



Youth Health Resources List – Northern Sydney

For urgent help

24/7 Phone helplines

In case of fire, medical or police emergency dial	000
Kids Helpline (up to age 25 years)	1800 55 1800
Lifeline	131 114

Aboriginal Health Services

NSLHD Aboriginal Health	9462 9017
Ground floor RNS Community Health Centre, 2C Herbert Street, St Leonards	

Bungee Bidjel Aboriginal Health Clinic	9485 6200
Hornsby Hospital General Practice Unit, 3-7 Derby Road	
Bulk-billed health service for Aboriginal and Torres Strait Islander peoples. Open every Tuesday 9.00am - 2.30pm	

Alcohol and other drugs information and services

Sydney Drug Education & Counselling Centre (SDECC)	9977 0711
Free counselling and support for young people aged 14 -25 years with problematic alcohol and other drugs use and their families. Services delivered in Chatswood and Manly.	

DAYSS - Drug and Alcohol Youth Support Service	8043 2600
Northern Beaches Family Centre, Brookvale	

NSLHD Drug & Alcohol Services – Community Counselling Services	
Northern Beaches	9388 5333
Lower North Shore	9462 9199
Ryde	9858 7776
Hornsby	9477 9567

Odyssey House	1800 397 739
People aged 18 years and over with alcohol and other drug misuse issues. Services delivered in Chatswood and Manly.	

Your Room	www.yourroom.health.nsw.gov.au
A place to get facts about alcohol and other drugs. A joint initiative of NSW Health and St Vincent's Alcohol and Drug Information Service	

Alcohol Drug Information Service	9361 8000 (Sydney metro)
A 24 hour confidential, anonymous information, advice and referral service, support line	1800 422 599
	(outside Sydney)

Family Drug Support Australia	www.fds.org.au
Support Line (24 hours 7 days)	1300 368 186

Quit Smoking	Quitline 13 78 48
	www.icanquit.com.au

Mental health

NSW Mental Health Line

1800 011 511

A telephone-based triage service, 24 hours 7 days, by a mental health clinician who can offer support and connect you with the appropriate local, public mental health service in NSW.

headspace

www.headspace.org.au

Early intervention mental health services for 12 to 25 years, as well as assistance in promoting young people's wellbeing across mental health, physical health, work and study support and alcohol and other drug services. The website has lots of fact sheets and information for young people, family and friends, and health professionals.

headspace Brookvale

9937 6500

Level 2, Brookvale House, 1A Cross Street, Brookvale

www.headspace.org.au/headspace-centres/brookvale/

headspace Chatswood

8021 3668

30 Devonshire Street, Chatswood

www.headspace.org.au/headspace-centres/chatswood/

eheadspace

www.eheadspace.org.au

a confidential, free and secure space where young people or their family can chat, email or speak on the phone with a qualified youth mental health professional.

1800 650 890

NSLHD Child & Youth Mental Health Service (CYMHS)

Provide specialist mental health intervention to children and young people up to 18th birthday (or after 18 years if still in secondary education) and their families and carers.

Hornsby Ku-ring-gai

9485 6155

Northern Beaches

9388 5150

North Shore

9462 9222

Ryde

9448 6877

Karrikin Youth and Adolescent Mental Health Service

9196 8700

47 Hercules Street Chatswood

Assertive outreach mental health service for young people aged 12-25 years residing within Northern Sydney and Northern Beaches area, who are experiencing severe and complex mental health concerns.

Sydney North Primary Health Network Mental Health Triage Line

1300 782 391

<https://sydneynorthhealthnetwork.org.au/mentalhealthtriage/>

Way2Wellness Northern Sydney & Northern Beaches

1300 120 446

A free service delivered by Lifeline and funded by the Sydney North Primary Health Network, Way2Wellness connects people on Sydney's north side with mental wellbeing support, Monday to Friday 11am-7pm.

The Seasons Program – Suicide Prevention and Recovery

1300 000 125

Free support service for people (over 12 years of age) living in the Northern Sydney Region who has attempted suicide. The program is designed to engage with a person in the first 12 weeks following an attempted suicide to coordinate support and ensure ongoing safety whilst the person is on their recovery journey.

Youth Beyond Blue

Aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression. Online information, chat online (3pm – 12 midnight) and 24/7 phone line

1300 22 4636

www.youthbeyondblue.com

Suicide Call Back Service

A 24 hour, nationwide service that provides free telephone, video and online counselling

1300 659 467

www.suicidcallbackservice.org.au

Head to health

Provides links to trusted Australian online and phone supports, resources and treatment options to improve your own mental health, or support somebody else with mental health issues.

www.headtohealth.gov.au

Eating Disorders

Butterfly Foundation for Eating Disorders

National Help line and Web chat service

1800 334 673

www.thebutterflyfoundation.org.au/

Eating Disorders Info website - National Eating Disorders Collaboration (NEDC)

www.eatingdisordersinfo.org.au/

Homelessness/Housing

Link2Home (24 hours 7 days)

A statewide telephone service providing information, assessment and referral to specialist homelessness services, temporary accommodation and other appropriate services for people who are homeless or at risk of homelessness.

1800 152 152

The Burdekin Association

Early Intervention and Family Support Program for families in crisis that may result in a young person becoming homeless. Semi-independent housing for homeless or at risk local young people aged between 16 and 24 years to develop the skills required to make the transition to living independently in the community. Note: do not provide crisis accommodation.

8976 1777

www.burdekin.org.au

Taldumande Youth Services

Crisis accommodation program for young people 12 to 18 years in northern Sydney. Semi- independent and supported housing programs with case management support. Support for young people aged 12-15 years and their families during a crisis to reduce family breakdown and prevent homelessness.

9460 3777

www.taldumande.org.au

Mission Australia Northern Sydney Youth Homelessness Service

Case management and counselling support for young people aged 12 to 24 years, and their families, who are experiencing issues which may lead to an increased risk of homelessness.

9480 2500

Streetwork

Support for at risk young people troubled by destructive influences and behaviour to turn their lives around through outreach programs, crisis management and one on one mentoring.

9419 7559

www.streetwork.org.au

Sexual and reproductive health

Clinic 16 – Northern Sydney Sexual Health

A free and confidential service for sexual health information, screening and treatment. Royal North Shore Community Health Centre, Level 5, 2C Herbert Street, St Leonards

9462 9500

www.clinic16.com.au

The Beaches Youth Clinic

A free, confidential service for young people 29 years and under.

Drop in Thursdays 11am to 6pm

Brookvale Community Health Centre, 612-624 Pittwater Road Brookvale (entrance ground floor, near William St)

www.clinic16.com.au/youth-clinic-brookvale

Sexual Health Infolink

Information and referral line staffed by specialist sexual health nurses.

1800 451 624

www.shil.nsw.gov.au

Play Safe

A one-stop shop for young people wanting to know about safe sex.

www.playsafe.health.nsw.gov.au

Family Planning NSW

Talkline is a confidential telephone service staffed by experts in reproductive and sexual health, 8.30 am to 5.00 pm week days for information and referral.

1300 658 886

www.fpnsw.org.au

Know4sure

All young people need to know – in plain speak – about unplanned pregnancy.

www.know4sure.org.au

LGBTIQA+

Northern Beaches GLAM Youth Support Group

A social support group for young people aged 12 to 21 of diverse genders and sexualities.

www.northernbeaches.nsw.gov.au/services/youth/northern-beaches-council-lgbtiga-youth-support-group

Northern Sydney LGBTIQA+ Social Group

A fortnightly LGBTIQA+ social group at Chatswood Youth Centre provides a safe, supportive and inclusive environment for young people who identify as being LGBTIQ.

9911 3586 (ask for Hayley)

E: youth@lanecove.nsw.gov.au

Twenty 10 incorporating GLCS NSW

A broad range of specialised services for people of diverse genders and sexualities, their families and communities, including housing, mental health, counselling and social support.

8594 9555

www.twenty10.org.au

Qlife

Nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences. Resources, Phone Support and Online Chat support.

1800 184 527 (3pm-12am)

www qlife.org.au

Gender Centre

Support for transgender and gender diverse people, including counselling, family support, school support, crisis accommodation (18 yrs and over).

9519 7599

<https://gendercentre.org.au/>

Youth Services

NSLHD Youth Health Service

RNS Community Health Centre
 Brookvale Community Health Centre
 Youth Health Nurses provide youth focused primary health care assessment, brief intervention, information and referral for vulnerable young people aged 12 to 24 yrs

9462 9564

E: NSLHD-YouthHealthService@health.nsw.gov.au

Chatswood Youth Centre

64 Albert Avenue (corner of Victor St & Albert Ave), Chatswood
 Email: youth@willoughby.nsw.gov.au
 Facebook: www.facebook.com/chatswoodyouthcentre

9777 1062

www.willoughby.nsw.gov.au/community/Youth/

Synergy Youth Centre

4/26 Little Street Lane Cove
 A drop-in centre for young people 11 to 18 years for information about support services or participate in various programmed activities

9428 2033

www.lanecoveyouth.com.au

Planet X Youth Centre

St Leonard's Park, Corner Miller & Falcon Streets, North Sydney (white music shell building close to the corner)
 A drop-in centre for young people aged 12 to 18 years who are living, working or studying in the North Sydney area

9959 5537

www.northsydney.nsw.gov.au/Community_Services/Children_Youth/Youth_Services/Planet_X_Youth_Centre

The Shack Youth Outreach

3 Pembroke Street, Epping
 A support and referral service for young people 11 to 18 years, including counselling, workshops, social events, homework support, school holiday programs.

9858 3222

www.theshack.org.au

Phoenix House

10 Holtermann Street, Crows Nest
 Provides early intervention and support services to challenged young people living in Northern Sydney, including flexible education programs, support to gain and retain employment, case management, group programs and support for young people and their families.

9437 0077

www.phoenixhouse.org.au

KYDS - Youth Development Service

Mental health and wellbeing support for young people to understand and manage difficult issues in their lives by providing counselling services for young people and families counselling, workshops and information sessions.

9416 0900

E: counsellor@kyds.org.au
www.kyds.org.au

Northern Beaches Youth and Family Counselling Service

The counsellors provide a flexible tailored service, to meet the young person, between 12 and 18 years, and your family's needs, living on the Northern Beaches.

9976 1486

www.northernbeaches.nsw.gov.au/services/youth/counselling

Young parents

BUMP Narrabeen

Bump mentoring program is for young mums aged 13 to 23 and includes weekly mentoring and a series of workshops during school terms. Contact Sarah Herriot, Program Coordinator, Narrabeen.

0409 941 745

www.raise.org.au/what-we-do/#1445375910938-137580b5-d120

Australian Young, Pregnant and Parenting Network

Support for pregnant and parenting young people

www.youngpregnantandparenting.org.au

Raising Children Network - Parenting as a teenager

Online information

http://raisingchildren.net.au/articles/parenting_as_a_teenager.html

Sexual assault and domestic/family violence

Sexual Assault, Domestic and Family Violence Counselling Service

1800 737 732

www.1800respect.org.au

NSW Domestic and Family Violence line

1800 656 463

www.domesticviolence.nsw.gov.au

NSW Rape Crisis Centre

1800 424 017

www.nswrapecrisis.com.au

NSLHD Sexual Assault Service

Forensic and counselling service for victims of sexual assault age 16 years and above

9462 9477

After hours: 9926 7111

Family Support Services

Family Referral Service

Help to access useful services in the Northern Sydney area. Telephone and face to face support. 8.00am to 6.00 pm Monday to Friday.

1800 066 757

The Northern Centre

West Ryde Community Centre, Ground floor 3-5 Anthony Rd, West Ryde
Provide confidential support services to families across northern, including counselling, case management, parenting programs, housing services.

9334 0111

E: connect@thenortherncentre.org.au
www.thenortherncentre.org.au

Christian Community Aid

12 Lakeside Road Eastwood

Child youth and family support services to people living, working and studying in the Ryde, Parramatta and Hornsby Local Government Areas.

9858 3222

www.ccas.org.au

Relationships Australia

Focus on relationships within families and their communities in order to foster personal and social wellbeing.

1300 857 886

www.relationshipsnsw.org.au

Young Carers

Young Carers NSW

www.youngcarersnsw.org.au

Children of parents with a mental illness

www.copmi.net.au

Carers Australia – Young Carers

www.youngcarers.net.au

Transition care for young people with chronic illness

Trapeze

Specialist adolescent chronic care and transition support service for young people 14 to 25 years known to the Sydney Children's Hospitals Network. Good online resources for young people moving from paediatric to adult health services.

9382 5457

www.trapeze.org.au

Disability

Ability Links NSW

Ability Links NSW is for people with disability aged 7 to 64 years and carers and families of people with disability. Ability Links NSW Coordinators, known as Linkers, work closely with people with disability, their families and carers to support them to fulfil their goals, hopes and dreams.

9685 0293

https://www.abilitylinksnsw.org.au/about_us.html

Youth Legal Services

Lawstuff

Online legal information for children and young people

www.lawstuff.org.au/nsw_law/to_pics/

General health information and healthy lifestyle support

Get Healthy Information and Coaching Service

1300 806 258

www.gethealthynsw.com.au

Healthdirect

Information on health issues and services

1800 022 222

www.healthdirect.gov.au

Healthy kids

Tips for healthy living

www.healthykids.nsw.gov.au/kids-teens.aspx

Make Healthy Normal

Tips for healthy living

www.makehealthynormal.nsw.gov.au

eSafety

What it is, how to deal with it and where to go for help for all online issues facing youth today.

www.esafety.gov.au/esafety-information