

# 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)

<b>Lifeline</b> <a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14
<b>Suicide Call back Service</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	1300 659 467
<b>MensLine</b> <a href="http://mensline.org.au">mensline.org.au</a>	1300 789 978
<b>Kids Help Line</b> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	1800 55 1800
<b>Rape Crisis Line</b> <a href="http://nswrapecrisis.com.au">nswrapecrisis.com.au</a>	1800 424 017
<b>1800 RESPECT</b> <a href="http://1800respect.org.au">1800respect.org.au</a>	1800 737 732

## Help with your Mental Health

<b>Mental Health Line</b>	1800 011 511
<b>headspace</b> Wollongong Nowra <a href="http://ehheadspace.org.au">ehheadspace.org.au</a>	4220 7660 4446 7300 1800 650 890
<b>Head to Health</b> <a href="http://headtohealth.gov.au">headtohealth.gov.au</a>	
<b>SANE</b> <a href="http://sane.org">sane.org</a>	1800 187 263
<b>QLife (LGBTIQ)</b> <a href="http://qlife.org.au">qlife.org.au</a>	1800 184 527
<b>Veterans &amp; Family Counselling</b> <a href="http://openarms.gov.au">openarms.gov.au</a>	1800 011 046

## Help with alcohol and other drugs

<b>Alcohol &amp; Drug Information Service</b>	1800 250 015
<b>Watershed Drug &amp; Alcohol Recovery and Education Centre</b> <a href="http://watershed.org.au">watershed.org.au</a>	1800 818 872
<b>ISLHD Drug &amp; Alcohol Services</b>	1300 652 226

## Aboriginal Services

<b>ILLAWARRA</b>	
<b>Illawarra Aboriginal Medical Service</b> <a href="http://www.illawarraams.com.au">www.illawarraams.com.au</a>	4229 9495
<b>SHOALHAVEN</b>	
<b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a>	1800 215 099
<b>Waminda</b> <a href="http://waminda.org.au">waminda.org.au</a>	4421 7400

## Help with other stuff

<b>GAMBLING</b>	
<b>Gambling Help online</b> <a href="http://gamblinghelponline.org.au">gamblinghelponline.org.au</a>	1800 858 858
<b>FINANCIAL</b>	
<b>National Debt Line - <a href="http://ndh.org.au">ndh.org.au</a></b>	1800 007 007
<b>No Interest Loan Scheme - <a href="http://nils.com.au">nils.com.au</a></b>	
<b>LEGAL CENTRES</b>	
<b>Illawarra - <a href="http://illawarralegalcentre.org.au">illawarralegalcentre.org.au</a></b>	4276 1939
<b>Shoalhaven - <a href="http://shoalcoast.org.au">shoalcoast.org.au</a></b>	1800 229 529
<b>HOMELESSNESS</b>	
<b>Link2Home Information Line</b> <a href="http://facs.nsw.gov.au/housing">facs.nsw.gov.au/housing</a>	1800 152 152

## Help for your family and relationships

(including family violence)

<b>NSW Family Referral Service</b> <a href="http://familyreferralservice.com.au">familyreferralservice.com.au</a>	1800 663 863
<b>Relationships Australia</b> <a href="http://relationships.org.au">relationships.org.au</a>	1300 364 277

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



Or visit:  
[suicidepreventioncollaborative.org.au/need-help](http://suicidepreventioncollaborative.org.au/need-help)

Visit your local Council for information on Low Cost & Free Meals & other community services.