



If you require urgent medical treatment, call 000 for an ambulance or go to hospital.

Organisation	Contact number
After hours GP helpline (healthdirect)	1800 022 222
Alcohol and Drug Information Service	1800 422 599
Beyond Blue	1300 224 636
Child Protection Helpline	13 21 11
Connections Western Sydney Helpline (counselling)	1300 096 273
Dementia Support Australia	1800 699 799
Domestic Violence Line	1800 656 463
Domestic Violence Helpline	1800 737 732
Family Drug Support	1300 368 186
Kids Helpline	1800 551 800
Lifeline	13 11 14
Link2Home	1800 152 152
Mensline Australia	1300 789 978
Mental Health Hotline	1800 011 511
National Breastfeeding Helpline	1800 686 268
Open Arms, Veterans and Families Counselling	1800 011 046
Parent Line NSW	1300 130 052
Poisons Information Centre	13 11 26
Suicide Call Back Service	1300 659 467
Your Room – Alcohol and Other Drug support	1800 250 015
1800 Respect	1800 737 732