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<td>Domestic Violence Line</td>
<td>1800 656 463</td>
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<tr>
<td>Emergency (Fire, Police &amp; Ambulance)</td>
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<td>Family Drug Support</td>
<td>1300 368 186</td>
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<td>G-LINE – Gamblers Hotline</td>
<td>1800 633 635</td>
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<td>Kids Helpline</td>
<td>1800 551 800</td>
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<td>13 11 14</td>
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<td>Needle Clean Up Hotline</td>
<td>1800 633 353</td>
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Drug and alcohol information, referral and support

Alcohol & Drug Information Service
Sydney 9361 8000
NSW 1800 422 599
This service provides alcohol & other drug information and referral to young people and adults.
www.yourroom.com.au

Drug & Alcohol Treatment Access Line
9616 8586
The Access Line provides information on counselling and referrals to detoxification services, rehabilitation centres and support services.
www.sswahs.nsw.gov.au

Muru Nanga Mai
1300 002 410
This Community Support Service will support Indigenous community members and their families by providing links and referrals to a range of mainstream and Indigenous services which may include welfare and social support, family violence, health (including drug & alcohol services), housing, child care and legal.

National Cannabis Information Centre (NCPIC)
1800 304 050
This service provides cannabis information and referrals.
www.ncpic.org.au

Poisons Information Centre (all ages)
13 11 26
The Poisons Information Centre provides up-to-date evidence based information regarding the risk assessment, management and treatment of human poisoning to the general public and health care professionals.
www.chw.edu.au/poisons

Tobacco Quit Line
13 QUIT (13 78 48)
The Tobacco Quit Line can provide you with quitting information, coping with withdrawals and cravings and referral information.
www.quitnow.info.au
South Western Sydney Local Health District (SWSLHD)

SWSLHD Community Health Centres (all ages)

- **Bowral**: 4861 8000
- **Campbelltown (sexual health only)**: 4628 5878
- **Ingleburn**: 8788 4200
- **Narellan**: 4640 3500
- **Rosemeadow**: 4633 4100
- **Wollondilly**: 4683 6000

Community Health Centres provide a range of drug and alcohol services including counselling, information, referrals and Needle & Syringe Program (NSP). Campbelltown Community Health Service only offers a free Sexual Health Clinic.

SWSLHD Drug Health Services

- **Sydney Intake**: 9515 6311 Level 5, King George V Building
- **Reception**: 9515 7611 Missenden Road
- **Fax**: 9515 8970 Camperdown

Drug Health Services provide counselling and a range of treatments. Aboriginal Workers are available who understand issues relating to drugs, they can provide information and support.

**Campbelltown Sexual Health Clinic**

4633 4100

Located at Rosemeadow Community Health Centre.

Monday – Wednesday only.

5 Thomas Drive, Rosemeadow.

**Campbelltown Drug Health & Associated Services (18+ yrs) – Coopers Cottage**

4634 4177

This service provides an Opioid Treatment Program (methadone, buprenorphine or suboxone), counselling, case management, education groups, a drug in pregnancy service, hospital consultation and liaison. This service can work with 16–18 year olds with medical clearance.

**Wingecarribee Drug Health Service**

4861 8084

This service provides a range of free and confidential services including: assessment, counselling, hospital and community consultation and liaison, GP pharmacy liaison, education & resources.

**SWSLHD Macarthur Youth Health Service – Traxside (12–24 yrs)**

4625 2525

TTY 4625 4185
Traxside is a free and confidential service; they provide generalist and alcohol and other drugs counseling, resources, needle exchange programs, health services, free nurse’s clinic (no Medicare card required) and a youth worker on duty during opening hours.

[www.nayh.org.au](http://www.nayh.org.au)

For further information on services offered by South Western Sydney Local Health District go to:

Early intervention, education and prevention services

Manly Drug Education and Counselling Centre (MDECC)
9977 0711
MDECC provides innovative programs for young people, parents and families. These include health promotion, early intervention and counselling/treatment programs. MDECC also has range of peer education programs, the peer educators are mobilised within their communities to provide informal education to their friends/peers. All programs aim to enhance mental health and wellbeing and reduce the harms associated with drug and alcohol use.
www.mdecc.org.au

Mission Australia South West Youth Service
Drug and Alcohol Awareness Program (12–25 yrs)
4621 7400
This service provides alcohol and other drugs workshops and group work programs, information, referral and support.
www.missionaustralia.com.au

Substance.org
4732 1999
Through the provision of education resources, skills development, community development, training and support; WESDARC strives to promote health, increase alternatives and bring about change.
http://www.substance.org.au

Youth Solutions (12–25 yrs)
4628 2319
Youth Solutions can answer questions and provide information about alcohol and other drugs, help you take action on drug related issues in your community and refer you to counselling and treatment services.
www.youthsolutions.com.au
Support groups

**Al-anon/Alateen Family Groups**
9570 3400 (Tuesday and Wednesday only)  
1300 252 666 (24 hour helpline)
Provides support for people who are being affected by their family or friends’ alcohol abuse.  
www.al-anon.alateen.org/australia

**Alcoholics Anonymous**
9799 1199 (24 hour helpline)
Support groups for people in recovery from alcohol addiction.  
www.aasydney.org.au

**Nar Anon Family Groups**
8004 1214
Provides self-help support groups for families and friends of compulsive drug users. Members meet to gain an understanding of the user's behaviour and how to cope with it.  
www.naranon.com.au

**Narcotics Anonymous**
9519 6200 (24 hour helpline)
Support groups for people in recovery from narcotic drug addictions.  
www.na.org.au
Detoxification and rehabilitation services

**GROW Rehabilitation Centre (18+ yrs)**
West Hoxton 9606 0579
Rosehill 9633 1800
Long-term residential program for people who suffer from dual diagnosis (mental health problems and drug dependency). Must be detoxed.
[www.grow.net.au](http://www.grow.net.au)

**Jarrah House (Mothers with children 0–12 yrs)**
Malabar 9661 6555
Short term drug & alcohol medicated detoxification and rehabilitation unit for women. 21 day group work program.

**Maryfields Day Recovery Centre (18+ yrs)**
4627 2705
Maryfields Day Recovery Centre provides a comprehensive 13 week program that is structured around educational and therapeutic group work. They offer a unique client focused service, not only to those people seeking help to address their addiction but also to their families and the community at large.

**Odyssey House (18+ yrs)**
Admissions and Intake Centre 9281 5144
Odyssey House provides the following alcohol and other drugs services: assessment, intake and referral; residential programs; withdrawal unit; parent and children’s program. A Progressive Learning Centre. MERIT program and counselling services.

**Odyssey House After Care Program**
4628 8806
The Odyssey House After Care Program provides non-residential support to people who are in recovery from alcohol and other drug and/or gambling problems. The program is open to individuals who have achieved their recovery through Odyssey House or other treatment intervention.

**Ted Noffs PALM (Program for Adolescent Life Management)**
9305 6600
PALM is a residential program for young people aged 14-18 with serious alcohol, or other drug-related difficulties. The up to three month program (with up to twelve months continuing care) aims to help young people to build the skills to manage their own lives effectively.
Triple Care Farm (16–24 yrs)
4885 1265
Residential rehabilitation for young people requiring intensive help to break the cycle of negative behaviours which may include multiple offending behaviour, substance abuse, mental health, trauma and/or abuse.
www.missionaustralia.com.au

Youth Off The Streets – Dunlea (13–19 yrs)
9721 5714
Non-residential rehabilitation for young people.
www.youthoffthestreets.com.au

We Help Ourselves (WHO) (18+ men and women)
8572 7444
Various residential rehabilitation centres across NSW

Watershed Drug & Alcohol Recovery and Education Centre
1800 818 872
Residential and non-residential programs. Withdrawal services and after-care.

Nepean Youth Drug & Alcohol Service
4734 2129
Nepean Youth Drug & Alcohol Service (NYDAS) works within a holistic model of care to address a range of issues for young people, related to their alcohol and other drug use. Services include counselling, general information, referrals and rehabilitation/withdrawal services.

Salvation Army services
Blue Mountains Recovery Services Centre (Hadleigh Lodge)
4782 7392
Residential rehabilitation (21 bed) service catering for men. Outpatient support to both males and females needing support with addiction issues.

Central Coast Recovery Services Centre (Selah) – Women
4388 4588
Long term residential rehabilitation program for women with drug, alcohol and gambling addictions.

Lake Macquarie Recovery Services Centre (18+ yrs)
4973 1495
Residential rehabilitation service catering for men who have drug, alcohol and gambling addictions.

Shoalhaven Bridge Program (18+ yrs)
4422 4604
Out-clients counselling for people with drug, alcohol and gambling addiction.

William Booth House (18+ yrs)
9212 2322
Residential rehabilitation service catering for men who have drug, alcohol and gambling addictions.

Sydney Inner-city Detoxification Unit (18+ yrs)
8218 1209 or 8218 1269
10-bed detoxification unit for homeless men.
Needle and Syringe Programs

Pharmacy Needle Syringe Program
Pharmacy Needle Syringe Program members sell needles and syringes or exchange Fitpacks.

Airds
Airds Village Pharmacy, Riverside Drive 4625 4303

Bradbury
Bradbury Pharmacy, 100 The Parkway 4625 2901

Campbelltown
Think Pharmacy, Shop 1, 34 Queen Street 4620 6811

Claymore
Claymore Pharmacy, 19 Dobell Road 4627 1420

Ingleburn
Barnes and Banks Pharmacy, 25 Oxford Rd 9605 1583

Minto
Manning Pharmacy, Shop 35A Minto Mall 9820 5560
Minto Pharmacy, Shop 1, 10 Redfern Road 9603 3149

New Users Aids Association (includes outreach service) 0487 387 442 or 1800 644 413
Free, confidential peer based Needle Syringe Program outreach service. Delivery by appointment.

Primary Needle Syringe Program
Health Connexions, Liverpool Hospital 9616 4807
Bulk Equipment, Information, Education and Referral

Automatic Dispensing Machines 24/7
Dispense free Fitpacks.

Bowral Hospital 4861 0200
Camden Hospital 4634 3000
Liverpool Hospital 9828 3000

Secondary Needle Syringe Program
Traxside Youth Health Service 4625 2525
4 Langdon Avenue Campbelltown
Dispensing Machine 24/7, bulk equipment available by request, community sharps bin, youth health workers.

Coopers Cottage Campbelltown Hospital 4634 4177
Dispensing Machine 24/7, community sharps bin
Family support services

Adolescent & Family Counselling Service (12–20 yrs)
4861 7111
Services include referrals, home visits and outreach, counselling, support and information for young people and their parents and/or carers living in the Southern Highlands.
highlandssafc@bigpond.com

Campbelltown Family Support Services
4640 1100
Services offered include information and support, referrals, home visits, groups with transport & childcare available for families in Campbelltown and the Macarthur region.

Community Links Wollondilly
4683 2776
Community Links provides a range of services including support and information, activities and referrals for families, young people and the general community.
www.communitylinks.org.au

Family Drug Support (all ages)
1300 368 186
The Family Drug Support Helpline provides callers with a first point of contact to discuss their concerns about a family member’s or friend’s drug use. Referrals, information and support are also available.
www.fds.org.au

Wingecarribee Family Support (all ages)
4862 1777
Services provided include support groups, parenting skills workshops and early childhood learning program.
Accommodation services

After Hours Temporary Accommodation (16+ yrs)
1800 152 152
The Department of Housing NSW provides emergency temporary accommodation in low-cost hotels, motels, caravan parks and similar accommodation for people who are in housing crisis or homeless while they make long-term arrangements. Accommodation is provided for one, or a small number of nights.


Allawah House (young women 14–17 yrs)
9603 4994
Provides 24hr supported accommodation for young women who are homeless or at imminent risk of homelessness for up to 26 weeks.


Homeless Persons Information Centre (all ages)
1800 234 566
9265 9081
(Free automated service. Excludes mobile phones)
The Homeless Persons Information Centre is a telephone and referral service that refers those in the community who are homeless. It provides professional assessments and referrals for clients seeking accommodation and support services within NSW.


Liverpool Youth Accommodation Assistance Company (16–25 yrs)
9600 6011
This service is a medium to long term accommodation service for young people who are homeless or at risk of homelessness. Each young person, once they move into the service is provided with a case manager to address immediate needs and long term goals.


Uniting Care Burnside Youth Services (12–24 yrs) – The Drum Youth Resource Centre
4628 5110
The Drum is a service provider for young people in the Macarthur area who are in crisis, homeless or dealing with drug & alcohol issues. The centre provides breakfast daily, toilet and shower facilities, information and health and counselling referrals.

www.burnside.org.au
Yfoundations Accommodation Support Services

Yfoundations are the peak body for youth homelessness in NSW.

Yconnect (12–24 yrs)
1800 424 830
9318 1531
(Free automated service. Excludes mobile phones)
Information and support is provided, as well as referrals for young people.
www.yfoundations.org.au

Yfoundations update their directories of accommodation services on a regular basis.

Crisis Services & Vacancies List

Medium Term Housing & Support Services

Pregnancy & Parenting Support Accommodation

Alcohol & Other Drugs Support Accommodation
Resources

Alcohol & Other Drugs Council of Australia  www.adca.org.au

The Alcohol and other Drugs Council of Australia (ADCA) is the peak, national, non-government organisation representing the interests of the Australian alcohol and other drugs sector, providing a national voice for people working to reduce the harm caused by alcohol and other drugs. ADCA works collaboratively with government, non-government, business and community sectors to promote evidence-based, socially just, approaches aimed at preventing or reducing the health, economic and social harm caused by alcohol and other drugs to individuals, families, communities and the nation.

Australian Drug Foundation  www.druginfo.adf.org.au

ADF/s DrugInfo Clearinghouse functions as a drug prevention network, providing easy access to information about alcohol and other drugs, and drug prevention.

Australian Drug Information Network  www.adin.com.au

The Australian Drug Information Network (ADIN) provides a central point of access to quality internet-based alcohol and other drug information provided by prominent organisations in Australia and internationally.

Drug Arm Australasia  www.drugarm.com.au

DRUG ARM (Drug Awareness, Rehabilitation and Management) provides a vital outreach of care and compassion through education, awareness, prevention, rehabilitation and support programs that assist individuals, families and communities throughout New South Wales, Queensland and South Australia.

Drug Information at Your Library  www.druginfo.sl.nsw.gov.au

Up to date information about alcohol and drugs through local public libraries in New South Wales. A joint initiative between NSW Health and the State Library of NSW.

Family Drug Support  www.fds.org.au

Assist families throughout Australia to deal with alcohol and drug issues in a way that strengthens relationships and achieves positive outcomes.

DrinkWise Australia  http://www.drinkwise.org.au

DrinkWise Australia is committed to shaping a healthier and safer drinking culture in Australia where drinking to excess, or drinking too young, is considered undesirable. An independent, not-for-profit, evidence-based organisation that relies on voluntary contributions from the alcohol industry.
NSW Government

Druginfo is the official NSW Government website on drug issues. It outlines Government policies on drugs including factsheets on illicit drugs, information on legal issues, plus information on the role of parents, families, and the broader community in reducing drug abuse.

Youth Solutions

Youth Solutions is a non-Government, community based, youth drug prevention charity, established to:

- Provide the Macarthur and Wingecarribee regions of NSW, Australia, with a specialist resource in youth drug and alcohol prevention
- Develop and maintain drug and alcohol health promotion activities, in an effort to; prevent or reduce drug related harm among young people
Community Mental Health Services

Better Access to Mental Healthcare Initiative
A General Practitioner can refer to a registered psychologist for specialist therapy after completing a Mental Health Care Plan. The cost is covered by Medicare. www.psychology.org.au/medicare/better_access/

Campbelltown Community Mental Health Centre
Provides services in the Local Government Areas (LGAs) of Campbelltown, Camden and Wollondilly. Various services are provided through CoMHET (see below for details).

Address 6 Browne Street, Campbelltown
Phone 02 4629 5400
1300 787 799 (after hours, ask to speak to mental health team)
Fax 02 4628 6101

Community Mental Health Emergency Team (CoMHET)
The intake service is an initial point of contact for all people within the Macarthur area. The intake team provides information about mental health and referral to the most appropriate treatment services, as well as comprehensive assessment services.

Services include:

- **Aboriginal Social and Emotional Worker**
  Care coordination, consultation, liaison with other services, education and advocacy for the Aboriginal community.

- **Care Coordination Team**
  Care management services for adults experiencing a range of mental health problems such as psychosis, schizophrenia, severe anxiety, depression or other mood disorders.

- **Consumer Representatives**
  Mental Health Services employ consumer representatives to provide information to consumers on their rights and responsibilities, recovery support and advocacy.

- **DBT/Borderline Personality Disorder treatment**
  Psychology service is available at Campbelltown Community Mental Health Centre.

- **Early Psychosis Intervention Program**
  Multidisciplinary community mental health program providing specialist psychiatric support to young people under 25 years of age.

- **Macarthur Community Rehabilitation Team**
  Individual occupational therapy and vocational assessments for people with mental illness requiring assistance with community living.

- **Youth Mental Health Team**
  Multidisciplinary clinical services for youth with mental illness and co-existing substance misuse.

Contact the CoMHET intake service on 1300 787 799 or 02 4629 5400
Other services provided by CoMHET include:

- **Infant, Child and Adolescent Mental Health Service (ICAMHS)**
  Provides a range of services to support families and children (under 17 years of age, adolescents are required to be engaged in education programs). A referral is required from a General Practitioner, Paediatrician, School Counsellor or Mental Health Clinician.

  
  Macarthur CAMHS
  Address 3-5 Cordeaux Street, Campbelltown
  Phone 02 4621 5000

**Wingecarribee Community Mental Health Centre**

The intake service is an initial point of contact for all people within the Wingecarribee region. The intake team provides information about mental health and referral to the most appropriate treatment services, as well as comprehensive assessment services.

Services include:

- **Aboriginal Mental Health Worker**
  Care coordination, consultation, liaison with services, education and advocacy for the Aboriginal community.

- **Adult Mental Health Team**
  Care management services for adults experiencing a range of mental health problems such as psychosis, schizophrenia, severe anxiety, depression and other mood disorders.

- **Boarding House Team**
  Assessment, consultation, counselling and care coordination for people with a mental illness living in licensed boarding houses.

- **Drug and Alcohol Counselling Team**
  Counselling and referral services. Drop-in service available each Tuesday from 8am to 12 noon.

  **Intake service**
  Address Bendooley Place, 22-24 Bendooley Street, Bowral
  Phone 02 4861 8000

Other services provided by Wingecarribee Community Mental Health Service include:

- **Adolescent Mental Health Team – Centre of Youth (COY)**
  Specialist mobile service for young people 12-17 years of age, who have mental health needs and are at risk. Provides acute assessments, support and counselling, and links to other specialist services. Located at the rear of Bowral District Hospital via Ascot Road.

  Phone 02 4861 0385

- **Hospital Consultation Liaison Service (Bowral District Hospital)**
  Acute care services, crisis intervention and urgent psychiatric assessments at Bowral District Hospital.

  Phone 02 4861 0347 during business hours
  Phone 02 4861 0200 after hours and on weekends

- **Mental Health Rehabilitation Team**
  Goal-oriented clinical interventions that facilitate recovery through transitional accommodation and vocational options. Located in Berrima Cottage at the rear of Bowral District Hospital.

  Phone 02 4861 0282
Wingecarribee Family Support Service

A range of support services, offered to families with children with the aim of strengthening their relationships.

Address 15-17 Kirkham Road, Bowral
Phone 02 4862 1777
www.wfss.org.au
Mental Health Support Services

Beyondblue
Beyondblue works in partnership with health services, schools, workplaces, universities, media and community organisations, as well as people living with depression, to increase awareness of depression, anxiety and related disorders throughout Australia.

Phone 1300 224 636 Information line
TTY 133 677
www.beyondblue.org.au for programs, events and resources

The website also includes a directory of online self-help mental health services and therapies aimed at helping people better manage depression, anxiety and related illnesses.


Black Dog Institute
The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders – a range of disorders that include depression and bipolar disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

Phone 02 9382 4523 for community/consumer enquiries
Phone 02 9382 2991 for clinics
www.blackdoginstitute.org.au

Compeer Friends Program (St. Vincent de Paul Society)
A friendship program for social support for people living with mental illness (Macarthur and Wingecarribee).

Address 13 Warby Street, Campbelltown
Phone 02 4627 9180
www.vinnies.org.au/compeer-program-nsw

Day-to-Day Living Program – Schizophrenia Fellowship
Assists people with severe mental illness to access structured activities and social outings, to encourage independent living skills, social participation and rehabilitation.

Address: Harmony House – 103 Hoddle Avenue, Bradbury
Phone 02 4620 8888
Fax 02 4620 8188

GROW
Grow’s program of personal growth, group method and sharing, caring community has been developed from the findings and experience of people with a mental illness in the course of their recovery and rebuilding their lives.

Phone 02 9633 1800 NSW
1800 558 268 Australia Wide
www.grow.net.au
GROW – Residential Program
A 12-step recovery program for people experiencing a mental illness alone, or mental illness coupled with substance abuse or alcohol dependence. Located in West Hoxton (near Liverpool).

Phone 02 9606 0579

Hospital to Home Service (Consumer Activity Network)
Assistance and peer support for consumers within the first 28 days of discharge from Campbelltown psychiatric inpatient units.

Phone 02 8206 1848

Mental Health Advocacy Service
A service of Legal Aid NSW which offers free legal information, advice and assistance about mental health matters.

Phone 02 9745 4277 (Burwood office)

Mental Health Association NSW
A community based organisation which develops mental health initiatives, including two information lines. All calls are treated confidentially, and you may remain anonymous if you wish, no personal details are retained.

- Mental Health Information Service Line
  Information and referral on issues relating to mental health generally.
  Phone 1300 794 991

- Anxiety Disorders Information Line
  Service focussed on anxiety disorders.
  Phone: 1300 794 992

Contact the services by phone (for the cost of a local call) or by email, and an Information Officer will endeavour to get back to you as soon as possible.

Address  Level 5, 80 William St, East Sydney
Phone  9339 6000
Fax  9339 6066
Email  mha@mentalhealth.asn.au
       www.mentalhealth.asn.au

Phone Connections (Consumer Activity Network)
Peer support and information referral line.

Monday and Thursday 7.00pm to 11.00pm
Friday 6.00pm to 11.00pm
Saturday 7.00pm to 12.00am

Phone  1300 135 846  Intra and interstate callers
Phone  02 9114 8150  Sydney or mobile callers
www.canmentalhealth.org.au
The Disability Trust
Provides care, services and advocacy for people with disabilities and their families. Southern Highlands services include mental health accommodation support, an Active Linking Initiative, centre based and flexible respite, attendant care, day programs, outside of school hours care and care solutions.

Address  Shop 5, 2 Ward Lane, Mittagong
Phone    02 4860 1100 Mittagong
Fax      02 4871 2848

Address  41 Lysander Avenue Rosemeadow
Phone/Fax 02 4621 1994

Personal Helpers and Mentors Program (PHaMs) – Macarthur Disability Services
Covers Campbelltown and all suburbs with postcode of 2560.

Phone    02 4621 8400
www.mdservices.com.au

Personal Helpers and Mentors Program (PHaMs) – The Benevolent Society
Covers Macarthur and Wingecarribee (excluding Campbelltown or suburbs with postcode of 2560).

Phone    02 4633 3777
www.bensoc.org.au
Mental Health Services for Youth

Adolescent Mental Health Team – Centre of Youth (COY)
Specialist mobile service for young people, 12–17 years of age, who have mental health needs and are at risk. Provides acute assessments, support and counselling, and links to other specialist services. Located at the rear of Bowral District Hospital via Ascot Road.

Phone 02 4861 0385

Headspace – Australia's National Youth Mental Health Foundation
A range of mental health services aimed at young people, 12–25 years of age. The program is covered by the Medicare scheme as part of a mental health care plan developed by a general practitioner or other medical doctor.

Phone 02 4627 9089 Campbelltown
Fax 02 4627 0889
Email headspace.campbelltown@sydney.edu.au
www.headspace.org.au

Infant, Child and Adolescent Mental Health Service (ICAMHS)
Provides a range of services to support families and children (under 17 years of age, adolescents are required to be engaged in education programs). A referral is required from a general practitioner, paediatrician, school counsellor or mental health clinician.

Address 3-5 Cordeaux Street, Campbelltown
Phone 02 4621 5000 Macarthur CAMHS

The Drum Youth Resource Centre (Uniting Care Burnside)
Support for young people, 12–24 years of age who may be in a crisis, homeless or dealing with drug and alcohol issues.

Address 8 Iolanthe Street, Campbelltown
Phone 02 4628 3199
Fax 02 4628 4754

Traxside Youth Health Service
General health support and counselling for young people, 12–24 years of age, and their families and carers who live, work or attend school in the Macarthur region.

Address 4 Langdon Avenue, Campbelltown
Phone 02 4625 2525
Carer Support Services

Carer Assist (Wingecarribee and Wollondilly)
Provides information, education, advocacy and support to carers and family members of people with mental illness.

Phone 02 4868 2755 or 0437 977 704
Monday, Wednesday and Friday only.

Carer Assist (Campbelltown)
Provides information, education, advocacy and support to carers and family members of people with mental illness.

Phone 02 4620 5255

Commonwealth Respite and Carelink Centre – Community Information Service
Short-term and emergency respite for carers.

Phone 1800 052 222
www.commcarelink.health.gov.au

The Haven Project (Macarthur Disability Services)
Offers support to carers of a person living with a mental illness.

Phone 02 4621 8400
www.mdservices.com.au
Counselling Services

**Anglicare**
Individual, relationship, adolescent and family counselling. Groups and various workshops.
Phone 02 4621 6666
www.anglicare.org.au

**CatholicCare**
Family, relationship, grief and loss counselling; education and family skills programs. Concession rates.
Phone 4628 0044
www.catholiccare.org

**Community Health Centres**
Free counselling services available at community health centres in Macarthur.
Phone 02 8788 4200 Ingleburn
02 4640 3500 Narellan
02 4633 4100 Rosemeadow
www.swsld.nsw.gov.au/CommunityHealth

**Counselling Online**
Provides drug and alcohol counselling online, using text communication, 24/7 access to professional, qualified counsellors and information, support and referral for drug users, family members and others. The service is confidential counselling and referral.
Phone 1800 888 236
www.counsellingonline.org.au/

**Lifeline Macarthur**
24 hour telephone counselling service.
Phone 02 4645 7200
13 11 14 24/7 Crisis Number
www.lifelinemacarthur.org.au

**Maryfields Day Recovery Centre**
Day program for individuals and couples for addiction, grief and loss. Counselling is also provided for those impacted by the addiction of a friend or family member.
Phone 02 4627 2705
www.vinnies.org.au/maryfields-day-recovery-centre-nsw

**Relationships Australia**
Counselling and relationship mediation. Carer counselling program; programs for men and women in abusive relationships; support for parents and children following a marital breakdown. Fees based on income.
Phone 02 4221 2000 Wollongong, Campbelltown and Bowral
1300 364 277 General enquiries
www.relationships.org.au
Unifam Counselling and Mediation
Services to help individuals, couples and families (together or separated) to build better relationships. Fees based on income.

Phone 02 4629 7070
www.unifamcounselling.org

Veterans and Veterans' Family Counselling Service
A specialised, free, confidential and Australia wide service for Australian veterans and their families.

Phone 1800 011 046
Accommodation

Allambie Housing and Refuge
Supported crisis accommodation for single men with full time care of children.
Phone 02 4625 1828

DAWN (Drug and Alcohol Women’s Network)
Medium term accommodation for women and their children. Must be abstinent from all drugs and alcohol for 3 months to be accepted.
Phone 02 4625 5513
www.dawn.net.au

Homeless Persons Information Line
General accommodation information. Helps the homeless access accommodation.
Phone 02 9265 9081 or 1800 234 566
www.cityofsydney.nsw.gov.au/community/homelessnessservices/HomelessPersonsInformationCentre

NEAMI – Housing and Support Initiative (HASI)
Support to provide Supported Accommodation Assistance Program (SAAP) accommodation and packages for people with a mental illness who have a range of disabilities.
Phone 02 4627 8444

Housing NSW
Rental accommodation and assistance, priority housing and housing services for people with special needs.
Phone 1300 468 746 24 hour helpline
1800 152 152 After hours temporary accommodation
02 4629 3222 Campbelltown
02 4629 3999 Airds
www.housing.nsw.gov.au

Vince’s Place
Short term crisis accommodation for males 18 years and over.
Address 1 Genty Street, Campbelltown
Phone 02 4625 1828

Vinchez Family Refuge
Accommodation for women and children in crisis who are 18 years and older.
Phone Homeless Persons Information Line on 02 9265 9081 or 1800 234 566

Vinnie’s Youth Housing
Medium to long term supported accommodation for young people 16 to 21 years of age, sole parents and young families up to 24 years with accompanying children (homeless/at risk).
Phone 02 4677 2186
Drug, Alcohol and Gambling Services

Alcohol and Drug Information Service (ADIS)
A confidential, anonymous information, advice and referral service. For information about drugs, including methadone, safer injecting advice, parent advice and detox. Available 24/7.

Phone  02 9361 8000
        1800 422 599     Rural

Alcoholics Anonymous
A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees for membership.

Phone  02 9799 1199     Sydney
        02 9599 8866     Administration only

www.aasdyney.org.au

Cooper's Cottage (Campbelltown Hospital)
Pharmacotherapy clinic (methadone and buprenorphine) and needle exchange.

Phone  02 4634 4177

Drug & Alcohol Counselling Team – Wingecarribee Community Mental Health Services
Counselling and referral services. Drop-in service available each Tuesday from 8am to 12 noon.

Intake service
Address  Bendooley Place, 22-24 Bendooley Street, Bowral
Phone  02 4861 8000

Drug Health Services – Drug and Alcohol Treatment Access Line
Assessment, counselling, detoxification and inpatient treatment aimed at reducing or minimising harm associated with alcohol and other drug use.

Phone  02 9616 8586

Gamblers Anonymous Australia
A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no fees for membership.

Phone  02 9726 6625 Helpline

www.gansw.org.au

Gambling Help
24-hour Gambling Help (NSW) telephone advice and referral service to free face-to-face counselling for people with gambling and gambling related problems

Phone  1800 858 858
        02 9995 0993     Enquiries

www.gamblinghelp.nsw.gov.au
G-Line (NSW)
24 hour telephone counselling service to assist callers who may be in crisis as well as callers who are unsure about whether they have a problem with gambling. Families and friends of problem gamblers can also receive assistance. Can also assist callers to access face to face counselling through referrals to local services. All calls are confidential.

Phone 1800 633 635  
1800 633 649  TTY

Maryfields Day Recovery Centre
A fully comprehensive program for persons 18 years and over who want to recover from alcohol, drug or gambling addictions, including those with a dual diagnosis. Methadone acceptable if stable on dose.

Phone 02 4627 2705  
www.vinnies.org.au/maryfields-day-recovery-centre-nsw

Narcotics Anonymous
Narcotics Anonymous is a non-profit, international, community-based organisation for recovering addicts. Narcotics Anonymous (NA) members learn from one another how to live drug free and recover from the effects of addiction in their lives.

Phone 02 9519 6200  
www.na.org.au

Odyssey House
Drug alcohol and gambling rehabilitation program. Must be over 18 years. All assessments are at Surry Hills.

Phone 02 9281 5144  
www.odysseyhouse.com.au

Odyssey House Aftercare Program
Supporting people who have recovered from drug, alcohol and gambling problems.

Phone 02 4628 8806  
www.odysseyhouse.com.au

Odyssey House Janus Program
Supports people who have drug and/or alcohol issues and mental health needs.

Phone 02 4628 8806 ext. 72

Park Central Clinic (Campbelltown Private Hospital)
Private insurance members or fee.

Phone 4621 9111

Tharawal Aboriginal Medical Service
Aboriginal health education, and drug and alcohol counselling.

Phone 02 4628 4837  
www.tacams.com.au
Energy Accounts Payment Assistance (EAPA) Voucher Assistance Centres in Macarthur Area

The Energy Accounts Payment Assistance (EAPA) scheme helps financially disadvantaged people experiencing difficulty making payments for electricity or gas due to crisis or emergency situations.

Anglicare
   Address  1 Reddall Street, Campbelltown
   Phone    02 4625 4666

Macarthur Diversity Services Initiative
   Address  Level 3, Suite 2, Campbelltown City Centre, 171-179 Queen Street, Campbelltown
   Phone    02 4627 1188

C3 Community Services (formerly Mount Annan Church Community Service)
   Address  347 Narellan Road, Mount Annan
   Phone    02 4620 7400

Nagle Centre (St. Vincent de Paul Society)
   Address  22 Iolanthe Street, Campbelltown
   Phone    02 4628 2928 or 4628 8568

Salvation Army
   Address  21 Badgally Road, Campbelltown
   Phone    02 4625 0803

Tharawal Aboriginal Medical Service
   Address  187 Riverside Drive, Airds
   Phone    02 4628 4837
Financial Counselling

JobAccess
Free, confidential government services providing advice and workplace solutions for people with disability, including mental health conditions.

Services include:

• **Disability Employment Services**
  Provides assistance in finding employment for all eligible job seekers with disability, including mental health conditions. Provides flexible, ongoing support for people with mental health conditions who have been placed in work but need additional support.

• **Employment Assistance Fund**
  Provides people with mental health conditions and their employers with easier access to resources to assist with finding and maintaining employment. This can include workplace modifications.

• **Job in Jeopardy assistance**
  Provides support for employees who are at risk of losing their job because of their disability, illness or injury. It is available through Disability Employment Services.

  Phone 1800 464 800 Toll free

Lifeline Macarthur
24 hour telephone counselling service.

  Phone 02 4645 7200
  13 11 14 24/7 Crisis number
  [www.lifelinemacarthur.org.au](http://www.lifelinemacarthur.org.au)

Mission Australia
Financial and generalist counselling.

  Phone 02 4620 0201

Nagle Centre (St. Vincent de Paul Society)
Community kitchen, budget planning, no interest loans (NILs), tax help, counselling, art therapy, computer training, community craft group, literacy programs, clemente programs, housing advisory service (HAS) and Nano Nagle camps for youth.

  Address 22 Iolanthe Street, Campbelltown
  Phone 02 4628 2928

Community Kitchen
Monday – Friday 10.00am to 1.00pm Meals are provided (free)
Wednesday 6.00pm to 7.45pm Dinner is provided (free)
Food vouchers available.
Ostara Specialist Mental Health Disability Employment Services – Schizophrenia Fellow NSW (SFNSW)

Ostara Australia is a not-for-profit organisation that specialises in assisting people who have an illness or disability find employment. Ostara Australia works with employers to help them find staff who are the best fit for their company.

Address    Unit 1, 300 Queen Street, Campbelltown
Phone       02 4628 9139
www.sfnsw.org.au/

Salvation Army Money Care

Address    27-31 Rudd Road, Leumeah
Phone       02 4620 7482
Men’s Services

Mensline Australia
Telephone support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Phone 1300 78 99 78
www.menslineaus.org.au

Men’s Shed

Phone 1300 550 009
www.mensshed.org or www.menshealthaustralia.net

Unifam Men’s Matters Program

Phone 02 4629 7070
http://unifamcounselling.org/programs/mens_matters

Vince’s Place
Short term crisis accommodation for males 18 years and over.

Address 1 Genty Street, Campbelltown
Phone 02 4625 1828
Multicultural Services

South Western Sydney Area Health Care Interpreter Service
Face to face, telephone and Auslan Interpreting. For assistance, ask a health care worker to make an appointment.

- Phone 02 9828 6088 or 02 9616 8111
- Fax 02 9828 6090

Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)
Personal support programs, counselling, psychiatric services and support groups for people who have survived torture or trauma and are refugees or asylum seekers.

- Phone 02 9794 1900

Transcultural Mental Health Centre
Information, referral and support groups for mental health consumers and their carers from culturally and linguistically diverse backgrounds. Located at Cumberland Hospital Campus.

- Phone 1800 648 911
- 02 9840 3800
- Fax 02 9840 3755

Translating and Interpreting Service (TIS) National
Immediate telephone interpreting services, as well as pre booked telephone and on site interpreting. Available 24/7 to any person or organisation in Australia requiring interpreting services.

- Phone 131 450
Women’s Services

Drug and Alcohol Women’s Network (DAWN)
Medium term accommodation for women and their children. Must be abstinent from all drugs and alcohol for 3 months to be accepted.

Phone 02 4625 5513
www.dawn.net.au

Jade House (Karitane)
A specialised day stay and counselling unit for women who are pregnant or have a baby up to 12 months of age, who have a diagnosis of, or are at risk of, developing a pregnancy related mood or anxiety disorder.

Phone 1300 227 474 24/7 Counselling
02 9794 2300 Referral
www.karitane.com.au

Centre for Women’s Health (The Benevolent Society)
Domestic violence counselling and domestic violence support groups. Has a wide range of services for women.

Phone 1800 077 760 Intake service
02 4627 2792
www.benevolent.org.au/about/what--we--do

Vinchez Family Refuge
Accommodation for women and children in crisis who are 18 years and older.

Phone Homeless Persons Information Line on 02 9265 9081 or 1800 234 566

Vinnie’s Youth Housing
Medium to long term supported accommodation for young people 16 to 21 years of age, sole parents and young families up to 24 years with accompanying children (homeless/at risk).

Phone 02 4677 2186

Wilma Women’s Health Centre
Individual counselling and group programs for women. Deaf and hearing impaired counselling and support. Lesbian counselling and support.

Phone 02 4627 2955
www.wilma.org.au/
After Business Hours – Urgent Referrals

Bowral District Hospital
For urgent referrals after hours phone Bowral District Hospital on 02 4861 0200 and ask for the Mental Health Team.

Campbelltown Hospital
For urgent referrals after hours phone Campbelltown Hospital on 02 4634 3000 and ask for the Mental Health Team.
External Referral Services

Family Referral Service (FRS)
FRS may refer clients on, to services provided by non-government organisations and by government agencies such as Health, Juvenile Justice, Housing, Ageing Disability and Home Care, Education and Communities.
FRS clients may be referred to services such as case management, home visiting, intensive family support, quality child care, housing, parenting education, supported play-group, drug and alcohol / mental health services, youth support services and respite care.

Phone 1300 244 826

Lifeline Service Seeker
The Lifeline Service Finder is a directory of free or low cost health and community services available in Australia.
You can search for relevant services in your local area.
You can access the directory without charge 24 hours a day. It includes services such as domestic violence, family and children's services, financial assistance and mental health services.

Resources

Mental Health First Aid
Mental Health First Aid is provided to a person developing a mental health problem or experiencing a mental health crisis. First aid is given until professional treatment is received or until crisis resolves.

Mental Health First Aid Action Plan:
1. Approach the person, assess and assist with any crisis
2. Listen non-judgementally
3. Give support and information
4. Encourage the person to get appropriate professional help
5. Encourage other supports

www.mhfa.com.au

ASIST (Applied Suicide Intervention Skills Training)
The ASIST workshop is for carers, professionals and all community members who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

www.livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20(ASIST)

Carers NSW
An association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail. Includes links to carer support groups across the state, fact sheets, and information for young carers.

www.carersnsw.asn.au

Child Protection Helpline
This helpline is to be used outside the opening hours of the Keep Them Safe Support Line and for the same purpose, see details below.

Phone 132 111

Drug info @ Your Library
Up to date information about alcohol and drugs available through local public libraries in New South Wales. A joint initiative between NSW Health and the State Library of NSW.

www.druginfo.sl.nsw.gov.au

Fact Sheets from Mental Health Association NSW
Fact sheets are divided into information on mental illness, support and maintaining wellbeing.

www.mentalhealth.asn.au/be-informed/fact-sheets.html

Keep Them Safe Support Line
The Support Line is for mandatory reporters in NGOs (including non-government schools) and GPs. It provides assistance in using the new Mandatory Report Guide, in determining whether a matter meets the report threshold for suspected risk of significant harm, and in understanding the changes under Keep Them Safe.

Phone 1800 772 479
Monday – Friday 10.00am to 4.00pm
Mental Health Resources, Publications and Factsheets from NSW Department of Health

Information on mental health and drug and alcohol issues for both consumers and their carers. Topics include coping with suicide, family members with mental health problems, links between physical and mental health, and assistance for carers in Aboriginal communities.


Translating Mental Health Information

A directory of Australian websites with translated information on mental health; lists both the website and available languages. Resources are compiled by the Victorian Transcultural Psychiatry Unit (VTPU). VTPU takes no responsibility for the quality of the translations. If possible, ask a bilingual mental health professional for their opinion of the translation.


WHO Neuroscience of Psychoactive Substance Use and Dependence

A comprehensive explanation of the science behind many drugs of addiction, in terms of modes of action and effects on the brain. Drugs explored include alcohol, sedatives, tobacco, opioids, cannabinoids, cocaine, amphetamines, ecstasy, volatile solvents and hallucinogens.


Work and Your Mental Health

Information about the role work can have in recovery from mental illness. Includes tips on planning a return to work.


Y_Mind? Inspiring Youth Mental Health

A resource created by Youth Solutions which provides all the necessary information to run a youth mental health forum. This includes assistance in identifying youth specific issues, and outlining ways in which workers can engage with young people and address their concerns. If interested in purchasing the resource, contact Youth Solutions.

Phone  02 4628 2319
Email  info@youthsolutions.com.au

www.youthsolutions.com.au
This resource is a community project of

Youth Solutions
Suite 19 Level 4
Macarthur Square Shopping Centre
Gilchrist Drive
Campbelltown NSW 2560

Youth Solutions is a non-government, community based charity, which develops and maintains drug and alcohol health promotion activities, in an effort to prevent or reduce drug related harm among young people in the Macarthur and Wingecarribee regions.

This resource was accurate at the time of update in July 2013. If additions or changes are required, please contact Youth Solutions with revisions.

Contact

Open       Monday – Friday 9.00am to 4.30pm
Phone      4628 2319
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