



# Mental Health Resource Card

Blue Mountains | Hawkesbury | Lithgow | Penrith

## CRISIS or EMERGENCY NUMBERS (24/7)

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

\*Offers support for young people

## MENTAL HEALTH SERVICES

Providing information, counselling or support services

<b>Beyond Blue</b>	<b>1300 224 636</b>
<b>Community Health Centres</b> Central referral service to relevant facility	<b>1800 222 608</b>
<b>eheadspace*</b>	<b>1800 650 890</b>
<b>QLife</b> LGBTI Counselling	<b>1800 184 527</b>
<b>Uniting Recovery</b> Includes Headspace*, LikeMind & Carer respite	<b>1300 364 097</b>
<b>MensLine Australia</b>	<b>1300 789 978</b>
<b>National Hope Line</b> Support for people who have lost a loved one to suicide	<b>1300 467 354</b>
<b>Relationships Australia</b>	<b>1300 364 277</b>
<b>SANE Helpline</b>	<b>1800 187 263</b>
<b>The Butterfly Foundation</b> Support for eating disorders	<b>1800 334 673</b>
<b>Veterans and Veterans Family Counselling Service (VVCS)</b>	<b>1800 011 046</b>
<b>1800RESPECT</b> Sexual assault and domestic violence counselling	<b>1800 737 732</b>

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## LOCAL COMMUNITY SUPPORTS

Providing social, recreational or health service and support

<b>Australian Men's Shed Association (AMSA)</b>	<b>1300 550 009</b>
<b>Blue Mountains Women's Health and Resource Centre</b>	<b>4782 5133</b>
<b>Lithgow Information &amp; Neighbourhood Centre (LINC)</b>	<b>6352 2077</b>
<b>Penrith Women's Health Centre</b>	<b>4721 8749</b>
<b>The Women's Cottage – Hawkesbury</b>	<b>4578 4190</b>
<b>Aftercare (Includes Vale Street, Katoomba)</b>	<b>4782 1117</b>
<b>Flourish Australia (Includes WestClub, Penrith)</b>	<b>9393 9000</b>

## LOCAL HOSPITALS

<b>Blue Mountains Hospital – Katoomba</b>	<b>8572 7700</b>
<b>Hawkesbury District Health Service (SJGHC) – Windsor</b>	<b>4560 5555</b>
<b>Lithgow Hospital</b>	<b>6350 2300</b>
<b>Nepean Hospital – Kingswood</b>	<b>4734 2000</b>
<b>St. John of God Hospital – North Richmond (Private)</b>	<b>4570 6100</b>

## INFORMATION and ASSISTANCE

After Hours health advice and information	1800 022 222
My Aged Care	1800 200 422
Medicines Line	1300 633 424
Poisons Information Centre	13 11 26
Police Assistance Line	13 14 44
WayAhead Mental Health and Anxiety Information	1300 794 991

## HOUSING and ACCOMMODATION

The Right Door	1800 760 071
Christ Mission Possible (CMP)	1300 435 728
Mission Australia	1800 888 868
Platform Youth Services*	4760 0800
Wentworth Community Housing	4777 8000

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## WELFARE and FINANCIAL SUPPORT

Commonwealth Respite & Carelink Centre (CRCC) Respite service for carers	1800 052 222
LawAccess NSW Free legal helpline	1300 888 529
National Disability Insurance Scheme (NDIS) Advice, support and assistance	1800 800 110
Official Visitors Program (OVP) Advocacy regarding hospital treatment and care	1800 208 218
Salvation Army Emergency relief assistance	1300 371 288
St Vincent de Paul Family assistance hotline	1800 606 724
Wesley Mission Financial counselling	1800 007 007
West Connect Domestic violence services	4732 2318

## ALCOHOL, DRUGS and GAMBLING

Drug and Alcohol Helpline Information service	1800 422 599
Drug and Alcohol Service Intake, assessment and treatment	1300 661 050
Adele Residential rehabilitation program for men	1300 286 693
Alcoholics Anonymous (AA) Support for both men and women	1300 222 222
Al-Anon Family Groups Advice for families and friends of people with an addiction	1300 252 666
Dianella Cottage Non-residential drug and alcohol service for women	4782 9265
Narcotics Anonymous Support for whom drugs have become a major problem	1300 652 820
ONE80TC Residential rehabilitation for men and women	1800 679 657
Gambling Help Free and confidential support	1800 858 858

## TELEPHONE SUPPORT SERVICES:

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

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