

Emergency and Support Information

Emergency

Organisation / Service	Phone	Website / Online	Face to Face
Police / Ambulance / Fire (Triple Zero) - If you are in immediate danger, require an ambulance or there is a fire.	000	N/A	Not available

Domestic Violence

Organisation / Service	Phone	Website / Online	Face to Face
Police - If you are in immediate danger.	000	https://www.police.nsw.gov.au/	Not available
Domestic Violence Line - Free 24/7 phone and online service.	1800 656 463 / 13 14 50	https://www.facs.nsw.gov.au/domestic-violence	Not available
1800RESPECT (24/7 phone & online) - Free 24/7 phone and online service. - Support people impacted by domestic, family or sexual violence.	1800 737 732	https://www.1800respect.org.au/	Not available
MensLine Australia (24/7) - 24/7 phone line - Free phone and online counselling services for men (15 years +) - Video chat – for men 18 years and older. - Can refer callers to men's services	1300 789 978	https://mensline.org.au/	Not available
Women's Domestic Violence Court Advocacy Service - Provides information, advocacy and referrals to women and their children experiencing DFV	1800 938 227	https://www.legalaid.nsw.gov.au/	Local courts across NSW
Women's Legal Service NSW - 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 6988 / 1800 801 501	http://www.wlsnsw.org.au	Women's Health Centres (Blacktown, Liverpool, Penrith)



Sexual Assault, Harassment or Rape

Organisation / Service	Phone	Website / Online	Face to Face
<p>Cumberland Women's Health Centre</p> <ul style="list-style-type: none"> - Monday to Friday: (9am – 4:30pm) * Closed between 1pm – 1:30pm daily) - Specific to women experiencing hardship, DFV, and/or sexual harassment. - Access to counselling and referrals for crisis support. 	<p>02 9689 3044</p> <p>Email: adminworker@cwhc.org.au</p>	<p>http://www.cwhc.org.au/</p>	<p>69 Harris St, Harris Park, NSW 2150</p>
<p>Leichhardt Women's Health Centre</p> <ul style="list-style-type: none"> - Monday to Friday: 9am – 5:30pm * Closed between 1pm – 2pm daily - Low-cost and affordable medical, allied and complementary health care and education. 	<p>02 9560 3011</p>	<p>https://lwchc.org.au/</p>	<p>55 Thornley St, Leichhardt NSW 2040</p> <p>* Call to make an appointment</p>
<p>Liverpool Women's Health Centre</p> <ul style="list-style-type: none"> - Monday to Wednesday: 9am – 6pm - Thursday to Friday: 9am – 5pm - Community based counselling service and health care. 	<p>02 9601 3555</p>	<p>https://liverpoolwomenshealth.org.au/</p>	<p>26 Bathurst St, Liverpool NSW 2170</p>
<p>Penrith Women's Health Centre</p> <ul style="list-style-type: none"> - Monday to Friday: 9am – 4:30pm - Provides health services that address all aspects of women's lives. 	<p>02 4721 8749</p> <p>Email: hello@pwhc.org.au</p>	<p>https://www.pwhc.org.au/</p>	<p>63 Union Road Penrith NSW, 2750</p>
<p>Bankstown Women's Health Centre</p> <ul style="list-style-type: none"> - Monday to Friday: : 9am – 12:30pm 1:15pm – 5pm - Provides services such as casework, dietician, counselling, and child and adolescent trauma counselling services (CATCS) 	<p>02 9790 1378</p>	<p>https://bwhc.org.au/</p>	<p>Level 1, 24-26 Jacobs Street Bankstown NSW 2200</p>

Alcohol, Drugs, Personal Crisis & Suicidal Thoughts

Organisation / Service	Phone	Website / Online	Face to Face
<p>Alcoholics Anonymous NSW</p> <ul style="list-style-type: none"> - 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.
<p>Alcohol & Other Drugs Information Service (ADIS)</p> <ul style="list-style-type: none"> - 24/7 phone line - Free and confidential counselling services for concerns about drug or alcohol misuse. - Provides general support, information, and referrals to services in NSW. - For those concerned about themselves or another person 	<p>Phone (within Sydney metro area): (02) 8382 1000</p> <p>National Hotline: 1800 250 015</p>	<p>https://www.svhs.org.au/our-services/list-of-services/alcohol-drug-service/alcohol-drug-information-service</p> <p>Webchat: https://yourroom.health.nsw.gov.au/getting-help/Pages/ADIS-Web-Chat.aspx</p>	Not available
<p>Lifeline</p> <ul style="list-style-type: none"> - 24/7 phone line - Short term crisis intervention support. - Confidential one on one support. 	13 11 14	<p>https://www.lifeline.org.au/</p> <p>Online chat available 24/7</p> <p>Text services available 24/7 at 0477 13 11 14</p>	Not available
<p>Mental Health Access Line</p> <ul style="list-style-type: none"> - 24/7 phone line - Offer mental health advice, brief assessment and referral services. - Staffed by mental health professionals. 	<p>1800 011 511</p> <p>131 450 (for interpreter)</p> <p>133 677 (if hearing impaired)</p>	https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx	Not available
<p>Beyond Blue</p> <ul style="list-style-type: none"> - 24/7 phone line - Provides information and support to help everyone in Australia achieve mental wellbeing, regardless of age and living area. 	1300 22 4636	<p>https://www.beyondblue.org.au/</p> <p>Webchat: https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat</p>	Not available
<p>Suicide Call Back Service</p> <ul style="list-style-type: none"> - 24/7 phone line - 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	<p>https://www.suicidecallbackservice.org.au/</p> <p>* Access website for online chat and organise an appointment for video chat</p>	Not available

Gender and Sexual Identity

Organisation / Service	Phone	Website / Online	Face to Face
<p>Anti-Discrimination Board NSW</p> <ul style="list-style-type: none"> - Phone enquiry service Monday to Friday: 9am – 4pm - Provides information about discrimination and existing laws - Legal advice regarding discrimination and available tools to report victimisation 	<p>1800 670 812</p> <p>131 450 (for interpreter)</p>	<p>https://antidiscrimination.nsw.gov.au/</p>	Not available
<p>Australian Human Rights Commission</p> <ul style="list-style-type: none"> - Phone enquiry service Monday to Friday: 9am – 4pm - Independent third party which investigates complaints about discrimination and human right breaches - Provides information about human rights and help resolve complaints 	<p>1300 369 711</p>	<p>https://humanrights.gov.au/</p>	Not available
<p>ACON</p> <ul style="list-style-type: none"> - Phone enquiry service Monday to Friday: 9am – 6pm - Community health, HIV & inclusive responses for people from diverse sexualities and genders. - LGBTQ+ specific services, such as case work, DFV, substance use, age care. - Low cost counselling available - Regular events, support groups and workshops. 	<p>02 9206 2000</p> <p>1800 063 060</p> <p>Email: acon@acon.org.au</p>	<p>https://www.acon.org.au</p>	414 Elizabeth St, Surry Hills NSW 2010

Legal Advice

Organisation / Service	Phone	Website / Online	Face to Face
<p>Redfern Legal Centre International Student Service</p> <ul style="list-style-type: none"> - Monday to Thursday : 10am – 12:30pm / 2pm – 4pm - Friday: 10am -12:30 pm - Free and confidential legal advice for students anywhere in NSW - Advice on housing, fines, debts, car accidents, employment, discrimination, family law and domestic violence 	<p>02 9698 7277</p>	<p>https://rlc.org.au/international-student-legal-service-nsw</p>	73 Pitt St, Redfern NSW 2016

<p>Inner City Legal Centre (ICLC)</p> <ul style="list-style-type: none"> - Monday & Thursday & Friday : 9am-5pm - Tuesday & 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 	<p>02 9332 1966 1800 244 481</p> <p>Text: 0466 724 979</p>	<p>http://www.iclc.org.au/</p>	<p>Basement Level, Kings Cross Library, Neighborhood Centre 50-52 Darlinghurst Road, Kings Cross NSW 2011</p>
<p>NSW Poisons Information Centre</p> <ul style="list-style-type: none"> - Free 24/7 phone and online service - Tuesday & Wednesday - Suspect that someone has been poisoned or has overdosed, made a mistake with medicines or been bitten or stung - Will guide the individual on the safest next step 	<p>13 11 26</p>	<p>https://www.poisonsinfo.nsw.gov.au/</p>	<p>Not available</p>
<p>Embrace Multicultural Mental Health</p> <ul style="list-style-type: none"> - Provides translated information for culturally and linguistically diverse (CALD) people - Resources about mental health for individuals and communities 	<p>02 6285 3100</p>	<p>https://embracementalhealth.org.au/</p>	<p>Not available</p>
<p>Transcultural Mental Health Line</p> <ul style="list-style-type: none"> - Monday to Friday: 9am – 4:30pm - Supports people who live in NSW and who are from culturally and linguistically diverse communities 	<p>1800 648 911</p>	<p>https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/transcultural-mental-health-line</p>	<p>Not available</p>