

Looking after our health and wellbeing is important

There are a range of health and wellbeing services available across the Mid North Coast and Northern NSW.

Help in a crisis

If you require immediate 24/7 help, contact:

Lifeline 13 11 14

Lifeline Text 0477 13 11 14

Beyond Blue 1300 224 636

MensLine 1300 78 99 78

Kids Helpline 1800 551 800 (children under 12 years)

Suicide Call Back Service 1300 659 467

Aboriginal & Torres Strait Islander Crisis Supporters 13YARN (13 92 76)

If your life is in danger, please call **Triple Zero (000)**

FREE 24/7 Mental Health Support

Medicare Mental Health

1800 595 212

FREE guidance to the right services and supports for your needs.

medicarementalhealth.gov.au



Save to
your phone



Face to face Medicare Mental Health Centres

A **FREE** welcoming place to access mental health information, services and supports from qualified professionals. No appointment or referral is needed.

Coffs Harbour

At the Neighbourhood Centre - 22 Earl St block B in the Community Village)

Monday – Friday 8am – 6pm

Saturday – by appointment only

Lismore

At Southern Cross University P Block in the Health Precinct (access via Rifle Range Rd)

Monday – Friday 10am – 8pm

Saturday 12 Midday – 8pm

Sunday 10am – 2pm

Kempsey

41 – 43 Belgrave St

Monday – Thursday 9.30am – 5pm

Safe Haven North Coast

A **FREE** welcoming and caring environment for people in distress. Simply drop in for a cuppa and a chat with clinicians and peer support workers. **Open Monday – Friday 9am – 3pm.**

Lismore

At 46 Magellan St

Mullumbimby

At 15 Tincogan St

Murwillumbah

At 41-45 Murwillumbah St

safehavennc.org.au

FREE 24/7 Health Advice

Healthdirect

1800 022 222

Call and speak to a registered nurse who can provide health advice, and connect you with virtual and local face-to-face GPs, pharmacies and other health services.



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GPs and Pharmacy

If your regular GP or pharmacy is not available, check healthdirect's Service Finder to see other services that you can access in your area.

healthdirect.gov.au