

Services and Support for Families



Pregnancy Support

Family Connect & Support

Your link to support for useful support services in your local area.

Ph: 1800 066 757 Monday - Friday 8am to 6pm

The Northern Centre

Individual and family support, domestic and family violence, housing and accommodation, supported playgroups.

Ph: (02) 9334 0111

Naremburn Family Centre: Catholic Care

Links you and your family with services to help with child and parenting programs, counselling and mediation, domestic violence, financial assistance, housing and accommodation, mental health support, migrant and settlement, youth support.

Ph: (02) 8425 8700

Childbirth & Early Parenting Education

Speak with the Hospital you will be birthing at to obtain class details, and link in with your local Child & Family Health Nursing Service (previously known as Early Childhood Health Centre) after your baby has been born.

Parenting Support

Raising Children Network

The Australian Parenting Website.

www.raisingchildren.net.au

Tresillian Parents Help Line

Early parenting service offering families guidance in the early years of their child's life. They support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.

Ph: 1300 272 736 (13002 PARENT)

www.tresillian.org.au

Karitane

Provide education and support on the unique challenges of parenting to mums and dads with children from birth to 5 years of age.

Ph: (02) 9794 2350 (1300 CARING)

www.karitane.com.au

Sydney Children's Hospital Network

Resources for parents related to health topics.

www.schn.health.nsw.gov.au

Parent Line

A free telephone counselling service and support service for parents and carers with children aged 0 to 18 who live in NSW.

Ph: 1300 1300 52 (Monday-Friday 9am-9pm, Saturday-Sunday 4pm-9pm)

Psychological Wellbeing

Mental Health Crisis Numbers:

LifeLine (24/7 Service)

Anyone across Australia experiencing a personal crisis or thinking about suicide.

Ph: 13 11 14

Mental Health Access Line (24/7 Service)

Ph: 1800 011 511 - Northern Sydney

Mensline Australia (24/7 Service)

Supports men and boys who are dealing with family and relationship difficulties.

Ph: 1300 789 978

Other:

Access to Allied Psychological Services

See your GP for a Mental Health Care Plan.

Gidget House

Psychological and Emotional Support during pregnancy and early parenthood. Available via: Telehealth, In Person, Group Work, Gidget Sonder App.

Ph: 1300 851 758

www.gidgetfoundation.org.au

Beyond Blue

National depression support line, with support for antenatal and postnatal depression.

Ph: 1300 224 636

www.beyondblue.org.au

PANDA: Perinatal Anxiety and Depression Australia

Supports women, men and families in Australia affected by anxiety and depression during pregnancy and in the first year of parenthood.

Ph: 1300 726 306

www.panda.org.au

Relationships Australia: Family Relationships Centre

Support groups and counselling on relationships.

Ph: 1300 364 277

ForWhen

A national perinatal mental health service for parents navigating pregnancy and parenthood.

Ph: 1300 24 23 22 (National Helpline Monday - Friday 9am - 4:30pm)

Domestic and Family Violence & Sexual Assault

NSW Police / Ambulance

Ph: 000 (Triple 0)

NSW Domestic Violence Crisis Line (24/7 Service)

The NSW DV line can provide women experience partner or ex-partner violence with advice, counselling, referral and accommodation options.

Ph: 1800 65 64 63

National Sexual Assault, Domestic & Family Violence Line (24/7 Service)

24 hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Ph: 1800 737 732 (1800 RESPECT)

Full Stop Australia (formerly NSW Rape Crisis)

Confidential, trauma specialist counselling for people of all genders who are impacted by violence and abuse, as well as their friends, colleagues and family members.

Ph: 1800 385 578

www.fullstop.org.au

Northern Sydney Women's Domestic Violence Court Advocacy Service

Legal advice and support for people experiencing domestic violence.

Ph: (02) 8425 8707 Hornsby / Manly / Downing Centre

Ph: (02) 8833 0922 Ryde / Parramatta

Domestic Violence Response Enhancement (DVRE) Northern Sydney

Crisis support to women and children experiencing family and domestic violence.

Ph: (02) 9488 2400 (Business Hours)

Ph: (02) 9488 2580 (Monday - Sunday 5pm - 10pm)

Aboriginal Family Domestic Violence Hotline

Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims rights, how to access counselling and financial assistance.

Ph: 1800 019 123

Men's Referral Service

This service from No to Violence offers assistance, information and counselling to help men who use family violence.

Ph: 1300 766 491

Woman's Legal Service NSW:

DV Legal Advice Line.

Ph: (02) 8745 6999

Sexual Assault Service: PARVAN NSLHD

Ph: (02) 8797 7174 (Business Hours)

Ph: (02) 9926 7111 (After Hours)

24 hour crisis response service

Victims Services

Provides, information, referrals and programs to victims of crime in NSW.

Ph: 1800 633 063 (Business Hours)

Victims Services: Aboriginal Contact Line

Provides, information, referrals and programs to victims of crime in NSW.

Ph: 1800 019 123 (Business Hours)

Financial & Practical Assistance

Translating & Interpreter Service (TIS)

Ph: 13 14 50

Centrelink

Families & Parents.

Ph: 13 61 50

www.humanservices.gov.au

Salvation Army

1 Fisher Road, DEE WHY

Ph: (02) 9971 8378

25 Archer Street, CHATSWOOD 2067

Ph: (02) 9419 8695

St Vincent de Paul Society

60 Alexander Street, CROWS NEST 2065

Ph: (02) 9436 0725

287 Victoria Avenue, CHATSWOOD 2067

Ph: (02) 9419 4236

National Debt Helpline

Ph: 1800 007 007

Financial Counselling Services: Catholic Care

Ph: (02) 8425 8700

Financial Counselling Services: Wesley Mission

Ph: 1300 827 638

Christian Community Aid

Assistance with bills, food & baby supplies.

12 Lakeside Road, EASTWOOD 2122

Ph: (02) 9858 3222

Financial Rights & Legal Centre: Aboriginal & Torres Strait Islander Peoples "Mob Strong"

Ph: 1800 808 488

LGBTIQ+ families

Rainbow Families

www.rainbowfamilies.com.au

Ph: 0481 565 958

ACON

www.acon.org.au

Ph: (02) 9206 2000

Aboriginal & Torres Strait Islander Health

Bungee Bidgel, Hornsby Ku-ringai Hospital

A culturally safe, secure and friendly place for Aboriginal and Torres Strait Islander people to attend medical appointments with GPs and nurses. Bungee Bidgel can also assist linking you in with Legal Aid services.

Ph: (02) 9485 6200

NSLHD Integrated Team Care (ITC) program

Aims to improve health outcomes for Aboriginal and Torres Strait Islander people with chronic conditions through care coordination and support for self-management.

Ph: (02) 9462 9012

Legal

Financial Rights & Legal Centre: Aboriginal & Torres Strait Islander Peoples "Mob Strong"

Ph: 1800 808 488

Woman's Legal Service NSW:

Woman's Legal Advice Line

Ph: (02) 8745 6988

Legal Aid

Ph: (02) 9219 5000

Law Access:

Ph: 1300 888 529

Housing

Housing NSW

www.housing.nsw.gov.au

Link 2 Home Homelessness Information Line

(24/7 Service)

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.

Ph: 1800 152 152

Housing Contact Centre (24/7 Service)

One-stop-shop for tenants, applicants, agencies, and members of the public.

Ph: 1800 422 322

Northern Sydney St George Community Housing

People experiencing homelessness can visit or phone SGCH St Leonards.

Ph: 1800 573 370 (office hours)

Multicultural Resources

Settlement Services International

www.ssi.org.au

Community Migrant Resource Centre

Ph: (02) 9687 9901

www.cmrc.com.au

Immigration Advice & Rights Centre

Ph: (02) 8234 0799

Immigrant Women's Speakout

Ph: (02) 9635 8022

Transcultural Mental Health Line

Ph: 1800 648 911

