

Support Services

In an emergency call Triple Zero (000)



Blue Knot Foundation Phone:
1300 657 380
<https://blueknot.org.au/>



National Counselling and Referral
Service - Disability
1800 421 468
https://blueknot.org.au/wp-content/uploads/2022/03/NCRS_Flyer_Final-Print.pdf



Bravehearts Phone: 1800
272 831
<https://bravehearts.org.au/>



Catholic Care Sydney
13 18 19
<https://www.catholiccare.org/>



Christian Counsellors
08 7099 2277
<https://ccaa.net.au/>



Interrelate
1300 473 528
<https://interrelate.org.au/>



Lifeline
13 11 14
<https://www.lifeline.org.au/>



Mensline Australia Phone:
1300 78 99 78
<https://mensline.org.au/>



Relationships Australia
1300 364 277
<https://relationships.org.au/>



Survivors & Mates Support
1800 472 676
<https://www.samsn.org.au/>



Victims Access Line
1800 633 063
www.victimsservices.justice.nsw.go.au/



13 Yarn
13 92 76
<https://www.13yarn.org.au/>



The NSW Elder Abuse Helpline
& Resource Unit (EAHRU)
Call **1800 628 221** from Monday to
Friday, 8.30am to 5pm



1800 Respect
1800 737 732
<https://www.1800respect.org.au/>



Beyond Blue
1300 224 636
<https://www.beyondblue.org.au/>



Suicide Call Back Service
1300 659 467
<https://www.suicidecallbackservice.org.au>