

Useful contacts

Appendix 6



Emergency – available 24 hours a day, 7 days a week

Police, Fire, Ambulance
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Police attendance
131 444

Domestic Violence Crisis Line
1800 656 463

Poisons Information Line
13 11 26

Helplines

Lifeline

For crisis support and suicide prevention

Call **13 11 14**, 24 hours, 7 days a week

Text **0477 13 11 14**, 6pm – midnight, 7 nights a week

Chat online www.lifeline.org.au/crisis-chat, 7pm – midnight, 7 nights a week

www.lifeline.org.au

Beyond Blue Coronavirus Mental Wellbeing Support Service

1800 512 348, 24 hours, 7 days a week

For people struggling to cope during the coronavirus pandemic

www.coronavirus.beyondblue.org.au

NSW Health Mental Health Line

Free help, advice, and access to mental health services

1800 011 511, 24 hours, 7 days a week

Kids Helpline

Telephone and web counselling for young people aged 5-25 years

1800 551 800, 24 hours a day, 7 days a week

www.kidshelpline.com.au

Service NSW

For information about available COVID-19 financial support

13 77 88, 24 hours, 7 days

www.nsw.gov.au/covid-19/financial-support

Coronavirus (COVID-19) Older Persons Support Line

Mental health support line is for senior Australians, their families, and carers

1800 171 866, 8.30am – 6.00pm, Monday – Friday (except public holidays)

www.nsw.gov.au/covid-19/health-and-wellbeing/advice-for-seniors

Useful contacts

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Health

Healthdirect

To speak to a nurse for health advice

1800 022 022, 24 hours, 7 days a week

www.healthdirect.gov.au

Aboriginal Medical Services

Galambila Aboriginal Health Service – Coffs Harbour region

(02) 6652 0800

Durri Aboriginal Corporation Medical Service – Kempsey region

(02) 6560 2300

Bullinah Aboriginal Health Service – Ballina region

(02) 6681 5644

Bulgarr Ngaru Medical Aboriginal Corporation

Bugalwena General Practice – Tweed Valley region

(07) 5513 1322

Bulgarr Ngaru Medical Aboriginal Corporation – Richmond Valley & Clarence Valley Clinics

Clarence Valley, Kyogle and Richmond Valley regions

(02) 6643 2199 (Grafton)

(02) 6662 3514 (Richmond)

Werin Aboriginal Corporation – Port Macquarie & Kempsey region

(02) 6589 4000

Rekindling the Spirit /Jullums Aboriginal Medical Service – Lismore region

(02) 6621 4366