

Service:

Organisation:

Contact:

- **Charitable Help** (help with bill payments and practical needs)
 - **Children**
 - **Counselling**
 - **Disabilities**
 - **Domestic Violence**
- St Vincent De Paul Oak Flats (41 Central Avenue, Oak Flats NSW 2529)
 - Salvation Army Shellharbour (238 Shellharbour Rd, Barrack Heights NSW 2528)
 - Park 'N' Play (Facilitated by Family Services Illawarra) (contact Family Services Illawarra for the current schedule)
 - Kids Cottage Warilla (Child and Family Service 1/14 Belfast Avenue, WARILLA NSW 2528) (Offers assessment and therapy for children)
 - Warehouse One-7 (17 West Street Wollongong) (Children and Families Counselling)
 - Kids Helpline (telephone only)
 - Psychological Social Services - counselling (NSW Health, Port Kembla Hospital)
 - Paediatric Outpatient Clinic at either Shellharbour or Wollongong Hospitals
 - Victims Services NSW (referrals and counselling where people are a victim, or alleged victim, of crime)
 - Lifeline (telephone only)
 - Kids Helpline (telephone only)
 - Suicide Call-Back Service
 - Anglicare Welfare Services Illawarra (152 Keira St Wollongong NSW)
 - Relationships Australia Wollongong (Level 1, 63b Market Street Wollongong NSW 2500)
 - Warehouse One-7 (17 West Street Wollongong) (Children and Families Counselling)
 - Victims Services NSW (referrals and counselling where people are a victim or alleged victim of crime)
 - Aging Disability & Home Care Illawarra Shoalhaven
 - Ability Links (Helps connect people into local social networks keeping people socially buoyant. Does not supply direct services)
 - National Sexual Assault, Domestic Family Violence Counselling Service
 - VAN Team (Violence Abuse Neglect) (ask for the VAN team for trauma and sexual assault counselling)
 - Staying Home Leaving Violence (a program within Family Services Illawarra)
- p. 02 4256 6266 (ask for the welfare worker)
 - p. 02 4296 1798
 - p. 02 42 555 333
 - p. 02 4297 1022
 - p. 02 4244 8118
 - p. 1800 551 800
 - p. 02 4223 8044
 - p. 02 4222 5862
 - p. 1800 633 063 (free call number)
 - p. 13 11 14
 - p. 1800 551 800
 - p. 1300 659 467
 - p. 02 4229 7911
 - p. 02 4221 2000
 - p. 02 4244 8118
 - p. 1800 633 063 (free call number)
 - p. 1300 841 566
 - p. 02 8830 0768
 - p. 1800 737 732
 - p. 1300 792 755
p. 02 4222 5000 (Crisis After Hours)
 - p. 02 4255 5333

- **Domestic Violence (cont.)**
 - West Street Centre (42 West St, Wollongong NSW 2520) (sexual assault counselling) • p. 02 4226 6441
 - Victims Services NSW (referrals and counselling where people are a victim, or alleged victim, of crime) • p. 1800 633 063 (free call number)
- **Drug and Alcohol Support**
 - Illawarra Drug and Alcohol Service (IDAS) Helpline • p. 1300 652 226
 - Alcohol & Drug Information Service (ADIS) (A referral database on approved Drug and Alcohol Services) • p. 1800 422 599
- **Family Support Services**
 - Illawarra Family Referral Service (13 Greene Street Warrawong, NSW) • p. 1800 663 863
 - Family Services Illawarra (159/161 Princes Hwy, Unanderra NSW 2526) • p. 02 42 555 333
- **Financial Help**
 - C3 Church Shellharbour CAP (Christians Against Poverty) Money Coaches (Contact Tara, Bec, Sharon, or Ben to arrange a free and confidential service) • p. 0434 776 122
 - Illawarra Legal Centre (can assist with creating household budgets) • p. 02 4276 1939
 - No Interest Loan Scheme (NILS) (Baptist Care NILS – 2-6 Hill St Warilla) • p. 02 4298 7200 / 02 4298 7202
- **Gambling Problems**
 - Gambling Helpline • p. 02 4271 2297
 - Mission Australia Gambling Counselling • p. 02 4267 6600
- **General Health**
 - Illawarra-Shoalhaven Medicare Local (Suite 3, Level 1 336 Keira St, Wollongong NSW 2500) (offers a diverse range of primary health care services, through service brokerage, purchasing and direct delivery) • p. 02 4220 7660
 - Paediatric Outpatient Clinic at either Shellharbour or Wollongong Hospitals • p. 02 4222 5862
- **Housing**
 - Link2home (homelessness coordination service) (Men, Women & Youth) • p. 1800 152 152
 - Department of Housing NSW (Suite 1, Professional Centre Shellharbour Square Shellharbour, NSW 2529) • p. 02 4297 9111
 - Illawarra Homelessness Coordination Service (16 Miller Street Coniston, NSW) • p. 02 4228 8140
 - St Vincent De Paul Housing (Sustaining Housing) (16 Miller Street Coniston, NSW) • p. 02 4226-5951 / 02 4228 8140
 - Emergency accommodation for women: SAHSSI (Supported Accommodation Services Shoalhaven Illawarra) • p. 4296 9570 (referrals can also be made online)
 - Men's emergency accommodation: St Vincent De Paul House Men's Shelter • p. 02 4228 8140
 - Homeless Hub (24 Kenny Street Wollongong, NSW) • p. 02 4228 0955
- **Legal Advice (Free)**
 - Illawarra Legal Centre (7 Greene Street Warrawong) • p. 02 4276 1939
 - Legal Aid Wollongong • p. 02 4228 8299

- **Mental Health**
 - Mental Health Help Line (24/7) • p. 1800 011 511
 - Suicide Call-Back Service • p. 1300 659 467
 - Partners In Recovery Illawarra (for people with severe and persistent Mental Illness) Head Office is Co-located with Medicare Local (Level 1/336 Keira Street, Wollongong NSW 2500) • p. 1800 228 987
 - Ability Links (Helps connect people into local social networks keeping people socially buoyant. Does not supply direct services) • p. 02 8830 0768
 - CAMHS Wollongong (Child & Adolescent Mental Health Service) (1-5 Atchison Street, Wollongong 2500) • p. 02 4254 1500
 - Head Space Wollongong (Level 1, 85 Smith Street, Wollongong NSW 2500) • p. 02 4220 7660
 - Warehouse One-7 (17 West Street Wollongong) (Children and Families Counselling) • p. 02 4244 8118

- **Men**
 - Men's Referral Service (All things Men: behaviour problems, family problems, counselling and more) • p. 1300 766 491
 - Suicide Call-Back Service • p. 1300 659 467
 - Link2home (homelessness coordination service) • p. 1800 152 152
 - Men's Shed Shellharbour • p. 02 4297 8005
 - Victims Services NSW (referrals and counselling where people are a victim, or alleged victim, of crime) • p. 1800 633 063 (free call number)

- **Women**
 - Illawarra Women's Health Centre (2/14 Belfast Ave, Warilla NSW 2528) • p. 02 4296 7077
 - Link2home (homelessness coordination service) • p. 1800 152 152
 - National Sexual Assault, Domestic Family Violence Counselling Service • p. 1800 737 732
 - Suicide Call-Back Service • p. 1300 659 467
 - Victims Services NSW (referrals and counselling where people are a victim, or alleged victim, of crime) • p. 1800 633 063 (free call number)

- **Youth**
 - Youth Emergency Accommodation Link2home • p. 1800 152 152
 - Wollongong Youth Refuge • p. 02 4228 1946 or 02 4227 3072
 - Southern Youth and Family Services (can support young people through the 'RAFT' program in education, housing, family support) • p. 02 4228 4383
 - CAMHS Wollongong (Child & Adolescent Mental Health Service) (1-5 Atchison Street, Wollongong 2500) • p. 02 4254 1500
 - Head Space Wollongong (Level 1, 85 Smith Street, Wollongong NSW 2500) • p. 02 4220 7660
 - Family and Community Services NSW • p. 132 111

- **Youth (Cont.)**

- Victims Services NSW (referrals and counselling where people are a victim, or alleged victim, of crime)

- p. 1800 633 063 (free call number)

- Suicide Call-Back Service

- p. 1300 659 467