

Contacts

Organisation	Description	Contact Information
Abuse		
Centre against Sexual Assault	Information and resources for children and young people who are being abused	www.secasa.com.au 1800 806 292
Counselling		
Centacare [Catholic Care] Counselling	CatholicCare stands with and assists people who are in need or marginalised in the community.	(02) 4979 1172 www.mn.catholic.org.au/diocesan/centacare
Community Health Centres	Nelson Bay and New Lambton	<i>Check White Pages Hunter Health for centre nearest you.</i>
Imago Consulting & Psychology	Offers a range of counselling services using an integrated therapeutic approach.	4957 7631 & 0458 846 246 (22 Young Road, New Lambton & 19 Government Road, Nelson Bay)
Kids Help Line (24 Hours)	5 – 25 year olds	www.kidshelp.com.au 1800 551 800
Mensline (24 Hours)	A dedicated service for men with relationship and family concerns.	1300 789 978
Neighbourhood Centres		see local directory
Northern Settlement Service	Formerly Migrant Resource Centre	(02) 4969 3399
Parentline New South Wales (24hrs)	Telephone counselling for parents or carers of children 0-18.	1300 1300 52 www.parentline.com.au
Salvation Army		(02) 4929 2300
Samaritans		(02) 4969 0000
Crime		
Vocal	Provides assistance to victims of crime. 47 Hudson St, Hamilton 2303	(02) 4961 4755
Domestic Violence		
Domestic Violence Help Line		1800 656 463

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Drugs		
Family Drug Helpline (24 Hours)	Offer family members support, information, education, inspiration and the encouragement to practise self care	1300 660 068 www.familydrughelp.org.au
Headspace (24 Hours)	Provides mental and health wellbeing support, information and services to young people and their families.	13 11 14 www.headspace.org.au
Family Relationships		
Interrelate –Newcastle check phonebook or web for other areas	relationship services	(02) 4016 0566 www.interrelate.org.au
Family Relationships Online	Provides all families (together or separated) access to information about family relationship issues (ranging from building better relationships to dispute resolution.)	www.familyrelationships.gov.au
Family Support Services		<i>Check White Pages under “ Family Support Service”</i>
Relationships Australia	Provider of relationship support services aiming to support all to achieve positive and respectful relationships.	(02) 4969 3977 www.relationships.com.au
General Support		
Smith Family		(02) 4960 0777
Creative Institute of the Arts Newcastle	Adults and children's classes	4927 6476 www.cia.websyte.com.au
CYCOS (Cessnock Youth Centre & Outreach Service)	Offeres a range of supervised activities that foster personal growth in young people aged 12-20	4991 5372 www.cessnock.nsw.gov.au/cycos
Links to Learning	Program for young people thinking of leaving school early (or have already left early)	www.det.nsw.edu.au/eas/youth
ROADwhyz	Young driver awareness courses	www.roadwhyz.com

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Grief and Bereavement		
Bereavement Care Centre	Eastwood [Mal McKissock]	1300 654 556 www.bereavementcare.com.au
Bonnie Babes Foundation	Counsels families through infertility, miscarriage, stillbirth, pregnancy loss, neonatal loss, premature babies.	www.bbf.org.au 1300 266 643
Good Grief	Seasons for Growth National Office	www.goodgrief.org.au 8912 2700
Grief Line	<i>(12 noon – 3am)</i>	(03) 9596 7799
Grief Support Inc.	<i>(8 am to midnight)</i>	9489 6644
H.O.P.E. (Helping Other Parents Exist)	Supports parents, family members or friends who are grieving the loss of a child.	www.hopesupport.org.au
Kids Helpline	24 hours counselling service for Australian children and young people aged between 5 and 25 years.	1800 551 800
The Compassionate Friends		9290 2355 www.thecompassionatefriends.org.au
Lifeline	<i>24 hours</i>	13 11 14
Lifeline Newcastle Office	Run Seasons for Growth Adult groups	4940 2000
National Assoc. of Loss & Grief - NALAG (NSW)	Provides loss, grief and bereavement education.	68 829 222 www.nalag.org.au
SANDS Australia National Council Inc.	Stillbirth and neonatal death support group. Resources (not available online) including parent booklets, leaflets, information packages and web sites	www.sands.org.au (03) 9899 0217
SIDS and Kids Hunter Region. (Run groups from time to time. They also have an excellent library)	Provides grief support for those affected by the death of a child	(02) 4969 3171 1800 651 186 www.sidsandkids.org/hunter
Seasons for Growth		(02) 4961 0579

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Illness		
Make Today Count (Also runs Seasons for Growth Groups from time to time)	A mutual support organisation for those persons confronting a life-threatening illness. Run groups	(02) 4943 8462
		44 Dudley Rd, Charlestown
		www.maketodaycount.org.au
National Breast and Ovarian Cancer Centre		www.nbocc.org.au/survivorship
Mental Health - General		
Beyond Blue	Lifeline 24 hours - addresses issues associated with depression, anxiety and related substance misuse disorders	4925 2811 www.beyondblue.org.au
Carer ASSIST (Support for Mental Health Carers)	Maitland area	131 114 0439 040 135
Head Space - Hunter	Australia's National Youth Mental Health Foundation	4931 1000 www.headspace.org.au/hunter
Headspace (24 Hours)	Provides mental and health wellbeing support, information and services to young people and their families.	13 11 14
Kaiyu Enterprises Inc	Provides information on the range of support and rehabilitation services to people who have experienced mental illness.	www.kaiyu.org.au
Lifeline		4940 2000
Lifeline Newcastle	Assists people with a mental illness/ psychiatric disability	4023 3101
Mental Health - Suicide		
Salvation Army		49292300
Suicide Helpline	[Vic]	1300 651 251 www.supportaftersuicide.org.au
Support After Suicide	Suicide prevention and bereavement	suicideprevention.salvos.org.au
The National Hope Line		1300 467 354

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Mental Health – Depression		
Lifeline - Mens Support	contact Newcastle Lifeline for a detailed brochure	4940 2000
Prison		
Shine for kids	supporting children with a parent in the criminal justice system	www.shineforkids.org.au 4991 7417
Separation and Divorce		
Family court of Australia		1300 350 000 www.familycourt.gov.au