



Office for
Safeguarding
(CHANCERY)

CATHOLIC
DIOCESE OF
BROKEN BAY

SAFE • ATTENTIVE • RESPONSIVE

SUPPORT SERVICES

At times we all need support. This document contains a variety of support services available for those seeking someone to talk to, guidance or assistance.



LIFELINE AUSTRALIA

24/7 crisis support and suicide prevention services.

☎ 13 11 14



Mental Health Line
1800 011 511

THE MENTAL HEALTH LINE

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

☎ 1800 011 511



BEYOND BLUE

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

☎ 1300 22 4636 | 🌐 beyondblue.org.au



1800 RESPECT

Confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

🌐 1800respect.org.au



CATHOLICCARE DIOCESE OF BROKEN BAY

Provides a variety of support services including counselling.

☎ 02 9481 2600 | 🌐 catholiccaredbb.org.au



kidshelpline
Anytime | Any Reason

KIDS HELPLINE

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

When you need to talk, phone is fastest. 24/7. Every day and night.

☎ 1800 55 1800

Prefer to write? We understand. Email us at counsellor@kidshelpline.com.au

More information or to chat one-on-one over the web in real time go to kidshelpline.com.au

samsn
SURVIVORS & MATES SUPPORT NETWORK

SAMSN

Survivors & Mates Support Network (SAMSN) SAMSN is a not-for-profit organisation that is not affiliated with any religious organisation. It works to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives.

SAMSN employs psychologists and social workers who have experience working with male survivors to facilitate support groups for men and their families and supporters.

☎ 02 8355 3711 | ☎ HELPLINE 1800 4 SAMSN (72 676)
🌐 support@samsn.org.au | 🌐 samsn.org.au



BLUE KNOT FOUNDATION

Blue Knot Foundation is a national organisation focused exclusively on advancing the needs of the estimated 4 to 5 million Australian adults who are survivors of childhood trauma.

☎ 1300 657 380 | 🌐 blueknot.org.au

national disability
abuse and neglect
HOTLINE
1800 880 052

NATIONAL DISABILITY ABUSE & NEGLECT HOTLINE

A free, independent and confidential service for reporting abuse and neglect of people with disability. The Hotline works with callers to find appropriate ways of dealing with reports of abuse and neglect of people with disability.

To make a report

☎ 1800 880 052 | 🌐 hotline@workfocus.com

Callers who are deaf or have a hearing or speech impairment can contact the National Relay Service (NRS) by calling

☎ 1800 555 677 then asking for ☎ 1800 880 052

Callers from a non-English speaking background can use the Translating and Interpreting Service (TIS) by calling ☎ 13 14 50



ELDER ABUSE

Offers a free service that provides information, support and referrals relating to the abuse of older people living in the community across NSW.

If you witness, suspect or experience abuse, call the NSW Elder Abuse Helpline & Resource Unit on 1800 628 221 for information, support and referrals

☎ 1800 628 221 (for an interpreter, first call ☎ 131 450)
🌐 elderabusehelpline.com.au



HEADSPACE

Early intervention mental health services to 12–25 year olds, on four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Counselling by phone or online chat, every day from 9am – 1pm.
☎ 1800 650 890 | 🌐 [headspace.org.au](https://www.headspace.org.au)

SANE AUSTRALIA

SANE

Counselling by phone or chat on Mon-Fri from 9am-5pm, or by email. Free mental health information and referral service on weekdays during office hours.

☎ 1800 187 263 | 🌐 [sane.org](https://www.sane.org)



HEALTHDIRECT AUSTRALIA

Healthdirect Australia is a 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice.

☎ 1800 022 222



GAMBLING HELP HOTLINE

24/7 free and confidential support for anyone affected by gambling.

☎ 1800 858 858 | 🌐 [gamblinghelp.nsw.gov.au](https://www.gamblinghelp.nsw.gov.au)



ST VINCENT'S ALCOHOL & DRUG INFORMATION SERVICE (ADIS)

ADIS is a NSW state-wide telephone service providing education, information, referral, crisis counselling and support about illegal drugs such as heroin, ice and cannabis, as well as legal drugs such as alcohol.

ADIS operates 24 hours, 7 days a week.
All calls are confidential and anonymous.

☎ 02 9361 8000 | 🌐 [yourroom.com.au](https://www.yourroom.com.au)



RELATIONSHIPS AUSTRALIA

Offers family and relationship counselling as well as a range of specialist counselling services.

☎ 1300 364 277 | 🌐 [relationshipsnsw.org.au](https://www.relationshipsnsw.org.au)



Australian Government
Department of Home Affairs

INTERPRETER SERVICES

Australian Government Department of Home Affairs.
Call this service if you need someone to help you make
a phone call in English.

24/7 free translation/interpreter services

☎ 13 14 50 | 🌐 tisonational.gov.au



DOMESTIC VIOLENCE LINE

The Domestic Violence Line is a NSW statewide telephone
crisis counselling and referral service for women and persons
who identify as female.

☎ 1800 65 64 63

🌐 facs.nsw.gov.au/domestic-violence/helpline

If you are a man experiencing domestic and family violence you can

🌐 **contact: mensline.org.au | 🌐 1800respect.org.au**



NSW DEPARTMENT OF HEALTH – DRUG & ALCOHOL SERVICE

☎ Central Coast **02 4394 4880**

☎ Northern Sydney **1300 889 788**



Care for community. Fight for justice.

COMMUNITY LEGAL CENTRE

Care for community. Fight for justice.

☎ Central Coast: **02 4353 4988**

🌐 contact@centralcoastclc.org.au

🌐 centralcoast.org.au



CHILD PROTECTION HELPLINE

☎ 132 111

Office for Safeguarding

Phone 8379 1605 Email: safeguarding@bbcatholic