

Help Contacts



General Information & Support	Mental Health and Domestic Violence support
<p>Emergency 000 Health Direct 1800 022 222 National Coronavirus Helpline 1800 020 080 Disability Information Helpline 1800 643 787 Service NSW: 13 77 88 National Relay Service 1800 555 660, hearing, deaf, blind or speech impairment Police Assistance Line 131 444 Centrelink 136240 Medicare 132 011</p> <p>Parents & Children Kids Helpline 1800 55 1800 Karitane 1300 227 464 (02) 9794 2350 Parent Line NSW 1300 1300 52 SMS4dads info@sms4dads.com.au 02 4921 6401 PANDA National Helpline 1300 726 306 Child Protection Helpline 132 111</p>	<p>NSW Mental Health Line 1800 011 511 Coronavirus Mental Wellbeing Support Service 1800 512 348 Beyond Blue Helpline 1800 512 348 Lifeline 13 11 14 Primary & Community Care Services New Access 02 9477 8700 Butterfly Foundation 1800 334 673 MindSpot 1800 61 44 34 MensLine Australia 1300 78 99 78 Kids Helpline 1800 55 1800 Suicide Call Back Service 1300 659 467 Beyond Blue 1300 224 636 Headspace 1800 650 890 Men's Referral Service 1300 766 491 Link2home (Homeless/ Family/Domestic Violence) 1800152152 Linking Hearts Multicultural Service 0412 549 524/ 02 9786 4404 National Sexual Assault, Domestic Family Violence Counselling Service 1800 737 732 NSW Poisons Information Centre 13 11 26 NSW Rape Crisis Centre (02) 9819 7357 or 24/7 Counselling 1800 424 017 Surgery Access Line 1800 053 456 Victims Access Line 1800 633 063</p>
LGBTQI + families	Seniors
<p>ACON 1800 063 060 02 9206 2114 Qlife 1800 184 527 Open 3pm to midnight Rainbow Families +61 (0)481 565 958</p>	<p>Dementia Support Australia 1800 699 799 NSW Elder Abuse Helpline 1800 628 221 Dementia Australia 1800 100 500</p>
Young people	
<p>WSU acknowledges that the key aspect to any support for mental health and wellbeing is positive engagement and supportive interpersonal relationships with others.</p> <p>https://www.westernsydney.edu.au/wellbeing_mentalhealth/wbmh</p> <p>https://www.eheadspace.org.au/assets/Uploads/Centres/Mildura/hM-eResources-and-Apps.pdf</p> <p>Top Apps for Young people in care https://create.org.au/top-apps-for-young-people-in-care/</p> <p>Wellbeing tools for students - Beyond Blue https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students</p> <p>10 Mental health Apps https://headspace.org.au/headspace-centres/lake-haven/10-mental-health-apps/</p> <p>Filled with goodness for mums of older children. https://www.mumlyfe.com.au/</p> <p>Mental health matters https://www.wesleymission.org.au/get-involved/activity/mental-health-matters/</p> <p>Aroha chat - A chatbot for young people to help them manage their worries during the COVID-19 pandemic. Age group: 13–24 years old https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial</p> <p>Le Va (NZ based - however extremely informative, innovative, and engaging for young people) https://www.leva.co.nz/</p>	

Disability

COVID-19 Information	<p>Disability Gateway 1800 643 787</p> <p>National Relay Service to access any of the department's contact phone numbers. 1300 555 727</p> <p>National Coronavirus Helpline 1800 020 080 Translating and Interpreting Service (TIS National) 131 450</p> <p>https://www.health.nsw.gov.au/disability/covid-19/Pages/default.aspx</p> <p>https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability</p>
Providers unable to get sufficient PPE	Email: MOH-NDIS@health.nsw.gov.au
Making it Simple to Share Important Information - People with Disability	https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-people-with-disability.aspx
Information and referrals for people with disability and supporters about coronavirus (COVID-19) EASY READ	https://www.dss.gov.au/disability-and-carers/information-and-referrals-for-people-with-disability-and-their-supporters-about-coronavirus-covid-19
Updated guidance for residential disability care facility providers/ in-home care service provider	https://www.health.nsw.gov.au/Infectious/covid-19/Pages/disability-support.aspx
Guidance for home care service providers	https://www.health.nsw.gov.au/Infectious/covid-19/Documents/home-care-service-providers.pdf
Resources for Carers	https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability#resources-for-carers
COVID-19 Health Professionals Disability Advisory Service	https://www.health.gov.au/contacts/covid-19-health-professionals-disability-advisory-service

TVH Support

MUSLIM WOMEN AUSTRALIA	<p>Website: www.mwn.org.au</p> <p>Phone: 02 9750 6916 / After hours: 0412 549 524</p> <p>info@mwa.org.au</p>
COMMUNITY MIGRANT RESOURCE CENTRE	<p>Paramatta office</p> <p>Level 4, 1 Horwood Place</p> <p>Parramatta, NSW 2150</p> <p>(02) 9687 9901</p> <p>cmrc_admin@cmrc.com.au</p>
SYDWEST MULTICULTURAL SERVICES	<p>Level 2, 125 Main Street</p> <p>Blacktown NSW 2148</p> <p>(02) 9621 6633</p> <p>(02) 9831 5625</p> <p>info@sydwestms.org.au</p>
SOUTHWEST MULTICULTURAL AND COMMUNITY CENTRE	<p>Website: www.swmacc.org.au</p> <p>(02) 9603 2500</p> <p>040 728 1245</p> <p>mal.frueam@swmacc.org.au</p>