

Multicultural Wellbeing & Community Support

Blue Mountains | Hawkesbury | Lithgow | Penrith



INTERPRETER SERVICES

TIS is an interpreting service for people who do not speak English

Translating and Interpreting Service (TIS) 24 Hour Service 13 14 50

The TTY service provides support to people who are hearing impaired

National Relay Service (TTY) 24 Hour Service 13 36 77

CRISIS or EMERGENCY NUMBERS (24/7)

Police, Fire & Ambulance 000

Mental Health Access Team 1800 011 511

After Hours Health Advice & Information 1800 022 222

Alcohol & Drug Information Service 1800 422 599

Domestic Violence Assistance Line 1800 656 463

Lifeline 13 11 14

NSW Rape Crisis Centre 1800 424 017

Link2home 1800 152 152

Kids Helpline 1800 551 800

Child Protection Helpline 13 21 11

MENTAL HEALTH SERVICES & SUPPORTS

A range of health services including information & support, assessment, counselling and treatment for people with a mental health concern

NSW Transcultural Mental Health Centre 1800 648 911

NSW Service for the Treatment & Rehabilitation of Torture & Trauma Survivors (STARTTS) 9794 1900

Nepean Blue Mountains Local Health District (NBMLHD) Community Health (Central Intake) 1800 222 608

NBMLHD Multicultural Health Service 4734 1600

Bridging the Gap, St Marys 9673 1211

eHeadspace 1800 650 890

Uniting Recovery (includes Headspace & Likemind) 1300 364 097

Salvos Counselling Freedom & Hope, Penrith 4731 1554

ALCOHOL, DRUGS & GAMBLING SERVICES

These services provide treatment for drug use or gambling addiction

Drug and Alcohol Multicultural Education Centre 9699 3552

NBMLHD Drug & Alcohol Service 1300 661 050

Multicultural Problem Gambling Service for NSW (MPGS) 1800 856 800

Dianella Cottage (women only) 4782 9265

ONE80TC - Residential Rehabilitation 1800 679 657

LOCAL HOSPITALS

Nepean Hospital, Kingswood 4734 2000

Blue Mountains Hospital, Katoomba 4784 6500

Lithgow Hospital, Lithgow 6350 2300

Hawkesbury District Health Service, Windsor 4560 5555

St John of God Hospital, North Richmond (Private Mental Health) 4570 6100

INFORMATION, ASSISTANCE & REFERRAL

My Aged Care 1800 200 422

Multicultural Disability Advocacy Association 9891 6400

National Disability Insurance Scheme (NDIS) 1800 800 110

ACCOMMODATION & SUPPORT

The Right Door	1800 760 071
Christ Mission Possible (CMP)	1300 435 728
Platform	4760 0800
Mission Australia	4724 3000
Wentworth Community Housing	4777 8000

REFUGEE SUPPORT

These services provide information, support and treatment

Nepean Multicultural Access Inc., St Marys	9833 2416
NSW Refugee Health Service (Central Intake)	8778 0770
Settlement Services International (SSI)	8799 6700
SydWest Multicultural Services	9621 6633
Westmead Children's Hospital HARK Clinic Health & Assessment for Refugee Kids	9845 3315

WOMEN'S HEALTH SERVICES

These services provide women's health services, counselling & support

Blue Mountains Women's Health and Resource Centre, Katoomba	4782 5133
Penrith Women's Health Centre	4721 8749
The Women's Cottage, Richmond	4578 4190
Family Planning Association NSW Penrith	4749 0500

COMMUNITY SUPPORT SERVICES

Lower Mountains Neighbourhood Centre, Blaxland	4739 1164
Springwood Neighbourhood Centre	4751 3033
Mid Mountains Neighbourhood Centre, Lawson	4759 2592
Katoomba Neighbourhood Centre	4782 1117
Lithgow Information & Neighbourhood Centre (counselling available)	6352 2077
Richmond Community Services Inc.	4588 3555
Blue Mountains Food Services Multicultural Social Support Group	4759 2811
Nepean Community & Neighbourhood Services (various locations)	4721 8520
Mamre House, St Marys	9670 5321
Nepean Multicultural Access Inc., St Marys	9833 2416
St Marys Area Community Development Incorporated	9673 2169
Flourish Australia (includes Westclub)	9393 9000

HOME SUPPORT & RESPITE FOR CARERS

GP2home (After Hours)	1800 472 4663
Baptist Community Services Nepean CALD Domestic Assistance	4702 1100
Blue Mountains Volunteer Home Visitors	4782 1777
Nepean CALD Community Care Support Service	4732 6366
SydWest Multicultural Services, Penrith	9621 6633

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