

<p>Drug and Alcohol Services - Mona Vale Hospital</p>	<p>Self-referrals, families, friends, General Practitioners, medical, nursing and health staff.</p> <p>Phone: 02 9998 0360</p> <p>More information: http://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholMV.aspx</p>
<p>Drug and Alcohol - Lower North Shore</p>	<p>The Drug and Alcohol Community Centre Teams provide assessment, early intervention, ongoing treatment, and prevention of drug and alcohol and gambling problems. Services are also provided to the friends and family of clients with substance use problems. These services are provided in partnership with Adult and Adolescent Mental Health, Child and Family Health, General Practitioners, Aboriginal Health Services, Multicultural Health Services, Corrective Services, Juvenile Justice, Gaming and Racing (CCBF), non-government organisations and generalist services.</p> <p>Eligibility: Individuals with problematic substance use and/ or gambling including family members affected by significant others problematic substance use/gambling.</p> <p>Referral: Self-referrals, families, friends, General Practitioners, medical, nursing and health staff.</p> <p>Address Level 1, Royal North Shore Community Health Centre 2C Herbert St, St Leonards, NSW 2065</p> <p>More information: http://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholLNS.aspx</p>
<p>Drug and Alcohol Services for youth and adolescents</p>	<p>headspace Chatswood: 8021 3668</p> <p>More information: https://headspace.org.au/headspace-centres/chatswood/</p> <p>headspace Brookvale: 9937 6500</p> <p>More information: https://headspace.org.au/headspace-centres/brookvale/</p>
<p>Child & Youth Mental Health services</p>	<p>Referrals can be made by contacting Northern Beaches CYMHS Intake on 02 9466 2500 between 9am and 5pm.</p> <p>Children and young people aged 0-17 years (or 18 if still at school) with severe and complex mental health problems that live in the Manly, Warringah or Pittwater Local Government Areas.</p>

Phone: (02) 9432 8250
Email: info@snhn.org.au
Address: Level 1, Building B
 207 Pacific Highway, St Leonards NSW 2065
Post: PO Box 97, St Leonards NSW 1590
ABN: 38 605 353 884
www.snhn.org.au

<p>Outreach Support for children & adolescents</p>	<p>Eligibility: Children and young people under the age of 17 (or up to 18 if still at school) who are experiencing rapidly increasing symptomatology and inpatient unit admission is being considered.</p> <p>Referral: All referrals are made through the Northern Sydney Local Health District CYMHS intake teams. Phone: 02 9926 4766</p>
<p>Victims services and support</p>	<p>Victims Access Line (VAL): 1800 633 063</p> <p>The VAL is the entry point to Victims Services.</p> <p>-----</p> <p>Aboriginal Contact Line: 1800 019 123 8am to 6pm, Monday to Friday</p> <p>-----</p> <p>Families and Friends of Missing Persons Unit</p> <p>1800 227 772 or 02 8688 8173 (Sydney Metropolitan)</p> <p>-----</p> <p>In a non-emergency you can contact the NSW Police Force Customer Assistance Unit: 13 14 44. In an emergency phone 000.</p> <p>NSW Rape Crisis: 1800 424 017</p> <p>NSW Rape Crisis online counselling: www.nswrapecrisis.com.au</p> <p>Child Protection Helpline: 13 21 11</p> <p>Lifeline: 13 11 14</p> <p>Youthline: (02) 9951 5522</p>
<p>Domestic or family Violence 1800Respect</p>	<p>1800 737 732 – Telephone Counselling</p> <p>1800RESPECT- online counselling https://chat.1800respect.org.au/webmodules/chat/initialinformation.aspx</p>
<p>Emergency</p>	<p>000</p>
<p>Mental Health line</p>	<p>1800 011 511 (seven days a week across NSW)</p>
<p>Drug and Alcohol Service Intake numbers</p>	<p>To access a local public drug and alcohol service, please contact your local health district:</p> <p>Central Coast - 02 4394 4880 Illawarra Shoalhaven - 1300 652 226 Nepean Blue Mountains - 02 4734 1333</p>

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	<p>Northern Sydney - 1300 889 788 South Eastern Sydney - (02) 9332 8777 (Northern) (02) 9113 2944 (Central) South Western Sydney - (02) 9616 8586 Sydney - (02) 9515 6311 Western Sydney - (02) 9840 3355 Far West - 1300 662 263 Hunter New England - 1300 660 059 Mid North Coast - 1300 662 263 Murrumbidgee - 1800 800 944 Northern NSW - (02) 6620 7600 Southern NSW - 1800 809 423 Western NSW - 1300 887 000</p> <p>More information: http://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx#emergency</p>
Family Drug Support	An information, help and referral service (24 hour) - (02) 4782 9222 or 1300 368 186
Alcohol and Other Drugs Information	<p>A confidential, anonymous information, advice and referral service. For information about drugs, including methadone, safer injecting advice, parent advice and detoxification.</p> <p>24 hours a day, 7 days a week - (02) 9361 8000 or toll free for country areas on 1800 422 599</p>
Lifeline - Crisis Support, and Suicide Prevention	13 11 14
Support Groups	<p>Anxiety Support group – WayAhead</p> <p>1300 794 992</p> <p>Monthly support groups are for people with anxiety disorders such as generalised anxiety disorder, social phobia, panic attacks / disorder, agoraphobia, obsessive compulsive disorder (OCD), and/or specific phobias. Family and friends of people with an anxiety disorder are also welcome to attend.</p> <p>More information: https://understandinganxiety.wayahead.org.au/support/support-groups/</p> <p>WayAhead Directory: https://directory.wayahead.org.au/</p>

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