

<b>COUNSELLING, PSYCHOLOGISTS, PSYCHIATRISTS</b>		<b>Contact</b>
1800 RESPECT		1800 737 732
Headspace (12y.o-15y.o)		6652 1878
Blue Knot Foundation (phone counselling for adult survivors of childhood trauma & abuse)		1300 657 380
<b>Galambila Health Service (M-F 8am-5pm)</b>		<b>6652 0800</b>
Interrelate		1300 473 528
Lifeline North Coast NSW (24 Hour Crisis Support)		13 11 14 (6651 4093)
13YARN 24/7 free call		13 92 76
National Indigenous Postvention Service (NIPS) (Thirriili) 24/7		1800 805 801
<b>DOMESTIC &amp; FAMILY VIOLENCE SERVICES</b>		<b>Contact</b>
Aboriginal Family Domestic Violence Hotline		1800 019 123
Domestic Violence Helpline (NSW)		1800 656 463
Warrina Coffs Harbour Women's Domestic Violence Court Support Service		6650 0302
Warrina Domestic & Family Violence (Women's Resource and Information Centre)		6652 9944
Kids Help Line (under 18)		1800 551 800
<b>DRUG &amp; ALCOHOL SERVICES</b>		<b>Contact</b>
Aboriginal Family Violence Prevention Worker		(02) 65892579
Mid North Coast Local Health District		1300 662 263 or 66567000
The Buttery Residential or Community Program		6687 1111
Junaa Buwa! Centre for Youth Wellbeing (Mission Australia)(13-18 years Youth Justice referral)		6651 3418
Needle & Syringe Program (NSP) Coffs Harbour		6656 7934
Alcohol Drug Information Service		1800 250 015
AOD Counselling Online (chat with a counsellor)		1800 422 599
<b>EMERGENCY SUPPORT</b>		<b>Contact</b>
<b>POLICE, FIRE, AMBULANCE</b>		<b>000</b>
Coffs Harbour Neighbourhood Centre		6648 3694
Baptist Church - Saturday Lunch 12.00pm.		Rotary Park near pool
Food - Coffs Harbour Uniting Church Soup Place (Lunch 12:30 – 1:30 M-F)		6652 7044
St Vincent de Paul		13 18 12
Food - Friends of the Family Outreach Service (T-F 9am – 4:30pm)		0421 430 175
Food - Life House Pantry (Toormina: 66581899)		6652 3116(Coffs)
Food – Loaves and Fishes Food Store		0413 182 053
Food – Oz Harvest		0421 430 175
<b>HOSPITALS IN AN EMERGENCY PLEASE DIAL 000</b>		<b>6656 7000 Coffs 6659 5800 Bellingen</b>
Suicide Call Back		1300 659 467
Homeless Persons Hotline - Link2Home NSW		1800 152 152
Lifeline North Coast (NSW)		6651 4093 or crisis support 13 11 14
Medical Services (After Hours)		6691 3573
Gidget House (support for new and teen parents)		(02) 94601550
Coffs Harbour Land Council - Aboriginal Community Electricity Assistance – Wed am only		6652 8740
"Pete's Place Drop-in centre" - Shower, Toilet & Laundry Facilities (8:30 – 1:30 Mon-Thurs Fri 8:30am 11:30am)		0438 931 201
Salvation Army (Coffs Harbour) Emergency Assistance		6652 3003
St Vincent de Paul Society		6652 3003
Centrelink & Medicare		13 24 68
<b>HOUSING &amp; ACCOMMODATION</b>		<b>Contact</b>
Northern NSW Aboriginal Tenants Advice & Advocacy Services (NATAAS)		1800 248 913 6643 4426
New Horizons Housing Assistance Support Initiative (HASI)		1800 188 900
Community Housing Ltd		1300 245 468
Homeless Persons Hotline - Link2Home (NSW)		1800 152 152
Aboriginal Housing Office (Coffs Harbour)		6691 7000
Momentum Youth Housing Service (Blue Sky Community Services)		5632 4021
No Interest Loan Scheme (NILS) (essential household items)		1800 509 994
Mission Australia Housing		1800 269 672
Wesley Youth Accommodation Services		5646 5755
<b>LEGAL SUPPORT SERVICES</b>		<b>Contact</b>
Law Access NSW		1300 888 529
Legal Aid NSW		1300 888 529 or (02) 5525 1600
MNC Community Legal Centre		6580 2111
Courthouse (local)		1300 679 272
<b>MENTAL HEALTH SERVICES</b>		<b>Contact</b>
Beyondblue		1300 224 636
The Samaritans Crisis Support		135 247
Headspace or eheadsace (9am-1am)		6652 1878 or 1800 650 890
Kids Helpline		1800 551 800
Lifeline		13 11 14
MensLine Australia		1300 789 978
QLife (LGBTI)		1800 184 527
Mind Spot (online counselling for Anxiety and Depression)		1800 614 434
Brother to Brother (Crisis support for Aboriginal Men)		1800 435799
13YARN 24/7 free call		13 92 76
WellMob (Online Emotional Wellbeing Resources)		wellmob.org.au