

Emergency Phone Numbers:

- 1800 Respect: 1800 737 732
 - 24hr counselling support for victims of sexual assault & domestic violence

- Domestic Violence Helpline: 1800 656 463
 - 24hr counselling support and accommodation for victims escaping violence

- Mens Line Australia: 1300 789 978
 - 24hr counselling support for men experiencing emotional, health, relationship issues.

- Parent Line NSW: 1300 1300 52
 - 24 hr parenting support for families with children aged 0-18yrs

- Tresillian NSW: 1300 272 736
 - 24hr parenting support for families with children aged 0-5yrs

- Mental Health Access Line: 1800 011 511
 - 24hr crisis support for families experiencing mental health challenges

- Your room – Alcohol & other drug support: 1800 250 015
 - 24hour counselling support around alcohol & substance use

- Lifeline: 13 11 14
 - 24hour crisis support for suicide prevention

- Kids Helpline: 1800 551 800
 - 24hour support for children 5-25yrs and their carers/parents

- My Forever Family – Carer support: 1300 782 975
 - Support for carers; Mon-Fri - between 9am-5pm

Other:

- Link2Home: 1800 152 152
- Child Protection Helpline: 132 111