

WHERE TO GO FOR SUPPORT



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis

(phone or online help available)

Lifeline 24 hours lifeline.org.au	13 11 14
Suicide Call Back Service 24 hours suicidecallbackservice.org.au	1300 659 467
MensLine 24 hours mensline.org.au	1300 78 99 78
13 YARN 24 hours 13yarn.org.au	13 92 76
Kids Helpline 24 hours kidshelpline.com.au	1800 55 1800
1800 RESPECT 24 hours 1800respect.org.au	1800 737 732
Open Arms Veterans and Families 24 hours openarms.gov.au	1800 011 046
QLife (LGBTIQ+) 7 days, 3pm to midnight qlife.org.au	1800 184 527

Suicide specific supports

Wollongong Safe Haven 55 Urunga Parade Wed-Sat 2pm-10pm Safe space for people in suicidal distress operated by peer workers	0401 561 164
Nowra SPOT (suicide prevention outreach team) 7 days, 8.30am-5pm Nowra region	1800 011 511
Beyond Now suicide safety planning beyondblue.org.au/get-support/beyondnow-suicide-safety-planning	
You are not alone - website for carers www.sane.org/you-are-not-alone	

Lost someone to suicide?

StandBy Support after suicide 24 hours standbysupport.com.au	1300 727 247
Thirrili National Indigenous Postvention Service 24 hours thirrili.com.au	1800 805 801

Help with alcohol & other drugs

ISLHD Drug & Alcohol Wollongong and Nowra	1300 652 226
Lives Lived Well liveslivedwell.org.au	1300 727 957
Kedesh Rehabilitation Services Kedesh.com.au	4260 7111
Alcohol & Drug Information 24 hours yourroom.health.nsw.gov.au	1800 422 599

Help with your Mental Health

Mental Health Line 24 hours	1800 011 511
Head to Health coordinare.org.au/headtohealthpopup/	1800 595 212
headspace Wollongong Nowra ehespace.org.au	4220 7660 4446 7300 1800 650 890
Beyond Blue 24 hours beyondblue.org.au	1300 22 4636
SANE sane.org	1800 187 263

Help with other stuff

Gambling Help 24 hours gamblinghelponline.org.au	1800 858 858
Financial Help National Debt Helpline ndh.org.au	1800 007 007
Illawarra Legal Centre illawarralegalcentre.org.au	4276 1939
Shoalhaven Legal Centre shoalcoast.org.au	1800 229 529
Link2Home Homelessness 24 hours facs.nsw.gov.au/housing	1800 152 152

Aboriginal Services

Illawarra Aboriginal Medical Service illawarraams.com.au	4229 9495
South Coast Medical Service Aboriginal Corporation southcoastams.org.au	1800 215 099
Waminda waminda.org.au	4421 7400
Strong Yawa Weekdays after 5pm and weekends after 4pm After hours social and emotional wellbeing support for Aboriginal and Torres Strait Islander people across our region.	1800 953 736

Help for your family & relationships

Family Services Australia Illawarra familyservices.org.au	1800 372 000
Relationships Australia relationshipsaustralia.org.au	1300 364 277
NSW Family Referral Service familyreferralservice.com.au	1800 663 863
Family Connect and Support familyconnectsupport.dcj.nsw.gov.au	1800 267 327

Multicultural services

Illawarra Shoalhaven Multicultural Health Service	4221 6770
Translating & Interpreting Service	13 14 50



To find a full list of support services, scan the QR code

Or visit:
suicidepreventioncollaborative.org.au/need-help