

Support and Emergency Contacts

Emergency			
Organisation	Phone contact	Website / Online - Web chat	Face to face
Police / Ambulance / Fire If you are in immediate danger, require an ambulance or there is a fire.	000 Triple Zero	Not applicable	Your nearest police station
Domestic Violence			
Organisation	Phone contact	Website / Online - Web chat	Face to face
<u>Police</u> If you are in immediate danger.	000 Triple Zero	Not applicable	Your nearest police station
<u>Domestic Violence Line</u> Free 24/7 phone and online service.	1800 656 463 13 14 50 (if requiring Interpreter)	https://www.facs.nsw.gov.au/domestic-violence	Not available
<u>1800RESPECT</u> - Free 24/7 phone and online service. - Australia wide. - Offers translating and interpreting.	1800 737 732	https://www.1800respect.org.au/ Online chat also available	Not available
<u>MensLine Australia</u> 24/7 phone line - Free phone and online counselling services for men (15 years and older) for men's mental health, relationships, addiction, family violence and anger management issues. - Video chat only for men 18 years and older. - Can refer callers to men's services anywhere in the country.	1300 789 978	https://mensline.org.au/ Online chat, video chat, or call-back services also available	Not available

<u>Women's Domestic Violence Court Advocacy Service</u> - Provides information, advocacy and referrals to assist women and their children who are or have been experiencing domestic and family violence, with their legal, social and welfare needs. - Facilitates access to other professional services as needed.	1800 938 227	https://www.legalaid.nsw.gov.au/my-problem-is-about/my-family-or-relationship/domestic-and-family-violence/womens-domestic-violence-court-advocacy-services	Operated out of local courts in Sydney and across NSW
<u>Women's Legal Service NSW</u> - Current hours: Monday to Friday: 9am – 1pm 2pm – 4.30pm - Community legal service that provides free legal services to women across NSW, particularly for those who are socially and economically disadvantaged.	02 8745 6900 131 450 (if requiring Interpreter) 133 677 (if hearing impaired) 1800 801 501 (if located in rural NSW)	http://www.wlsnsw.org.au	Can discuss legal issues with a solicitor face to face at Women's Health Centres: Blacktown, Liverpool and Penrith.
Sexual Assault, Sexual Harassment or Rape			
Organisation	Phone contact	Website / Online - Web chat	Face to face
<u>Cumberland Women's Health Centre</u> - Current hours: Monday to Friday 9:00am – 4:30pm. - Service is for women who are experiencing hardship and/or domestic violence / sexual harassment. - Access to counselling and referrals for crisis support. - Also facilitates support / therapy groups	02 9689 3044 Email: adminworker@cwchc.org.au	www.cwchc.org.au	69 Harris St, Harris Park, NSW 2150
<u>Leichardt Women's Health Centre</u> - Current hours: Monday to Friday 9.30am – 5.30pm. Closed between 1pm – 2pm daily. - Low-cost and	02 9560 3011	https://lwchc.org.au/	55 Thornley Street, Leichardt NSW 2040 (Call to make an appointment)

affordable medical, allied and complementary health care and education.			
<u>Liverpool Women's Health Centre</u> - Current hours: Monday to Friday 9am – 5pm. Closed between 1pm – 5pm. - Community based counselling service and health care.	02 9601 3555	https://liverpoolwomenshealth.org.au/contact-us/	26 Bathurst Street, Liverpool NSW 2170
<u>Penrith Women's Health Centre</u> - Current hours: Monday to Friday 9am-4.30pm. - Provides health services that address all aspects of women's lives.	02 4721 8749 Email: hello@pwhc.org.au	https://www.penrithwomenshealthcentre.com/	164 Lethbridge St, Penrith NSW 2750
Alcohol, Drugs, Personal Crisis And Suicidal Thoughts			
Organisation	Phone contact	Website / Online - Web chat	Face to face
<u>Alcoholics Anonymous NSW</u> 24/7 phone line. - Meetings are held for men and women to share their experience, strength and hope with each other to help recover from alcoholism. - There are over 2000 local meetings.	1300 222 222	https://aa.org.au/	Call phone line to be put in touch with a local AA meeting group.
<u>Alcohol and Other Drugs Information Service (ADIS)</u> 24/7 phone line. - If you or someone you know are having issues with alcohol or drugs, you can call any time for support, information, counselling and referrals to services in NSW.	1 800 250 015 02 8382 1000	https://www.svhs.org.au/our-services/list-of-services/alcohol-drug-service/alcohol-drug-information-service	Not available
<u>Lifeline</u> 24/7 phone line. - Short term crisis intervention support. - Confidential one on one support.	13 11 14	https://www.lifeline.org.au/ Online chat available 24/7 Text services available 24/7 at 0477 13 11 14	Not available

<u>Mental Health Access Line</u> • 24/7 phone service. • Connection and referral services. • Staffed by mental health professionals.	1800 011 511 1300 555 727 (if hearing impaired) 131 450 (if requiring Interpreter)	https://www.health.nsw.gov.au/mental-health/pages/mental-health-line.aspx	Not available
<u>Beyond-blue</u> • 24/7 phone service. • Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636	https://www.beyondblue.org.au/ Webchat available 24/7	Not available
<u>Suicide Call Back Service</u> • 24/7 phone service. • Phone and online counselling for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide.	1300 659 467	https://www.suicidecallbackservice.org.au/ Webchat and video chat available 24/7	Not available
Gender And Sexual Identity			
Organisation	Phone contact	Website / Online - Web chat	Face to face
<u>Anti - Discrimination Board</u> • Phone enquiry service available Monday – Friday 9am – 4pm • Administers the anti-discrimination laws of NSW under the Anti-Discrimination Act of 1977.	1800 670 812 131 450 (if Interpreter required)	https://antidiscrimination.nsw.gov.au/	Not available
<u>Australian Human Rights Commission</u> • Phone enquiry service available Monday to Friday, 9am – 5pm. • Independent third party which investigates complaints about discrimination and human right breaches.	1 300 369 711	https://humanrights.gov.au/	Not available
<u>ACON</u> • Current hours: Monday – Friday, 9am – 6pm. • Community health, inclusion and HIV responses for people from diverse	02 9206 2000 1800 063 060 Email: acon@acon.org.au	https://www.acon.org.au	414 Elizabeth St, Surry Hills NSW 2010 (Face to face or online appointments).

sexualities and genders. Health centres also available in Northern Rivers, Hunter and Southern and Far West regions.			
Legal Advice & Others			
Organisation	Phone contact	Website / Online - Web chat	Face to face
<u>Redfern Legal Centre International Student Service</u> - Opening hours: Monday to Thursday : 10am - 12.30pm, 2pm-4pm Friday: 10am-12.30pm - Free and confidential legal advice for students anywhere in NSW. - Advice on housing, fines, debts, car accidents, employment, discrimination, family law and domestic violence.	02 9698 7277	https://rlc.org.au/our-services/international-students	73 Pitt Street, Redfern NSW 2016
<u>Inner City Legal Centre (ICLC)</u> - Current hours: Monday, Thursday and Friday: 9am – 5pm Tuesday and Wednesday: 9am – 8pm Initial legal advice is given by appointment only on Tuesday and Wednesday nights. - Advice on issues of employment, family law, transgender and sexuality, court support and migrant services.	02 9332 1966 1800 244 481 Text: 0466 724 979	http://www.iclc.org.au/	Basement Level, Kings Cross Library, Neighbourhood Centre 50-52 Darlinghurst Road, Kings Cross NSW 2011
<u>NSW Poisons Information Centre</u> Free 24/7 phone and online service.	13 11 26	https://www.poisonsinfo.nsw.gov.au/	Not available
<u>Kids Helpline</u> 24/7 phone and online counselling service. - For under 25 years of age to assist with family issues and life issues.	1800 551 800	https://kidshelpline.com.au/ Online chat also available	Not available

