

SUPPORT SERVICES



Mental Health Support

Call: 1300 224 636

24/7 phone or chat online at
www.online.beyondblue.org.au



**Confidential Crisis Support and
Suicide Prevention**

Call: 13 11 14

24/7 phone call

Visit: www.lifeline.org.au

1800RESPECT

NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELING SERVICE

**Domestic, Family and
Sexual Violence**

Call: 1800 737 732

24/7 phone, video chat, text

Visit: www.1800respect.org.au



Recovery from Complex Trauma

Call: 1300 657 380

9am - 5pm (Mon - Sun)

Visit:

<https://blueknot.org.au/>



Centacare
New England North West

**Range of Social Services and
Support**

Call: 1800 372 826

Visit:

www.centacarenenw.com.au



Victims Access Line

Victims of Crime

Call: 1800 633 063

Visit: [www.victimservices.justice.
nsw.gov.au](http://www.victimservices.justice.nsw.gov.au)



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ADDITIONAL SUPPORT SERVICES

Issue	Who	Service	Contact	Hours
Mental Health	18+	SANE Australia	Phone: 1800 187 263	Monday-Friday 10am-8pm
	Youth	Headspace Headspace National Youth Mental Health Foundation	Phone: 1800 650 890	Everyday 3pm-10pm
Suicide Prevention	Anyone	Suicide Call Back Service Mental health counselling Suicide Call Back Service	Phone: 1300 659 467	24/7
Domestic Violence	Anyone	1800RESPECT	Call: 1800 737 732 Text: 0458 737 732	24/7
	Women	NSW Domestic Violence Line	Phone: 1800 656 463	24/7
Sexual Violence	Anyone	NSW Sexual Violence Helpline Full Stop Australia	Phone: 1800 424 017	Monday-Friday 8am-8pm
Aboriginal and Torres Strait Islander	Aboriginal and Torres Strait Islanders	13YARN	Phone: 13 92 76	24/7
	Aboriginal and Torres Strait Islanders	National Indigenous Critical Response Service (NICRS) & StandBy – Support After Suicide Service	Phone: 1800 805 801 or 0499 333 132	24/7
Elderly	Elderly	National Elder Abuse Hotline	Phone: 1800 628 221 (NSW)	Monday-Friday 9am-4pm
Children + Young Adults	Children + Young Adults	Kids Helpline	Phone: 1800 55 1800	24/7
Disabilities	Persons with a disability	National Disability Abuse and Neglect Hotline	Phone: 1800 880 052	Monday-Friday 9am-7pm