



MENTAL HEALTH SERVICES

SUTHERLANDSHIRE

CRISIS & EMERGENCY

Mental Health Line
1800 011 511

Sutherland Shire Police
9542 0899

In an emergency or if you need an ambulance
000 or 112 (mobile)

HOSPITALS

Sutherland Hospital
The Kingsway, Caringbah
9540 7111

St George Hospital
Gray St, Kogarah
9113 1111

SUICIDE SUPPORT

Lifeline
13 11 14 (24/7) | lifeline.org.au

Suicide Call Back Service
1300 659 467 | suicidecallbackservice.org.au

SafeHaven
Drop-in service for people experiencing distress
and suicidal crisis
Unit 2, 15 Kensington St, Kogarah
9113 2981

COUNSELLING/PSYCHOLOGICAL SERVICES

Visit your GP, ask for a Mental Health Treatment Plan & referral
to local subsidised or private psychology service.

Psychological Support Services (PSS)
(Central and Eastern Primary Health Network)
If you don't have a GP, or for access to subsidised counselling
1300 986 991 | cesphn.org.au

Dokotela Telehealth Psychiatry Service
8003 7668 | dokotela.com.au/CESPHN

Head to Health
1800 595 212 | headtohealth.gov.au

Calvary Bereavement Counselling Service
9553 3025 | 52 Ercildoune Ave, Kogarah

GambleAware
1800 858 858 | gambleaware.nsw.gov.au

HELPLINES

Lifeline
13 11 14 (24/7) | lifeline.org.au

Kids Helpline
1800 55 1800 | kidshelpline.com.au

SANE Helpline
1800 187 263 | sane.org

Beyond Blue
1300 22 46 36 | beyondblue.org.au

MensLine Australia
1300 78 99 78 | mensline.org.au

NSW Ageing and Disability Abuse Helpline
1800 628 221 | www.ageingdisabilitycommission.nsw.gov.au

Healthdirect (Health advice line)
1800 022 222 | healthdirect.gov.au

DOMESTIC VIOLENCE

**The National Sexual Assault, Domestic & Family Violence
Counselling Service (24/7)**

1800 737 152 | 1800respect.org.au

NSW Domestic Violence Line
1800 65 64 63 (24/7)

Aboriginal Family Domestic Violence Hotline
1800 019 123

**Southern Sydney Women's Domestic Violence Court Advocacy
Service (The Family Co)**
8508 4350

**Southern Sydney Sexual Assault Service –
South Eastern Sydney Local Health**
9113 2494
After Hours call St George Hospital on 9113 1111

Orana Women's Health Centre (Gymea)
9525 2058

Crossroads Community Care Centre Inc
9525 3790 | crossroadscommunitycare.org.au

GENERAL SUPPORT

GROW Mental Wellbeing Programs
Miranda GROW group meets Mondays at 1:30pm
1800 558 268 | grow.org.au

Flourish
1300 779 270 | flourishaustralia.org.au

Hopefield
9545 0299 | hopefield.org.au

Orana
9521 8280 | oranansw.org.au

Salvation Army
9542 9500 | salvationarmy.org.au
For emergency relief: 8775 7988

3Bridges Community
1300 327 434 | 3bridges.org.au



SUTHERLANDSHIRE



Health
South Eastern Sydney
Local Health District

ST GEORGE & SUTHERLAND
Mental Health Interagency

CHILDREN & FAMILIES

The Parenting Place (Caringbah Community Health)

9522 1000

Engadine Community Health Centre

9548 4300

Menai Community Health Centre

9543 1111

The Family Co

9528 2933 | thefamilyco.org.au

Interrelate

1300 473 528 | interrelate.org.au

Australian Kookaburra Kids Foundation

1300 566 525 | kookaburrakids.org.au

Relationships Australia

1300 364 277 | relationshipsnsw.org.au

Family Connect and Support (Barnardos)

1800 066 757 | barnardos.org.au

The Carer Gateway

1800 422 737 | carergateway.gov.au

Carers NSW

9280 4744 | carersnsw.org.au

Stride Hurstville

8287 6810 | stride.com.au

YOUTH

Headspace (Miranda)

9575 1500 | headspace.org.au

eheadspace

1800 650 890 (9am-1am) | ehheadspace.org.au

Project Youth

9525 7919 | projectyouth.org.au

2Connect Youth and Community

9521 6531 | 2connect.org.au

OLDER ADULTS

My Aged Care (access to aged care services)

1800 200 422 | myagedcare.gov.au

National Elder Abuse Hotline (1800 ELDERHelp)

1800 353 374

Seniors Rights Service

1800 424 079

Carer Gateway

1800 422 737

ABORIGINAL HEALTH & WELLBEING

13YARN

A helpline for Aboriginal and Torres Strait Islander People in crisis

13 94 76

Kurranulla Aboriginal Corporation

9528 0287 | kurranulla.org.au

Narrangy Booris

Aboriginal Child & Family Health Service

9543 1111

MULTICULTURAL

Telephone Interpreting Services (TIS)

131 450 | tisnational.gov.au

Gymea Community Aid & Information Service

9524 9559 | gymeacommunityaid.org.au

Transcultural Mental Health Line

1800 648 911

Witness to War (Multilingual Telephone Helpline)

1800 845 198

DISABILITY

National Disability Insurance Scheme

1800 800 110 | ndis.gov.au

Latrobe Community Health Services – NDIS Miranda

1800 242 696 | lchs.com.au

People with Disability Australia

9370 3100 | pwd.org.au

National Relay Service

1800 555 727 | TTY 133 677

ALCOHOL & OTHER DRUGS

Sutherland Drug & Alcohol Service

9540 7464

Alcohol and Drug Information Service

1800 250 015 (24/7) | yourroom.com.au

Family Drug Support

1300 368 186 (24/7) | fds.org.au

Quitline

13 78 48

HOUSING

Link2Home

1800 152 152 (24/7)

St George and Sutherland Homeless Help

sgshomelesshelp.org.au

Housing NSW (Miranda)

9526 4700

Open Door Youth Housing Support Service

0488 333 671 | opendooryouthhousing.org

EMPLOYMENT

JobAccess – Disability Employment

1800 464 800

Job Seeker Hotline

13 62 68

ADVOCACY

Being Mental Health Consumers

1300 234 640 | being.org.au

Mental Health Advocacy Service (LawAccess NSW)

1300 888 529

Mental Health Review Tribunal

1800 815 511 | mhrt.nsw.gov.au

WayAhead - Mental Health Association NSW

1300 794 991 | wayahead.org.au

MENTAL HEALTH EDUCATION

SESLHD Recovery & Wellbeing College

Free education that promotes wellbeing and recovery

9113 2981 | facebook.com/SESLHDRecoveryCollege