

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

(24 hour services, online chat available)

Lifeline lifeline.org.au	13 11 14
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467
MensLine mensline.org.au	1300 789 978
Kids Help Line kidshelpline.com.au	1800 55 1800
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
1800 RESPECT 1800respect.org.au	1800 737 732

Help with your Mental Health

Mental Health Line	1800 011 511
headspace Wollongong Nowra ehheadspace.org.au	4220 7660 4446 7300 1800 650 890
Head to Health headtohealth.gov.au	
SANE sane.org	1800 187 263
QLife (LGBTIQ) qlife.org.au	1800 184 527
Veterans & Family Counselling openarms.gov.au	1800 011 046

Help for your family and relationships

(including family violence)

NSW Family Referral Service familyreferralservice.com.au	1800 663 863
Relationships Australia relationships.org.au	1300 364 277

Help with other stuff

GAMBLING

Gambling Help online gamblinghelponline.org.au	1800 858 858
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FINANCIAL

National Debt Line - ndh.org.au	1800 007 007
No Interest Loan Scheme - nils.com.au	

LEGAL CENTRES

Illawarra - illawarraregalegalcentre.org.au	4276 1939
Shoalhaven - shoalcoast.org.au	1800 229 529

HOMELESSNESS

Link2Home Information Line facs.nsw.gov.au/housing	1800 152 152
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Visit your local Council for information on Low Cost & Free Meals & other community services.

Help with alcohol and other drugs

Alcohol & Drug Information Service	1800 250 015
Watershed Drug & Alcohol Recovery and Education Centre watershed.org.au	1800 818 872
ISLHD Drug & Alcohol Services	1300 652 226

Aboriginal Services

ILLAWARRA

Illawarra Aboriginal Medical Service www.illawarraams.com.au	4229 9495
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SHOALHAVEN

South Coast Medical Service Aboriginal Corporation southcoastams.org.au	1800 215 099
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Waminda waminda.org.au	4421 7400
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To find a full list of support services, scan the QR code



Or visit:

suicidepreventioncollaborative.org.au/need-help