

SERVICE RESOURCE CARD

EMERGENCY NUMBERS

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| Ambulance, Police, Fire | 000 |
| NSW information and referral line for homelessness services Link2home | 1800 152 152 |
| Mental Health Access Line | 1800 011 511 |
| Domestic Violence Assistance Line | 1800 656 463 |
| Child Protection Helpline | 132 111 |
| Rape Crisis Helpline | 1800 424 017 |
| Lifeline Counselling | 13 11 14 |
| Sexual Assault & Domestic Violence Line | 1800 737 732 |

FREE MEAL & SUPPORT SERVICES

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| Christ Mission Possible (CMP) | 1300 435 728 |
| Breakfast: Mon, Wed & Fri 7.30am-9.30am in Judges Car Park, Penrith | |
| Dinner: Thu 6pm – 8pm at Kingswood Train Station | |
| Lunch: Every second Sun 12pm at Coachmans Park, St Marys | |
| Mama Lana's Community Foundation | 0407 909 447 |
| Mon – Sat 8pm – 9.30pm on Judges Carpark, Penrith | |
| Paying it Forward - Homeless Services | 0477 008 793 |
| Sun 5pm – 6.30pm Jamison Park, Penrith | |
| Penrith Community Kitchen | 4721 1444 |
| Lunch: Mon – Fri 11.30am – 1.30pm at Penrith PCYC, 100 Station St Penrith | |
| Foothills Vineyard Church | 4732 3139 |
| Dinner: Fri 6pm – 7pm in Progress Way Car Park, Cranebrook | |
| Church of Christ | 4721 3640 |
| Dinner: Every second Wed, 6pm at Torton Pl, Penrith | |
| Street Med Homeless Support | 1800 899 529 |
| One Voice Mobile Shower Bus | 0435 947 164 |
| Mon + Wed 7am – 9am, Fri 7.30pm – 9.30pm Judges Carpark, Penrith | |

EMERGENCY RELIEF, FOOD PARCELS AND VOUCHERS

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| Christ Mission Possible (CMP) at The Rock Community Centre, Kingswood | 4704 8809 |
| – Free Food Shop on Tuesday | |
| St Vincent de Paul | 1800 606 724 |
| Westcare Community Services, Penrith | 4731 3275 |
| – emergency care relief, hampers and care packs | |
| Salvation Army Doorways | 4721 3076 |
| Church of Christ, Stafford St Penrith | 4721 3640 |
| – emergency food hampers | |
| Penrith Community Aid Service | 4731 1380 |
| Barnardos Penrith Children's Family Centre | 4729 1211 |
| Hillsong CityCare, St Marys | 8853 5399 |
| – food hampers and bill assistance | |
| Anglicare Emergency Relief Program | 8805 0900 |
| Ross Hutchison Foundation | 4721 2620 |

ACCOMMODATION SERVICES – CRISIS

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| Nepean/ Blue Mountains 'The Right Door' | 1800 760 071 |
| Housing NSW, Penrith Office | 4721 6422 |
| Wentworth Community Housing | 4777 8000 |
| Christ Mission Possible Rapid Re-Housing & Temporary Accommodation | 4704 8809 or 1300 435 728 |
| Mission Australia Housing | 1800 269 672 |
| San Miguel Family Centre, North Richmond | 4579 6622 |
| RSL Life Care Homes For Heroes | 4724 9312 |

MENTAL HEALTH SUPPORT SERVICES

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| Likemind Mental Health | 8880 8111 |
| Flourish Aust Youth Community Living Support | 9393 9355 |
| Flourish Aust Housing & Support Initiative (HASI) | 9393 9344 |
| Aftercare Personal Helpers and Mentors (PHAMs) | 4720 9720 |
| CMP Regeneration Support Group | 4704 8809 |
| Mental Health Navigation Tool | www.mentalhealthhelp.com.au |

HEALTH SERVICES

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| Drug and Alcohol Service | 4734 1333 |
| Needle and Syringe Program | 1800 354 589 |
| Alcohol & Drug Information Service | 1800 422 599 |
| Salvation Army Pathways Day Recovery | 4721 3078 |
| Nepean-Blue Mountains Primary Health Network | 4708 8100 |
| Family Planning NSW | 4749 0500 |
| Adele Drug and Alcohol Rehabilitation & Accommodation (for men) | 1300 286 693 |

YOUNG PEOPLE'S SERVICES

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| Platform Youth Services | 4760 0800 |
| Headspace, Penrith | 4720 8888 |
| Wesley Mission | 4723 9277 |
| NCNS Youth Hope | 4702 6488 |
| Fusion | 8805 5900 |
| Community Junction | 9673 3908 |
| Bridging the Gap | 9673 1211 |

ABORIGINAL SERVICES

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| Aboriginal Medical Service Western Sydney | 9832 1356 |
| Closing the Gap Program | 4708 8100 |
| Indigenous Disability Advocacy Service | 4722 3524 |
| Street Med Aboriginal Homelessness Services | 1800 899 529 |

WOMEN'S SERVICES

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| Penrith Women's Health Centre | 4721 8749 |
| West Connect Domestic Violence Services | 4732 2318 |
| Diamond Pregnancy | 8003 4990 |
| Adele Domestic Violence Support | 1300 286 693 |
| Queen of Hearts Community Foundation | 1300 856 737 |

MEN'S SERVICES

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| Men's Referral Service & Tel. Counselling | 1300 766 491 |
| Men's Line Australia | 1300 789 978 |
| Dads In Distress Helpline | 1300 853 437 |

OLDER PEOPLE'S SERVICES

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| Anglican Retirement Villages (ARV) | 1300 111 278 |
| My Aged Care | 1800 200 422 |
| National Dementia Helpline | 1800 100 500 |

DIVERSE SEXUALITIES SUPPORT SERVICES

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| AIDS Council of NSW (ACON) | 1800 063 060 |
| Gay and Lesbian Counselling Service NSW | 1800 184 527 |
| The Gender Centre | 9519 7599 |

MIGRANTS AND REFUGEE SERVICES

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| Telephone Interpreting Service (TIS) | 131 450 |
| Nepean Migrant Access | 9833 2416 |
| SydWest Multicultural Services | 9621 6633 |

SERVICES FOR PEOPLE WITH DISABILITY

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| Nepean Area Disability Organisation (NADO) | 1300 738 229 |
| Penrith Disability Resource Centre | 4732 2363 |
| NSW Aged, Disability and Home Care, Penrith | 4734 9499 |
| Ability Links-Uniting | 8830 0768 |
| National Disability Insurance Agency (NDIA) | 1800 800 110 |

LEGAL SERVICES & TENANCY ADVICE

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| Homeless Persons Legal Service | 8898 6545 |
| Legal Aid, Penrith | 4732 3077 |
| NSW State Debt Recovery | 1300 655 805 |
| NSW Victims Access Line | 1800 633 063 |
| Western Sydney Tenant's Service | 8833 0933 |

INCOME SUPPORT & FINANCIAL COUNSELLING

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| Centrelink | 132 468 |
| Bridging the Gap Financial Counselling | 9673 1211 |
| Wesley Mission CreditLine Financial Counselling | 1800 007 007 |
| Wesley Mission CreditLine Kingswood | 4725 9288 |
| CMP Christians Against Poverty | 4704 8809 |
| Salvos MoneyCare | 9633 5011 |