawkesbury District Health Service (SJGHC) - Windsor Head 550 009 Linkowith Womph Health and Resource Centre 4782 576 478 1900 Providing social, Arcreational on Health and Prosource on the support Avasta 478 478 478 478 478 478 478 478 478 478	www.gatewayfamilyservices.org.au/disaster	-recovery-support
Winnalee Neighbourhood Centre Bushfire Recovery 02 4754 4050 Relief and recovery assistance available, providing non-judgemental and confidential service hat maintains the dignity of the individual 0429 549 409 The Salvation Army National Bushfire Recovery Services 0429 549 409 Australia that have been impacted by glassiers 0429 549 409 Australia that have been impacted by glassiers 0447 241 338 Recovery Financial Counsellors (RCFS) 047 241 338 Recovery Financial Counsellors (RCFS) 047 241 338 Recovery Financial Counsellors (RCFS) 047 241 338 Preva and Confidential service that provides information and assistance on financial position, budgets and submitting applications www.rfcscr.com.au LOCAL HOSPITALS Blue Mountains Hospital - Nation RCHS) 1500 5505 Blue Mountains Hospital - Nath Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS 2700 500 000 Providing social, recreational or health service and support 4282 5132 Blue Mountains Women's Health and Resource Centre 4728 4730 Blue Mountains Molescillou, Maxies and Support 4278 4190 HOWGMAN ANSISTANCE 1300 500 007 HealthAlfrec(LHealth Advice and Information) 1600 760 07 <td></td> <td></td>		
and confidential service hat maintains the dignity' of the individual The Salvation Army National Bushfire Recovery Services Contractional supports Parage of services and assistance measures—including financial assistance, reducate workplaces and communities about mental health accoss Paral Adversity Mental Health Program (RAMHP) O448 125 676 Coordinators in people to local mental health and vesses and resources, educate workplaces and communities about mental health and vesses and resources, educate workplaces and communities about mental health and vesses and resources, educate workplaces and communities about mental health and vesses and resources, educate workplaces and submitting application and assistance on Financial position, budgets and submitting application and assistance on Financial position, budgets and submitting application and assistance on Financial position, budgets and submitting application and assistance on Financial position, budgets and submitting application and assistance on Financial Positial - Kateomba 4784 45500 LUCAL HOSPITALS Blue Mountains Hospital - Kateomba 4784 5500 LUCAL COMMUNITY SUPPORTS Providing social, recreational or health service and support Australian Men's Shed Association (MSA) 1300 550 009 Blue Mountains Women's Health and Resource Centre 4782 5133 Flourish Australia (Includes WestClub, Penrith) 9839 3900 LUthgw Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Health Centre 472 18749 The Women's Health Centre 131 126 Police Assistance Line 131 143 WayAhead Mental Health Support Line 1300 750 071 Penrith Women's Health Support Line 1300 430 729 491 HOUSING and ACCOMMODATION The Right Door 1800 760 071 Christ Mission Possible 1300 430 729 477 8000 WELFARE and FINANCIAL SUPPORT Commonwealth Respital & Carelink Centre (CRCC) 1800 0652 222 Pentith Women's Health Support Li	Winmalee Neighbourhood Centre Bushfire Recovery	02 4754 4050
The Salvation Army National Bushfire Recovery Services 0.428 549 449 Range of services and assistance measuresincluding financial assistance. 4.44 125 676 Austalia that have been impacted by disasters 0.448 125 676 Austalia that have been impacted by disasters 0.447 241 338 Recovery Financial Counsellos rives NSW Bushfire 0.417 241 338 Recovery Financial Counsellos rives NSW Bushfire 0.417 241 338 Recovery Financial Counsellos rives NSW Bushfire 0.417 241 338 Recovery Financial Counsellos rives NSW Bushfire 0.417 241 338 Recovery Financial Counsellos rives NSW Bushfire 0.417 241 320 LUCAL HOSPITALS Blue Mountains Hospital - Katoomba 4.724 4500 Law Statistance Intervise and support 4.724 500 4.724 500 Law Statistan Statistance Intervise and support 4.724 500 4.724 500 Law Statistan Statistance Intervise and support 4.725 513 1.500 500 500 500 Loban of Gol Hospital - North Richmond (Private) 4.576 5100 1.500 500 500 Ling Working Statistance Line 1.500 500 500 522 2077 Pontit Momen's Health and Resource Centre 4.728 4749 The Working Statistance Contre		al
Range of services and assistance measures – including financial assistance, memorian algority thenta H teach Program (RANHP) 0448 125 676 Rural Adversity Mental Heath Program (RANHP) 0448 125 676 Rural Adversity Mental Heath Program (RANHP) 0447 213 338 Recovery Financial Counselling Service NXP Bushfire 0447 241 338 Recovery Financial Counselling Service NXP Bushfire 0447 241 338 Recovery Financial Counselling Service NXP Bushfire 0447 241 338 Recovery Financial Counselling Service (SJGHC) – Windsor 486 262 200 Hawksbury District Heath Service (SJGHC) – Windsor 486 263 200 Hawksbury District Heath Service (SJGHC) – Windsor 478 4550 Hawksbury District Heath Service (SJGHC) – Windsor 478 4500 LOCAL COMMUNITY SUPPORTS Providing 3000 550 009 Blue Mountains Measure Math and Resource Centre 478 21374 Flourish Australia (Includes WestClub, Penrith) 933 9400 Lithgow Information & Neighbourhood Centre (LINC) 033 242 Poisons Information Advesting Support 4728 473 478 478 478 478 478 478 478 478 478 478		0429 549 494
Australia Marki Mental Health Program (RAMHP) 0448 125 676 Coordinators link people to local mental health and veloces and resources, educate workplaces and communities about mental health and wellening and and hine people to local mental health and wellening and and hine people to local mental health and wellening and and hine people to local mental health and wellening and and hine people to local mental health and wellening and and bine people to local mental health and wellening and and confidential service hat provides information and assistance on financial position, budgets and submitting applications www.rfsecr.com.au LOCAL HOSPITALS Blue Mountains Hospital - Katoomba 4744 4500 Hawkesbury Districk Health Service (SJGHC) - Windsor Lawkesbury Districk Health Service (SJGHC) - Windsor Lawkesbury Districk Health Service (SJGHC) - Windsor Australian Mental - Katoomba 4744 2000 St. John of God Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing social. recreational or health service and support Australian Mental (Includes WelClub, Penrith) 538 30000 Lithgow Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Womer's Health Centre 4728 273 The Womer's Cottage - Hawkesbury 4578 4190 HIFORMATION and ASSISTANCE HealthMirec (Health Advice and Information) 1800 0222 222 My Aged Care 1800 0630 424 Poisons Information Centre 131 444 WayAhead Mental Health Support Line 1300 743 931 HOUSING and ACCOMMODATION The Right Door 1800 760 071 The Right Door 1800 760 071 The Right Door 1800 760 071 The Right Door 1800 760 071 The Right Door 1800 760 072 Prist Mission Possible 1300 433 728 NBM Family Homelessness & Housing Support 4777 8000 WeltzARE and FINANCIAL SUPPORT Commonweal thespita Ecalerian Centre (CRCC) 1800 050 222 Regita exploine for adults 1300 052 222 Regita exploine for adults 13	Range of services and assistance measures - including financial a	
Coordinators link people to local mental health services and resources, educate workplaces and communities about methal health and willbeing and respond in times of natural disasters and severe adversity. Rural Financial Counselling Service NSW Bushire Neural Service NSW Service NSW Bushire Neural Neur		51055
educate workplaces and communities about mental health and wellbeing and respond insee of natural disasters and severe adversity. Rural Financial Counselling Service NXP Bushfire 0417 241 338 Recovery Financial Counselling Service NXP Bushfire 472 451 338 Recovery Financial Counselling Service NXP Bushfire 472 451 338 Recovery Financial Counselling Service NXP Bushfire 472 451 338 Recovery Financial Counselling Service (SJGHC) - Windsor 4560 5555 Lithgow Hospital - Katoomba 4724 4500 St. John of God Hospital - North Richmond (Private) 4570 6100 St. John of God Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing social, correlational AMSA) 1300 550 009 Blue Mountaines Women's Health and Resource Centre 4782 5133 Flourish Australia (Includes WesiClub, Penrith) 9393 9000 Lithgow Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Health Centre 4721 6749 The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdireci (Health Advice and Information) 1800 022 222 My Aged Care 1800 2000 422 My Aged Care 1800 760 077 Christ Mission Possible 1300 433 728 HOUSINS and ACCOMMODATION The Right Door 1800 760 077 Christ Mission Possible 1300 438 728 HOM Senity Howelessness & Housing Support 4724 3000 Palaform Youth Services 4766 0800 Wentworth Community Housing 4777 8000 Palaform Youth Services 1300 683 529 Freidoga 1300 688 529 Freidoga 1300 687 528 Freidoga 1300 687 524 Freidoga 140 Freidoga 1300 687 524 Freidoga 1400 Freidoga 1300 687 53 F		
Pural Financial Counselling Service NW Bushfire 0447 241 338 Recovery Financial Counselling Service NW Bushfire 0447 241 338 Recovery Financial Counselling Service NW Bushfire 0447 241 338 Recovery Financial Counselling Service NW Bushfire www.rfser.com.au LOCAL HOSPITALS Blue Mountains Hospital - Katoomba 4784 4500 Hawkesbury District Health Service (SJGHC) - Windsor 4560 5555 Lithgow Hospital - Kingswood 4734 2200 St. John of God Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Astralian Meris Shed Association (AMSA) 1300 550 009 Blue Mountains Women's Health And Resource Centre 4782 5133 Flourish Australia (Includes WeiClub, Penrith) 939 3000 Lithgow Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Health Centre 4721 8744 The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 020 422 227 My Aged Care 1800 600 71 701 432 4300 Policons Information Centre 131 14 44 Wayhaed Menalt Health Support Line 1300 433 724 Policons Information Centre 130 04 352 728 NBE Family Homelessness & Housing Support 4777 8000 Weithord Community Housing <td>educate workplaces and communities about mental health and we</td> <td></td>	educate workplaces and communities about mental health and we	
Recovery Financial Counsellors (RCFS) www.rfcscr.com.au Innacial position, budgets and submitting applications www.rfcscr.com.au LOCAL HOSPITALS www.rfcscr.com.au Blue Mountains Hospital – Katoomba 4784 6500 Hawkesbury District Health Service (SJGHC) – Windsor 4550 2300 Nepsan Hospital – Koromba 4774 2000 St. John of God Hospital – North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing accial, recreational or health service and support Providing accial, recreational or health service and support 4772 82533 Flourish Australia (Includes WestClub, Penrith) 9339 8000 Blue Mountains & Neighbourhood Centre (LINC) 6552 2077 Penrith Women's Health Centre 4721 8749 The Women's Cottage – Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 020 222 222 My Aged Care 1800 760 971 131 126 HOUSING and ACCOMMODATION The Right Door 1800 760 971 The Right Door 1800 760 071 The Right Door 1800 760 971 The Right Door 1800 760 071 The Right Door		0.447 0.44 0.00
Inancial position, budgets and submitting applications www.rfcscr.com.au LOCAL HOSPITALS Hawkesbury District Health Service (SJGHC) - Windsor 4560 5555 Lithgow Hospital - Kingswood 4774 4 500 Negean Hospital - Kingswood 4774 4 2000 St. John of God Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing social, recreational on health service and support Providing social, recreational on health service and support 4778 4 2513 Flourish Australia (Includes WestClub, Penrith) 9393 9000 Blue Mountains & Wong's Health and Resource Centre 4782 5133 The Women's Health Centre UhrSORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 0202 222 My Aged Care 1800 760 71 1310 633 424 Poisons Information Centre 1311 44 YayAhead Mental Health Support Line 1300 733 428 Poilca Assistance Line 1300 453 728 NBM Family Homeissness & Housing Support 4727 43000 WethARE modeline Respite & Carelink Centre (CRCC) 1800 760 071 The Right Door 1800 760 800 100 22 222 Naght Some Solution and sustance 1300 435 728 NBM Family Howeissness & Housing Support	Recovery Financial Counsellors (RCFS)	
UCAL HOSPITALS Blue Mountains Hospital - Katoomba 4784 6500 Hawkesbury District Health Service (SJGHC) - Windsor 4560 5555 Lithgow Hospital - Korth Richmond (Private) 4570 6100 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 (MKSA) 1300 550 009 Blue Mountains Women's Health and Resource Centre 4782 5133 Flourish Australia (Includes WestClub, Penrith) 939 3000 InFORMATION and ASSISTANCE 1800 200 422 Healthdirect (Health Advice and Information) 1800 000 222 222 My Aged Care 1301 633 424 Police Assistance Line 1300 754 991 HOUSING and ACCOMMODATION 144 Housing Association (MSS) 1800 760 071 Christ Mission Possible 1300 435 728 Protopastic Respite & Carelink Centre (CRCC) 1800 000 222 222 Respite Service Soft and assistance 1300 038 285 297 VELFARE and FINANCIAL SUPPORT 2000 052 222 Respite service for cares 1820 208 218 Advocace, support		
Flue Mountains Hospital - Katoomba 4784 6500 Hawkesbury District Health Service (SJGHC) - Windsor 4560 5555 Lingow Hospital 6350 2300 Nepean Hospital - Korth Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS 2000 Providing social, recreational or health service and support 4382 2000 Australian Men's Shed Association (MKSA) 1300 550 009 Blue Mountains Women's Health and Resource Centre 4782 5133 Flourish Australia (includes WestClub, Penrith) 9393 9000 Uithyou Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Cettage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 0202 422 My Aged Care 1800 600 31 424 Poisons Information Centre 13 11 42 Police Assistance Line 131 14 64 WayAhead Mental Health Support Line 1300 633 424 Police Assistance Line 131 14 64 WayAhead Mental Health Support Line 1300 760 071 The Right Boor 1800 760 071 The Right Boor 1800 760 071 Ther Right Boor 1800 760 071 The Right Boor		
Hawkesbury District Health Service (SJGHC) - Windsor 4560 5555 Lithgow Hospital - Kingswood 4734 2000 St. John of God Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing social, recreational on health service and support Australian Men's Shed Association (AMSA) 1300 550 009 Lithgow Information Meelth 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 Healthdiret (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 Pelosons Information Centre 131 12 6 Police Assistance Line 1300 633 424 Policons Information Centre 131 12 6 Police Assistance Line 1300 749 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 The Right Door 1800 760 071 Christ Mission Possible 1300 453 728 NBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite services for carers 1000 053 222 Paspite services for carers 1000 053 222 Paspite services 1000 760 971 Monowealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite services for carers 1000 052 222 Respite services 1000 780 991 Advices. upport Januars Scheme (NDIS) 1800 800 110 Advices. upport Januars Scheme (NDIS) 1800 800 110 Advices. Upport Januars Scheme (NDIS) 1800 800 110 Advices. Upport Januars Scheme (NDIS) 1800 800 110 Advices on Upport Januars Scheme (NDIS) 1800 800 110 Advices on Upport Januars Scheme (NDIS) 1800 800 110 Advices on Upport Januars Scheme (NDIS) 1800 250 152 Alvococyregarding hospital terment and care Salvation Army 1300 371 288 Emergency relia dassistance 51 Minore identifies and friends of people with an addiction Advice for anomy Si (AA) 1300 222 222 Support for both men and women 1300 727 957 Non-residentifies and friends of people with an addiction Advice for anomy Si (AA) 1300	LOCAL HOSPITALS	
Lithgow Hospital 6350 2300 Nepean Hospital - North Richmond (Private) 4570 6100 LOCAL COMMUNITY SUPPORTS Providing social, recreational or health service and support Australian Morth S Bod Association (AMSA) 1300 550 009 Blue Mountains Women's Health and Resource Centre 4782 5133 Flourish Australia (Includes WestCub, Penrith) 933 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) Hydged Care 1900 633 424 Police Assistance Line 1300 633 424 Police Assistance 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 VestAre And FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 020 222 Respite service for cares 1300 886 529 1300 886 529 Free legal helpline 1300 202 222 Respite service fo	•	
Negean 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 Providing social, recreational or health and Resource Centre 4722 5133 Flourish Australia (Includes WestClub, Penrith) 933 9500 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 020 422 Medicines Line 1301 25 9000 794 991 Policos Information Centre 131 126 90160 437 242 Medicines Line 1300 794 991 1300 794 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 The Right Door 1800 760 071 777 8000 WELFARE and FINANCIAL SUPPORT 4777 8000 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Regita berloine 1300 371 288 Pree tegal helpine 1300 371 288 National Disability Insurance Scheme (NDIS)		
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 Lithigou Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Health Centre 4721 8749 The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdired (Health Advice and Information) 1800 022 222 Wy Aged Care 1800 200 422 Poisons Information Centre 130 1630 633 424 Poisons Information Centre 130 1300 633 424 Poisons Information Centre 130 1300 633 424 Poisons Information Centre 130 112 6 Police Assistance Line 1300 633 424 Poisons Information Centre 130 126 Police Assistance Line 1300 784 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 MBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 Wentworth Community Housing WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Fasiple service for carers awkcess NSW realegin leptine 1300 888 529 Trate legal helptine 1300 888 529 Trate legal helptine Advices MSW realeging (Dyppital Teatment and care Salvation Arms) Emergency relief assistance Official Visitors Program (OVP) 1800 208 218 Advices NSW Family Groups 1300 827 638 Financial counselling Emergency relief assistance Structure (ADIS) 1800 800 110 Advices or page 1300 132 626 66 Advice for families and friends of people with an addiction Advocator regarding hospital treatment and care Salvation Arms Emergency relief assistance Structure (ADIS) 1800 250 c15 24 hour support line Dimeter Counselling Pervice (ADIS) 1800 250 c15 24 hour support for both men and women 1300 622 620 Preso (Difference) 1800 656 643 Firee and enfidential Support 1800 656 643 Support and information service forme and women 1800 679 657 Festigential arbay and actorel Service (ADIS) 1800 250 c15 24 hour support for adults DOMESTEC VIOLENCE SUPPORT		
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 Lithgou Information & Nealth Centre 4782 18749 The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirec (Health Advice and Information) Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 Medicines Line 1300 633 424 Police Assistance Line 13 11 426 Police Assistance Line 1300 760 071 Christ Mission Possible 1300 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4772 43000 Veltare and FINANCIAL SUPPORT 4777 8000 VELFARE and FINANCIAL SUPPORT 1800 605 724 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 371 288 LawAccess NSW 1300 282 626 Free legal helpline 1300 282 637 National Disability Insurance Scheme (NDIS) <t< td=""><td>St. John of God Hospital – North Richmond (Private)</td><td>4570 6100</td></t<>	St. John of God Hospital – North Richmond (Private)	4570 6100
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 Lithgou Information & Nealth Centre 4782 18749 The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirec (Health Advice and Information) Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 Medicines Line 1300 633 424 Police Assistance Line 13 11 426 Police Assistance Line 1300 760 071 Christ Mission Possible 1300 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4772 43000 Veltare and FINANCIAL SUPPORT 4777 8000 VELFARE and FINANCIAL SUPPORT 1800 605 724 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 371 288 LawAccess NSW 1300 282 626 Free legal helpline 1300 282 637 National Disability Insurance Scheme (NDIS) <t< td=""><td></td><td></td></t<>		
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) Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 000 422 Police Assistance Line 1310 43 Police Assistance Line 1300 784 991 HOUSING and ACCOMMODATION 1400 780 071 The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4724 3000 VELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) Respite service for carers 1800 052 222 Patrice Regal heppine 1300 371 288 Avaccas MSW 1300 388 529 National Disability Insurance Scheme (NDIS) 1800 060 724 Pamily assistance 1		
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 000 422 Medicines Line 1300 633 424 Police Assistance Line 1300 633 424 Police Assistance Line 1300 784 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4724 3000 Y477 8000 WelFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for cares 1800 208 218 Advoces NSW 1300 888 529 Tree legal helpline 1300 371 288 Emergency relief assistance Salvation Army 1300 827 638 Financial counselling 1300 827 638 Financial counselling Alcoholics Anonymous (AA) 1300 222 222 Fee oligh helpline 1300 222 222 Fee oligh helpline 1300 222 222 Nationa Disability Insurance Scheme (NDIS) 1300 222 222		1300 550 009
Lithgow Information & Neighbourhood Centre (LINC) 6352 2077 Penrith Women's Cettage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 Medicines Line 1301 633 424 Poisons Information Centre 1311 44 WayAhead Mental Health Support Line 1300 760 071 The Kingin Door 1800 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 052 222 Respite & Carelink Centre (CRCC) 1800 000 222 222 Mentowith Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 800 110 Advices NSW 1300 888 529 1300 888 529 Free legal helpline National Dissibility Insurance Scheme (NDIS) 1800 606 724 Adviceor Army 1300 827 638 Financial counselling Emergency relief assistance 1300 827 638 Sit Vincent de Paul 1800 606 724 Family assistance holine 1300 827 638 Financial counse		
Penrith Women's Cottage - Hawkesbury Penrith Women's Cottage - Hawkesbury INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) IS00 022 222 My Aged Care Medicines Line 1300 633 424 Medicines Line 1300 633 424 Medicines Line 1311 26 Police Assistance Line 1311 26 Police Assistance Line 1314 44 WayAhead Mental Health Support Line 1300 764 991 HOUSING and ACCOMMODATION The Right Door 1600 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4724 3000 Wentworth Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for cares 1800 202 428 Advocasy regarding hospital treatment and care Salvation Army Emergency regift Assistance St Vincent de Paul Ready Mission State Paul 1300 827 638 Financial counselling 41200 1300 827 638 Financial counselling 41200 1300 827 638 Finandia counselling 4120 202 218 Advocasy regarding hospital treatment and care 524 Vation Army 534 Vation Army 54 Vincent de Paul 55 Vincent de Paul 56		
The Women's Cottage - Hawkesbury 4578 4190 INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 My Aged Care 1800 200 422 Poisons Information Centre 13 11 24 Poisons Information Centre 13 11 24 Poisons Information Centre 13 11 24 Poisons Information Centre 13 00 760 071 The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 MBM Family Homelessness & Housing Support 4724 3000 Ventworth Community Housing 4777 8000 Well-FARE and FINANCIAL SUPPORT 2000 052 222 Commonwealth Respite & Carelink Centre (CRCC) 1800 800 110 Advices SNSW 1300 888 529 Free legal helpline 1800 800 110 Advices, support and assistance 1800 800 110 Advices Program (OVP) 1800 208 218 Advocay regarding hospital treatment and care Salvation Army Salvation Army 1300 322 222 225 Salvation Army 1300 252 666 Advocay regarding hospital treatment acare <td></td> <td></td>		
INFORMATION and ASSISTANCE INFORMATION and ASSISTANCE Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 My Aged Care 1300 633 424 Poisons Information Centre 1311 26 Police Assistance Line 1310 731 44 WayAhead Mental Health Support Line 1310 731 44 WayAhead Mental Health Support Line 1300 794 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 MBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 Wentworth Community Housing WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for cares LawAccess NSW Tree legal helpine 1300 331 288 Emergency relief assistance Official Visitors Program (OVP) 4800 208 218 Advices.upport and assistance Official Visitors Program (OVP) 4100 208 218 Advices and file Respite Itreatment and care Salvation Army 1300 371 288 Emergency relief assistance St Vincent de Paul 1800 606 724 Family assistance hotline Wesley Mission 1300 222 222 Case Mission 1300 225 266		
Healthdirect (Health Advice and Information) 1800 022 222 My Aged Care 1800 200 422 My Aged Care 1800 200 422 My Aged Care 13100 633 424 Poisons Information Centre 131144 Poisons Information Centre 131144 Poisons Information Centre 1300 794 991 HOUSING and ACCOMMODATION 1800 760 071 The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 MBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 Wentworth Community Housing 4777 8000 VELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) Commonwealth Respite & Carelink Centre (CRCC) 1800 082 222 Free legal helpine 1300 885 229 National Disability Insurance Scheme (NDIS) 1800 800 110 Advices, usprading hospital treatment and care Salvation Army Emergency relief assistance 1300 827 638 Financial Counselling 1300 0222 222 Support for Anomysistance 1300 222 222 Support for Anomysistance 1300 022 222 Support for Anomysistan		
My Aged Care 1800 200 422 Medicines Line 1300 633 424 Poisons Information Centre 131126 Police Assistance Line 1314 44 WayAhead Mental Health Support Line 1300 784 991 HOUSING and ACCOMMODATION 1800 780 071 The Right Door 1800 780 071 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 1300 371 288 Eree legal helpline National Disability Insurance Scheme (NDIS) 1800 800 110 Advocacy regarding hospital treatment and care Salvation Army 1300 371 288 Emergency registance hotline 1300 252 666 Advoca 1300 252 666 Advoca 1300 252 666 Alcoholics Anonymous (AA) 1300 252 015 1400 250 015 24 hour support line 1300 452 599 Dianeella Cottage 1300 661 050 Central index assessment and treatment 1300 652 650 Support p		
Medicines Line 1300 633 424 Poisons Information Centre 1311 126 Police Assistance Line 1314 144 WayAhead Mental Health Support Line 1300 794 991 HOUSING and ACCOMMODATION 1800 760 071 The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 MBM Family Homelessness & Housing Support 4772 3000 Ventworth Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT 2777 8000 Commonwealth Respite & Carelink Centre (CRCC) 1800 808 529 Height Bervice for carers 1300 888 529 LawAccess NSW 1300 888 129 National Disability Insurance Scheme (NDIS) 1800 208 218 Advice, support and assistance 0161cial Visitors Program (OVP) Advice or grading hospital treatment and care St Vincent de Paul Family assistance hotline 1300 222 222 Support for both men and women 1300 222 463 Al-Coholics Anonymous (AA) 1300 222 225 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1800 250 015		
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 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 1800 052 222 Respite service for carers Respite service for carers LawAccess NSW 1300 888 529 Tree legal helpline 1800 800 110 Advice, support and assistance 000 052 222 Salvation Army 1300 371 288 Emergency relief assistance 1800 606 724 Family assistance hotline 1300 222 222 Subation Army 1300 222 222 Support for both men and women 1300 222 222 Advoca for families and friends of people with an addiction 1300 222 222 Advora family Groups 1300 222 222 Support for both men and women 1300 225 2666 Advicts for families and friends of people with an addictio		
WayAhead Mental Health Support Line 1300 794 991 HOUSING and ACCOMMODATION The Right Door 1800 760 071 The Right Door 1800 760 071 Christ Mission Possible 1300 435 728 NBM Family Homelessness & Housing Support 4724 300 Platform Youth Services 4760 0800 Wentworth Community Housing 4777 8000 4777 8000 WELFARE and FINANCIAL SUPPORT 1800 052 222 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for cares 1800 800 110 LawAccess NSW 1300 888 529 Free logal helpline 1800 800 110 Advice, support and assistance 1800 208 218 Advice, support and assistance 1800 606 724 St Vincent de Paul 1800 606 724 Family assistance hotline 1800 222 222 St Vincent de Paul 1800 208 218 Advole, support line 1300 827 638 Financial counselling 1300 222 222 222 224 Alcoholics Anonymous (AA) 1300 222 222 250 Support for both men and women 1300 252 666 Advice of families and Hiends of people with an addiction 1300 727 957 Non-residential		
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) LawAccess NSW 1300 888 529 Free legal helpline National Disability Insurance Scheme (NDIS) Advice, support and assistance 1800 800 110 Advices, support and assistance 1800 000 5724 Salvation Army 1300 371 288 Emergency relief assistance 1800 606 724 St Vincent de Paul 1800 222 222 Support for bothmen and women 1300 222 222 Support tor both men and women 1300 222 222 Al-Coholics Anonymous (AA) 1300 222 222 Support tor both men and women 1300 252 666 Advice for families and friends of people with an addiction Accohol and Drug Information Service (ADIS) 1800 250 015 Support tor both men and women 1300 252 599 Free and	Police Assistance Line	13 14 44
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 1800 052 222 Respite service for carers 1800 052 222 LawAccess NSW 1300 888 529 Free legal helpline 1800 800 110 Advice, support and assistance 0716 ial Visitors Program (OVP) Advocacy regarding hospital treatment and care Salvation Army Emergency relief assistance 1300 371 288 Emergency relief assistance holine 1800 606 724 Vesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Al-Anon Families and friends of people with an addiction Alcoholics Anonymous (AA) 1300 252 015 24 hour support line 1300 627 957 Non-residential drug and alcohol service for men and women 1300 827 584 Drug Information Service 1300 052 820 Support for both men and women <td>WayAhead Mental Health Support Line</td> <td>1300 794 991</td>	WayAhead Mental Health Support Line	1300 794 991
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 1800 052 222 Respite service for carers 1800 052 222 LawAccess NSW 1300 888 529 Free legal helpline 1800 800 110 Advice, support and assistance 0716 ial Visitors Program (OVP) Advocacy regarding hospital treatment and care Salvation Army Emergency relief assistance 1300 371 288 Emergency relief assistance holine 1800 606 724 Vesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Al-Anon Families and friends of people with an addiction Alcoholics Anonymous (AA) 1300 252 015 24 hour support line 1300 627 957 Non-residential drug and alcohol service for men and women 1300 827 584 Drug Information Service 1300 052 820 Support for both men and women <td>HOUSING and ACCOMMODATION</td> <td></td>	HOUSING and ACCOMMODATION	
NBM Family Homelessness & Housing Support 4724 3000 Platform Youth Services 4760 0800 Wentworth Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT 24777 8000 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 888 529 LawAccess NSW 1300 888 529 Free legal helpline 1800 000 208 218 Advice, support and assistance 07101 1800 208 218 Advocacy regarding hospital treatment and care Salvation Army Emergency relief assistance 1300 371 288 Financial counselling 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) Alcohol and Drug and Alcohol Service 1300 621 259 Pree online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 652 820 Dianella Cottage 1300 679 657 Residential rehabilitation for men and women 1300 652 820 Dearle In C		1800 760 071
Platform Youth Services 4760 0800 Wentworth Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT 1800 052 222 Respite service for carers 1800 052 222 LawAccess NSW 1300 888 529 Free legal helpine 1800 052 222 National Disability Insurance Scheme (NDIS) 1800 800 110 Advice, support and assistance 00 Official Visitors Program (OVP) 1800 208 218 Advocacy regarding hospital treatment and care Salvation Army Salvation Army 1300 371 288 Emergency relief assistance 1300 827 638 St Vincent de Paul 1800 606 724 Family assistance hotline Wesley Mission Vesley Mission 1300 827 638 Financial counselling 1300 222 222 Alcoholics Anonymous (AA) 1300 225 2666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) Alcohol and Drug Information Service for men and women 1300 727 957 Non-residential drug and alcohol service for men and women 1300 661 050 Central intake, assessment and treatment 1300 661 050 Drug and Alcohol Service	Christ Mission Possible	1300 435 728
Wentworth Community Housing 4777 8000 WELFARE and FINANCIAL SUPPORT 64777 8000 Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 888 529 LawAccess NSW 1300 888 529 Free legal helpline 1800 208 218 Advice, support and assistance 000000000000000000000000000000000000		
WELFARE and FINANCIAL SUPPORT Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 888 529 LawAccess NSW 1300 888 529 Pree legal helpine 1800 208 218 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 1800 827 638 Financial counselling ALCOHOL, DRUGS and GAMBLING Alcohol and Drug Information Service (ADIS) 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 1300 661 050 1800 422 599 Free online counselling and information service Non-residential drug and alcohol service for men and women 1300 858 584 Support for both Service 1300 652 820 MBM Drug and Alcohol Service 1300 652 820 1300 652 820 Support for both Service 1300 652 820 Bupport and information for people with a drug dependence Support for both men and women 1300 652 820 Support for both men and women		4760 0800
Commonwealth Respite & Carelink Centre (CRCC) 1800 052 222 Respite service for carers 1300 888 529 LawAccess NSW 1300 088 529 National Disability Insurance Scheme (NDIS) 1800 000 110 Advice, support and assistance 1800 208 218 Advocacy regarding hospital treatment and care Salvation Army Emergency relief assistance 1800 606 724 St Vincent de Paul 1800 606 724 Framily assistance hotline 1800 802 222 Wesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 222 222 Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1300 727 957 Non-residential drug and alcohol service for men and women 1300 727 957 Dianella Cottage 1300 727 957 Non-residential drug and alcohol service 1300 661 050 Central intake, assessment and treatment Drug and Alcohol Helpline Free andic onfidential support 1300 652 820 Support for both men and women<	wentworth community Housing	4777 8000
Respite service for carers 1300 888 529 LawAccess NSW 1300 888 529 Pree legal helpline 1800 800 110 Advice, support and assistance 1800 208 218 Advocacy regarding hospital treatment and care 300 371 288 Emergency relief assistance 1300 371 288 Emergency relief assistance 1300 827 638 Financial counselling 1300 827 638 ALCOHOL, DRUGS and GAMBLING 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) Alcohol and Drug Information Service for men and women 1300 727 957 Non-residential drug and alcohol service 1300 661 050 Pree online counselling and information service 1300 858 584 Support for both men and women 1300 858 584 Drug and Alcohol Service 1300 858 584 Support for both men and women 1300 652 820 Drug and Alcohol Service 1800 858 858 Free and confidential support 1800 858 858 Support for both men and women 1300 652 820 Support for both men and women 1300 652 820 <td< td=""><td>WELFARE and FINANCIAL SUPPORT</td><td></td></td<>	WELFARE and FINANCIAL SUPPORT	
LawAccess NSW Free legal helpline 1300 888 529 Free legal helpline 1800 800 110 Advice, support and assistance 1800 208 218 Advocacy regarding hospital treatment and care 1800 208 218 Salvation Army 1300 371 288 Emergency relief assistance 1300 827 638 St Vincent de Paul 1800 606 724 Family assistance hotline 1300 827 638 Wesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) 24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1300 422 599 Pree online counselling and information service 1300 858 584 Support and information for people with a drug dependence 1300 858 584 Support for both men and women 1300 652 820 Drug and Alcohol Service 1800 858 858 Free and confidential support 1800 858 858 Free and confidential support 1800 852 820 Support for both men and women 1800 652 820 O		1800 052 222
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 hotine 1300 827 638 Financial counselling 1300 827 638 ALCOHOL, DRUGS and GAMBLING Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 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 1300 727 957 Non-residential drug and alcohol service for men and women 1300 727 957 Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 652 820 Support and information for people with a drug dependence 300 652 820 Gambling Help 1800 679 657 Residential rehabilitation for men and women 1300 652 820 Nupport programs and counselling for young people 9305 6600 Support for both men and women 1800 679 657	· · ·	1300 888 529
Advice, support and assistance Official Visitors Program (OVP) Advocacy regarding hospital treatment and care Salvation Army Emergency relief assistance St Vincent de Paul Financial counselling Financial counselling ALCOHOL, DRUGS and GAMBLING ALcoholics Anonymous (AA) Support for both men and women Al-Anon Family Groups Alcohol and Drug Information Service (ADIS) 24 hour support line Dianella Cottage Non-residential drug and alcohol service for men and women 1300 727 957 Non-residential drug and alcohol service for men and women Drug and Alcohol Helpline Free online counselling and information service MBM Drug and Alcohol Service Gambling Help Free online counselling and information service Marcotics Anonymous Support for both men and women 1300 727 957 Non-residential drug and alcohol service for men and women Drug and Alcohol Helpline Free online counselling and information service MBM Drug and Alcohol Service Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONESSOF Support for both men and women 1300 858 584 Support and information for people with a drug dependence Gambling Help Ted Noffs Foundation Support for both men and women ONESSOF Support for both men and women ONESSOF Bub Druselwes (WHOS) 9131 8080 Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic violence Line 4732 2318 Domestic violence services Lithgow Women & Children's Crisis Centre 02 6353 1277 The Women & Children's Crisis Centre 1800 817 84 Domestic violence Legal Service 1800 810 784 Free confidential legal information, advice and referrals for women in NSW		
Official Visitors Program (OVP) 1800 208 218 Advocacy regarding hospital treatment and care 1300 371 288 Salvation Army 1300 371 288 Emergency relief assistance 1800 606 724 Family assistance hotline 1800 606 724 Wesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) Al nu support line 1300 727 957 Non-residential drug and alcohol service for men and women 1300 727 957 Non-residential drug and alcohol service for men and women 1300 661 050 Drug and Alcohol Helpline 1800 858 584 Support and information for people with a drug dependence 1300 858 584 Support and information for men and women 1300 858 584 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657	National Disability Insurance Scheme (NDIS) Advice, support and assistance	1800 800 110
Salvation Army 1300 371 288 Emergency relief assistance 1800 606 724 Family assistance hotline 1800 606 724 Wesley Mission 1300 827 638 Financial counselling 1300 222 222 Support for both men and women 1300 222 222 Al-Anon Family Groups 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) 24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1300 661 050 Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 858 584 Support and information for people with a drug dependence Gambling Help Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 00K80TC Candotfidential rehabilitation for men and women 9305 6600 Support for both men and women 9305 6600 Support programs and counselling for young people We Help Ourselves (WHOS) 9131 8080 Domestic Violence Line 1800 656 463 Help for domestic and family violence Domes	Official Visitors Program (OVP)	1800 208 218
Emergency relief assistance 1800 606 724 Family assistance hotline 1800 606 724 Family assistance hotline 1300 827 638 Financial counselling 1300 827 638 ALCOHOL, DRUGS and GAMBLING Alcoholics Anonymous (AA) Alcoholics Anonymous (AA) 1300 252 666 Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) Alcohol and Drug Information Service for men and women 1300 727 957 Non-residential drug and alcohol service for men and women 1300 661 050 Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 858 584 Support and information for people with a drug dependence Gambling Help Rest Compyrous 1300 652 820 Support for both men and women 1300 652 820 ONEBOTC 1800 679 657 Restort for both men and women 9305 6600 ONESOTC 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 737 732 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Rotifiential sexual assault and domestic violence counselling and support 200 655 463 Help		1200 271 299
Family assistance hotline 1300 827 638 Financial counselling 1300 827 638 ALCOHOL, DRUGS and GAMBLING Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 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 1300 727 957 Non-residential drug and alcohol service for men and women 1300 641 25 99 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Drug and Alcohol Service 1300 652 820 Gambling Help 1800 652 820 Support for both men and women 00KES0TC Narcotics Anonymous 1300 652 820 Support for both men and women 00KES0TC Ted Noffs Foundation 9305 6600 Support troy assaud counselling for young people 9131 8080 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 1800 656 463 Domestic violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services		1300 371 200
Wesley Mission 1300 827 638 Financial counselling 1300 827 638 ALCOHOL, DRUGS and GAMBLING Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 1300 252 666 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 1300 727 957 Non-residential drug and alcohol service for men and women 1300 422 599 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 1300 858 858 Gambling Help 1800 858 858 Free and confidential support 1800 652 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 9305 6600 Support programs and counselling for young people 9305 6600 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 Domestic Violence Line 1800 656 463 He		1800 606 724
Financíal counselling ALCOHOL, DRUGS and GAMBLING Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1300 252 666 Alcohol and Drug Information Service (ADIS) 1800 250 015 24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1300 661 050 Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 858 584 DrugInfo 1300 858 584 Support for both men and women 1300 652 820 Support for both men and women 1300 652 820 ONEBOTC 1800 679 657 Residential rehabilitation for men and women 9305 6600 ONESOTC 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Domestic violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic Violence	•	1300 827 638
Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1300 252 666 Advice for families and friends of people with an addiction 1800 250 015 24 hour support line 1300 727 957 Dianella Cottage 1300 727 957 Non-residential drug and alcohol service for men and women 1800 422 599 Free online counselling and information service 1800 422 599 NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 1300 858 584 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 0NE80TC Residential rehabilitation for men and women 9305 6600 Support programs and counselling for young people 9305 6600 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 656 463 Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services <		
Alcoholics Anonymous (AA) 1300 222 222 Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1300 252 666 Advice for families and friends of people with an addiction 1800 250 015 24 hour support line 1300 727 957 Dianella Cottage 1300 727 957 Non-residential drug and alcohol service for men and women 1800 422 599 Free online counselling and information service 1800 422 599 NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 1300 858 584 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 0NE80TC Residential rehabilitation for men and women 9305 6600 Support programs and counselling for young people 9305 6600 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 656 463 Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services <		
Support for both men and women 1300 252 666 Advice for families and friends of people with an addiction 1300 252 666 Alcohol and Drug Information Service (ADIS) 1800 250 015 24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1300 621 2599 Prug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Drug and Alcohol Service 1300 858 858 Support for both men and women 1300 652 820 Support for both men and women 1300 652 820 ONEBOTC 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for adults 9305 6600 Support for both men and women 9305 6600 ONESOTC 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line 1800 737 732 2318 Domestic violence services 4732 2318 Domestic violence services 4732 2318 Lithgow Women		1200 222 222
Advice for families and friends of people with an addiction Alcohol and Drug Information Service (ADIS) 1800 250 015 24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1800 422 599 Free online counselling and information service 1800 422 599 Free online counselling and information service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Drug and Alcohol Service 1300 858 584 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 0NESOTC Residential rehabilitation for men and women 1300 652 820 Support for both men and women 9305 6600 ONESOTC 1800 679 657 Residential rehabilitation for men and women 9305 6600 Ve Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence serv		1300 222 222
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 1800 422 599 Free online counselling and information service NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 1300 858 858 Free and confidential support 1800 852 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for adults 9305 6600 DAY rehabilitation and support for adults 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Help for domestic and family violence 4732 2318 Domestic Violence Line 1800 656 463 Help for domestic and family violence 02 6353 1277 The Womens & Children's Crisis Centre 02 6353 1277 The Womens & Cotta		1300 252 666
24 hour support line 1300 727 957 Non-residential drug and alcohol service for men and women 1800 422 599 Preg online counselling and information service 1300 661 050 NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 6ambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women ONE80TC 1800 679 657 1800 679 657 Residential rehabilitation for men and women 9305 6600 Support for potr programs and counselling for young people 9131 8080 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8000 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services 1300 737 732 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 737 732 107 <td></td> <td>1800 250 015</td>		1800 250 015
Non-residential drug and alcohol service for men and women Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 661 050 NBM Drug and Alcohol Service 1300 858 584 Support and information for people with a drug dependence 1300 858 858 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Residential rehabilitation for duults 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 Day rehabilitation and support for adults 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Help for domestic and family violence 4732 2318 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 810 784 </td <td>24 hour support line</td> <td></td>	24 hour support line	
Drug and Alcohol Helpline 1800 422 599 Free online counselling and information service 1300 661 050 NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 Support and information for people with a drug dependence 1300 858 584 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 1300 652 820 ONE80TC 1800 679 657 Residential rehabilitation for men and women 9305 6600 Support forgrams and counselling for young people 9305 6600 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 Domestic Violence Line 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic violence services Uthey 4732 2318 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic violence Legal Service 1800 780 784 f190 Prec confidential information, advice and referrals for women in NSW 1800 810 78		1300 727 957
NBM Drug and Alcohol Service 1300 661 050 Central intake, assessment and treatment 1300 858 584 DrugInfo 1300 858 584 Support and information for people with a drug dependence 1300 858 584 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Support for both men and women 1300 652 820 ONES0TC 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 DAMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Help for domestic and family violence 1800 656 463 Help for domestic and family violence 4732 2318 Domestic Violence Line 1800 656 463 Help for domestic services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service <td>Drug and Alcohol Helpline</td> <td>1800 422 599</td>	Drug and Alcohol Helpline	1800 422 599
Central intäke, assessment and treatment Druginfo 1300 858 584 Support and information for people with a drug dependence 1800 858 858 Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 Day rehabilitation and support for adults 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 780 784 190 Free confidential legal information, advice and referrals for women in NSW 1800 810 784 <td></td> <td>4000 004 050</td>		4000 004 050
Support and information for people with a drug dependence Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 9305 6600 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Help for domestic and family violence 1800 656 463 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 780 784 784		1300 661 050
Gambling Help 1800 858 858 Free and confidential support 1300 652 820 Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Domestic violence services 4732 2318 Domestic violence services 1277 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 784 190 Free confidential legal information, advice and referrals for women in NSW 1800 810 784	DrugInfo	1300 858 584
Free and confidential support Narcotics Anonymous 1300 652 820 Support for both men and women 1800 679 657 Residential rehabilitation for men and women 9305 6600 Ted Noffs Foundation 9305 6600 Support forgrams and counselling for young people 9305 6600 We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 Domestric VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support Domestic Violence Line Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW 1800 810 784		
Support for both men and women 1800 679 657 Residential rehabilitation for men and women 1800 679 657 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 Day rehabilitation and support for adults 9131 8000 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Help for domestic and family violence 1800 656 463 Help for domestic violence services 4732 2318 Domestic violence services 1277 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 778 4190		1800 858 858
ONE80TC 1800 679 657 Residential rehabilitation for men and women 9305 6600 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Help for domestic and family violence 1800 656 463 Domestic Violence Line 4732 2318 Domestic violence services 1100 653 1277 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW 1800 810 784	Gambling Help Free and confidential support	
Residential rehabilitation for men and women 9305 6600 Ted Noffs Foundation 9305 6600 Support programs and counselling for young people 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Help for domestic and family violence 1800 656 463 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW 1800 810 784	Gambling Help Free and confidential support Narcotics Anonymous	
Support programs and counselling for young people We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 737 732 Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services 26353 1277 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 1800 810 784	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC	1300 652 820
We Help Ourselves (WHOS) 9131 8080 Day rehabilitation and support for adults 9131 8080 DOMESTIC VIOLENCE SUPPORT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 656 463 Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 Domestic violence services 111 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 7084 Free confidential legal information, advice and referrals for women in NSW 1800 810 784	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women	1300 652 820 1800 679 657
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 1800 656 463 DV West 4732 2318 Domestic violence services 26 353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation	1300 652 820 1800 679 657
1800RESPECT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 637 732 Domestic Violence Line 1800 6463 Help for domestic and family violence 1800 632 2318 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS)	1300 652 820 1800 679 657 9305 6600
1800RESPECT 1800 737 732 Confidential sexual assault and domestic violence counselling and support 1800 637 732 Domestic Violence Line 1800 6463 Help for domestic and family violence 1800 632 2318 Domestic violence services 4732 2318 Lithgow Women & Children's Crisis Centre 02 6353 1277 The Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 784 Free confidential legal information, advice and referrals for women in NSW NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS)	1300 652 820 1800 679 657 9305 6600
Domestic Violence Line 1800 656 463 Help for domestic and family violence 4732 2318 DV West 4732 2318 Domestic violence services 26353 1277 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 NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults	1300 652 820 1800 679 657 9305 6600
Help for domestic and family violence DV West 4732 2318 Domestic violence services 1 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 NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732
DV West 4732 2318 Domestic violence services 4732 2318 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 NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT Confidential sexual assault and domestic violence counselling and	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support
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 NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT Confidential sexual assault and domestic violence counselling and Domestic Violence Line	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support
Womens Cottage, Richmond 02 4578 4190 Domestic Violence Legal Service 1800 810 784 Free confidential legal information, advice and referrals for women in NSW NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONEBOTC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT IBOORESPECT Confidential sexual assault and domestic violence counselling and Domestic Violence Line Help for domestic and family violence DV West	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support 1800 656 463
Domestic Violence Legal Service 1800 810 784 Free confidential legal information, advice and referrals for women in NSW	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT Confidential sexual assault and domestic violence counselling and Domestic Violence Line Help for domestic and family violence DV West Domestic violence services	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support 1800 656 463 4732 2318
with a focus on domestic violence and Apprehended Domestic Violence Orders	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONE80TC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT Confidential sexual assault and domestic violence counselling and Domestic Violence Line Help for domestic and family violence DV West Domestic violence services Lithgow Women & Children's Crisis Centre	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support 1800 656 463 4732 2318 02 6353 1277
	Gambling Help Free and confidential support Narcotics Anonymous Support for both men and women ONEBOTC Residential rehabilitation for men and women Ted Noffs Foundation Support programs and counselling for young people We Help Ourselves (WHOS) Day rehabilitation and support for adults DOMESTIC VIOLENCE SUPPORT 1800RESPECT Confidential sexual assault and domestic violence counselling and Domestic Violence Line Help for domestic and family violence DV West Domestic violence services Lithgow Women & Children's Crisis Centre The Womens Cottage, Richmond Domestic Violence Legal Service	1300 652 820 1800 679 657 9305 6600 9131 8080 1800 737 732 support 1800 656 463 4732 2318 02 6353 1277 02 4578 4190 1800 810 784

TELEPHONE SUPPORT SERVICES Translating and Interpreting Service (TIS) National Relay Service (TTY)

13 14 50 13 36 77