

# 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](http://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](http://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.



Save to  
your phone



### 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](http://healthdirect.gov.au)