

EMERGENCY & AFTER HOURS COUNSELLING CONTACT LIST

24 HOUR TELEPHONE SUPPORT IS AVAILABLE FROM THE FOLLOWING SERVICES

FAMILY CRISIS SERVICE	1800 066 777
GRIEF SUPPORT	(02)9489 6644
KIDS HELP LINE	1800 551 800
LIFE LINE	13 11 14
MENSLINE	1300 789 978
MENTAL HEALTH CRISIS SERVICE	1800 650 749
NSW RAPE CRISIS CENTRE	1800 424 017 / (02)9819 7357
SALVATION ARMY CARE LINE	1300 363 622 / (02)9331 6000
SALVO COUNSELLING SERVICE (Penrith)	(02)4731 1554
SALVO CRISIS LINE	(02)9331 2000
SYDNEY CITY MISSION	(02)9219 2000
THE NATIONAL PREGNANCY SUPPORT HOTLINE	1800 422 213
YOUTH LINE	(02)9633 3666
20/10 GAY & LESBIAN YOUTH SERVICES (24 hrs)	1800 652 010 / (02)9552 6130

STUDENT SUPPORT SERVICES – Counselling Service & Disability Service

Monday to Friday	9:00am - 4.30pm
Central Booking Number	(02) 9852 5199

24 Hours Emergency Service

Ambulance, Fire, Police	Phone 000
-------------------------	-----------

Lifeline 24 hour Telephone Counselling Service

Phone 131114

Sydney City Mission 24 hour Telephone & Face to Face Counselling Service

Phone (02)9219 2000

Grief Support

24 hours	Phone (02)9489 6644
----------	---------------------

Hospitals

Bankstown	Phone (02)9722 8000
Blacktown	Phone (02)9881 8000
Campbelltown	Phone (02)46 25 9222
Liverpool	Phone (02)9828 3000
Nepean	Phone (02)4734 2000
Westmead	Phone (02)9845 5555

Police Stations www.police.nsw.gov.au

Typically, if you need the Police in an emergency situation, you would dial 000, however, local Police can help with information on local matters. If you are having a party at home it is good idea to register your party with your closest police station. Call your local station for further information.

Auburn	Phone (02)9749 8599
Bankstown	Phone (02)9707 5299
Blacktown	Phone (02)9622 0000 / (02)9671 9199
Camden	Phone (02)4655 0599
Campbelltown	Phone (02)46 25 7844
Castle Hill	Phone (02)9680 5399
Fairfield	Phone (02)9728 0399

Granville	Phone (02)9760 6199
Liverpool	Phone (02)9821 4444
Merrylands	Phone (02)9897 4899
Mt Druitt	Phone (02)9625 0000
Parramatta	Phone (02)9633 0799
Penrith	Phone (02)4721 9444
Quakers Hill	Phone (02)9678 8999
Springwood	Phone (02)4751 0299
Windsor	Phone (02)4547 1436

Mental Health Teams

Agencies that deal specifically with psychological and emotional welfare.

Aboriginal Mental Health	Phone (02)9556 9299
Bankstown Mental Health Service	Phone (02)9780 2777 / (02)9722 8000 (AH)
Blacktown Acute Mental Health Team	Phone (02)9881 8888
Blacktown Women's, Girls Centre	Phone (02)9831 2070
Campbelltown Mental Health Service	Phone (02)4629 5400
Fairfield Mental Health	Phone (02) 9794 1714
Liverpool Mental Health Service	Phone (02)9828 6174/6175 or 1300 787 799
Mental Health Info & Referrals	Phone 1300 794 991 Website www.mentalhealth.asn.au
Parramatta Mental Health	Phone (02) 9843 3222
Penrith Mental Health	Phone (02) 4732 9450
Salvo Care Line Counselling Service (24 hrs)	Phone 1300 363 622
SANE Mental Illness Helpline (9am-5pm, Mon-Fri)	Phone 1800 187 263
Suicide Prevention & Crisis Intervention	Phone (02)9331 2000
Transcultural Mental Health Centre (8.30am-5.30pm, Mon-Fri)	Phone (02)9840 3800 / 1800
Western Area Mental Health Service (Penrith & Hawkesbury)	Phone 1800 650 749

Crime / Violence

The following agencies deal with criminal matters. You can call these services to report a crime, get advice or general information.

NSW Crimestoppers (NSW Police) – www.police.nsw.gov.au/crimestoppers
Phone 1800 333 000

DOCS Helpline to report child abuse and neglect (24 hours)
Phone 132 111

Domestic Violence Line Counselling	Phone 1800 656 463
Sexual Assault (for referral to local service)	Phone (02)9926 7580
Sexual Assault	
Bankstown	Phone (02)9780 2777
Blacktown	Phone (02)9881 8700
Liverpool	Phone (02)998 2844 (BH) / (02)9600 555(AH)
Survivors of Child Abuse	Phone 1300 657 380
NSW Rape Crisis Centre	Phone (02)9819 6565
Child Abuse Line	Phone 1800 066 777
Domestic Violence (24 hrs)	Phone 1800 656 463
Rape Crisis Centre (24 hrs)	Phone (02)9819 7357
Sexual Abuse Help Line	Phone (02)9247 0600
Penrith Area Sexual Assault Service (Springfield Cottage)	Phone (02)4734 2512
Westmead Sexual Assault Service	Phone (02)9845 7940 / (02)9845 5555 A/H

Youth Services

Youth services are generally aimed at assisting people under the age of 18 years. However, if you are concerned about a younger person, you can call these numbers to get information and advice.

Youth Line	Phone 13 11 14
Youth Hotline	Phone 1800 101 810
Aboriginal Children's Services (24 hrs)	Phone (02)9698 2222
Telefriend Counselling	Phone (02)9419 8622
20/10 Gay & Lesbian Youth Services (24 hrs)	Phone 1800 652 010 / (02)9552 6130
Early Childhood Intervention	Phone 1300 656 865
Kids Helpline www.kidshelp.com.au	Phone 1800 551 800
Legal Aid Helpline for under 18's	Phone 1800 101 810
Lifeline www.lifeline.org.au	Phone 13 11 14
Dial-A-Mum (8am - Midnight)	Phone (02) 9477 6777
Youth Line Western Sydney	Phone (02)9633 3666
Hawkesbury Health Centre	Phone (02)4560 5714
Youth Health Team	
Teen Challenge	Phone (02)9644 7737
(Substance Abuse Rehab/Training)	Website www.tcns.w.gov.au
Redbank House (Westmead Hospital)	Phone (02) 845 6577
Youth Line	Phone 13 11 14

Department of Community Services (DOCS) - Sydney West Branches

Auburn	Phone (02)9335 4100
Bankstown	Phone (02)8713 7800
Blacktown	Phone (02)9830 1000
Campbelltown	Phone (02)4621 5600
Fairfield	Phone (02)9205 6000
Katoomba	Phone (02)4782 3066
Liverpool	Phone (02)8778 3300
Mount Druitt	Phone (02)98887 7400
Parramatta	Phone (02)9354 1888
Penrith	Phone (02)4731 6222
St Marys	Phone (02)9673 4777
Lakemba	Phone (02)9704 7100

Community Health

Blacktown	Phone (02)9881 8700
Doonside	Phone (02)9881 8650
Dundas (Adult Mental)	Phone (02)9638 6511
(Early Childhood)	Phone (02)9638 6866
High Street Youth	Phone (02)9687 2544
Hills	Phone (02)8853 4500
Katoomba	Phone (02)4782 2133
(Women's Health)	Phone (02)4782 5133
Merrylands	Phone (02)9682 3133
Mid-link Menopause Centre	Phone (02)9843 3157
Mt Druitt	Phone (02)9881 1200
Parramatta	Phone (02)9845 8053
Post Acute Community Care Team (PACC)	Phone (02)9845 8053
SWAHS Child Protection (PANOC) Service	Phone (02)9840 3880
Figtree Cottage – Cumberland Hospital	Phone (02)9840 3880

After Hours Crisis Care

Mon - Fri, 4.00pm - 9.00pm	Phone 131611
Weekends and Public Holidays, 24hrs	

Credit Helpline

Phone 1800 808 488

Gay & Lesbian Counselling Service

7 days, 5.30am - 10.30pm

Phone (02)8594 9596 / 1800 184 527

Relationships Australia

Phone 1300 364 277

Women's Legal Resource Centre www.women.nsw.gov.au

Women's information and referral service is a telephone service that refers callers (usually women) to an appropriate agency that can take care of a particular issue. Or, you can visit the website for the NSW Department of Women.

Phone (02)9749 5333