

UPDATED MARCH 2023

CHILD & FAMILY

SERVICES IN YOUR AREA

AN INITIATIVE OF



**NORTHERN BEACHES
CHILD & FAMILY
INTERAGENCY**



**RYDE/HUNTERS HILL
CHILD & FAMILY
INTERAGENCY**



**HORNSBY/KU-RING-GAI
CHILD & FAMILY
INTERAGENCY**



**LOWER NORTH SHORE
CHILD & FAMILY
INTERAGENCY**

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Community Service Organisations

MISSION AUSTRALIA

www.missionaustralia.com.au

Ph: 1800 88 88 68

Homelessness and social housing support • Children, youth, family and domestic violence support • Mental health, alcohol and other drugs • Disability inclusion and support • Employment skills and training • Financial support • Justice and corrections

UNITING

www.uniting.org/home

Ph: 1800 864 846

Aged care services • Retirement and independent living • Early learning and childcare • Disability support services • Foster care • Counselling and mediation Family services Youth services • Mental health • Housing and homelessness

RELATIONSHIPS AUSTRALIA NSW

www.relationshipsnsw.org.au/support-services

Ph: 1300 364 277

Family relationship services • Family violence prevention • Services for children and young people • Services for older Australians • Family Dispute Resolution (Mediation) • Disability support and counselling services

CATHOLICCARE

www.catholiccaredbb.org.au

Ph: 1800 324 924

Seniors and home care • Disability • Family, youth and children • Community services • Financial Counselling

Government

DEPARTMENT OF COMMUNITIES AND JUSTICE (DCJ)

www.dcj.nsw.gov.au

Ph: 9377 6000

CENTRELINK

www.centrelink.gov.au

Ph: 13 24 68

MEDICARE

www.servicesaustralia.gov.au/medicare

Ph: 132 0111

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

www.ndis.gov.au

Ph: 1800 800 110

CHILD SUPPORT

www.servicesaustralia.gov.au/contact-child-support

Ph: 131 272

North Sydney Local Health District (NSLHD)

CHILD AND FAMILY HEALTH NURSING SERVICE

<https://www.nslhd.health.nsw.gov.au/CYFH/services/Pages/ChildFamilyHealthNursing.aspx>

Support for parents and carers of children from newborn to 5 years. Assistance with any parenting issue including; infant feeding and child nutrition; baby's sleep and child behaviour; assessment of growth and child development (Blue book checks); early intervention and referral

CHILD AND YOUTH MENTAL HEALTH SERVICES (CYMHS)

<https://www.nslhd.health.nsw.gov.au/CYFH/services/Pages/CYMHS.aspx>

Provides specialist mental health assessment and intervention to infants, children and young people (under 18 years old, unless still at school) with moderate to severe and complex mental health problems and their families

HEALTH CONTACT CENTRE (COMMUNITY AND ORAL HEALTH)

<https://www.nslhd.health.nsw.gov.au/Services/Pages/HCC.aspx> Ph: 1300 732 503

Patient referral intake and admission centre for of primary and community health services including allied health, child youth and family, chronic disease and oral (dental) health

MENTAL HEALTH DRUG AND ALCOHOL SERVICES

<https://www.nslhd.health.nsw.gov.au/mhda/Pages/default.aspx> Ph: 1300 889 788

Services provided include psychiatric emergency care, adult acute and non-acute care, child and youth mental health and community-based mental health services

OTHER CHILD YOUTH AND FAMILY HEALTH SERVICES INCLUDE:

Paediatric Speech Therapy, Occupational Therapy, Physiotherapy; Oral Health; Community Paediatricians; Youth Health; Child Protection, etc. For a complete list visit: <https://www.nslhd.health.nsw.gov.au/CYFH/services/Pages/default.aspx>

Support Services for Families

PARENT LINE NSW

www.parentline.org.au Ph: 1300 1300 52
Free telephone counselling and support service for parents and carers with children aged 0 to 18 living in NSW

KARITANE CARELINE

www.karitane.com.au/careline Ph: 1300 227 464
Child and family health nurse available to answer parenting questions about children aged 0-5. Opening hours: Monday - Thursday 8am - 9pm, Friday 8am - 4.30pm, Saturday 9am - 3.30pm

TRESILLIAN PARENT HELPLINE

Ph: 1300 272 736
Nurses available to help with advice around a baby's sleep, feeding and development

LEGAL AID CHILD SUPPORT ADVICE

www.legalaid.nsw.gov.au/what-we-do/family-law/child-support-advice

Ph: 9633 9916

Provides free advice and assistance to: paying parents who have to pay financial support for children after separation, and parents and carers who are or should be receiving financial support for children

RAISING CHILDREN NETWORK

www.raisingchildren.net.au

Provides free, reliable, up-to-date and independent information to help your family grow and thrive together

FAMILY PLANNING

www.fpnsw.org.au

Ph: 1300 658 886

Provides education and training for individuals and health professionals

BRIGHTER FUTURES

www.facs.nsw.gov.au/families/support-programs/all-families/brighter-futures

The Brighter Futures program is for families with children aged 0 to 9 years or who are expecting a baby and faced with issues such as domestic and family violence, mental health issues, disability or problematic parental drug use

CATHOLICCARE DIOCESE BROKEN BAY

www.catholiccaredbb.org.au

Ph: 1800 324 924

Provides support for you and your family through the challenges of relationships, parenting and separation. Family support services include counselling, domestic and family violence support, family dispute resolution and mediation, parenting and relationship education and more

FAMILY CONNECT AND SUPPORT

Ph: 1800 066 757

familyconnectandsupport@barnardos.org.au

Brings together families, support services and community resources so that our children and young people are safe and well

THE NORTHERN CENTRE

<https://thenortherncentre.org.au/>

Services for Individuals and Families; including individual parenting support, parenting programs, playgroups, Housing Support - case management, Domestic and Family Violence support - case co-ordination, Women's legal clinic

MUM FOR MUM

www.mumformum.org.au

Ph: 9363 0257

Weekly visits by trained volunteers to mums with babies under 12 months who are struggling with challenges of new motherhood

MUMMIES PAYING IT FORWARD

www.mummiespayingitforward.org.au
info@mummiespayingitforward.org.au

Volunteers collect, sort and distribute donations of new and pre-loved everyday essentials to disadvantaged men, women and children throughout New South Wales. Referrals only

EPIC

www.empoweringparentsincrisis.com
contact@empoweringparentsincrisis.com

A community building peer support platform for parents and carers of
 Teens in Crisis

Helpful Contacts — Family**BREASTFEEDING HELPLINE**

www.breastfeeding.asn.au/breastfeeding-helpline Ph: 1800 686 268
 24/7 support from qualified breastfeeding counsellors

CHILDCARE FINDER

www.childcarefinder.gov.au

PLAYGROUP NSW

www.playgroupnsw.org.au Ph: 1800 171 882
 Peak body representing playgroups across NSW

GOVERNMENT SCHOOLS

www.education.nsw.gov.au/public-schools

CHILD PROTECTION HELPLINE

Ph: 132 111
 To report suspected child abuse or neglect

GET HEALTHY

www.gethealthynsw.com.au Ph: 1300 806 258
 Free telephone-based health coaching

HEALTHDIRECT (AFTER HOURS GP LINE)

www.healthdirect.gov.au/after-hours-gp-helpline Ph: 1800 022 222
 Free after-hours call services where registered nurses will talk to you
 about your symptoms

NSW POISONS INFORMATION CENTRE

www.poisonsinfo.nsw.gov.au Ph: 131 126
 Provides the latest poisons information to the public, and toxicology
 advice to health professionals on the management of poisoned and
 envenomed patients

Support for Dads**DADS4KIDS**

www.dads4kids.org.au info@dads4kids.org.au
 Provides information, programs and resources for Fathers

FATHERHOOD THE FOUNDATION

www.fatherhoodthefoundation.org

MENTORING MEN

www.mentoringmen.org.au

MR PERFECT

www.mrperfect.org.au

THE MAN WALK

www.themanwalk.com.au

BEER AND BUBS

www.beerandbubs.com.au

Multicultural Assistance**TRANSLATING AND INTERPRETING SERVICE (TIS)**

www.tisnational.gov.au Ph: 131 450

SYDNEY MULTICULTURAL COMMUNITY SERVICES

www.sydneymcs.org.au Ph: 9955 3952
 Aged care, migrant and refugees, community inclusion, disability and
 parenting support groups and services

ETHNIC COMMUNITY SERVICES CO-OPERATIVE

www.ecsc.org.au Ph: 9569 1288
 Provides multilingual/multicultural services and support to meet the
 needs of CALD children, families, people with disability, the aged and
 carers

ADULT MIGRANT ENGLISH PROGRAM (AMEP)

amep@tafensw.edu.au
 A free service to help eligible migrants and humanitarian entrants with
 low English levels to improve their English language skills

IMMIGRANT WOMEN'S SPEAKOUT ASSOCIATION NSW

www.speakout.org.au Ph: 9635 8022
 Provides advocacy, support, education and information to women of
 non-English speaking backgrounds in NSW

TRANSCULTURAL MENTAL HEALTH CENTRE

www.dhi.health.nsw.gov.au/transcultural-mental-health-centre Ph: 9912 3851
 Works with health professionals to support positive mental health for
 people from CALD communities

MULTICULTURAL PROBLEM GAMBLING SERVICE

Ph: 1800 856 800
 Assists problem gamblers from CALD communities and their families
 through counselling, treatment and support services

KOREAN LIFELINE

www.koreanlifeline.org Ph: 9858 5900
 Assisting Korean speakers to resolve problems in domestic violence,
 children's education, depression, divorce, and relationships.
 Confidential and free

AUSTRALIAN CHINESE COMMUNITY ASSOCIATION

www.acca.org.au info@acca.org.au
 Provides a range of community services such as aged home care/ day
 care and Chinese language classes

NSW SLASA

www.nswslasa.com.au

Ph: 9610 0288

Supports the Spanish and Latin American communities in NSW

ABORIGINAL LEGAL SERVICE

Ph: 9213 4100

Provides free legal advice and court representation in criminal, family and children's care and protection legal matters for Aboriginal and Torres Strait Islander children, young people and adults

KARI

www.kari.org.au

Aboriginal community support who assist with housing, emergency relief, employment and education.

AODCONNECT

This app provides a national directory of alcohol and other drug treatment services for Aboriginal and Torres Strait Islander people. Download on the App Store or get it on Google Play

Housing Support

LINK2HOME

www.facs.nsw.gov.au/housing

Ph: 1800 152 152

Provides information, conducts assessments, as well as makes referrals to homelessness services across NSW

LINK WENTWORTH

www.linkwentworth.org.au

Ph: 9412 5111 (Chastwood Hub)

Community housing provider, including disability housing and homelessness support

ST GEORGE COMMUNITY HOUSING

www.sgch.com.au

Ph: 1800 573 370

Community housing provider. In addition to housing, SGCH customers can access assistance for support co-ordination, advocacy, referrals, training, education, employment and community engagement

BRIDGE HOUSING

www.bridgehousing.org.au

Ph: 8324 0800

Bridge Housing provides long-term accommodation for people on low to moderate incomes across Sydney

TALDUMANDE YOUTH SERVICES

www.taldumande.org.au

Ph: 9460 3777

Supports vulnerable and homeless children and young people and their families. Supports young people aged 12-24 years

THE NORTHERN CENTRE HOUSING

<https://thenortherncentre.org.au/housing-services/> Ph: 9460 3777

Work with individuals and Families to secure safe and accessible housing and accommodation. The local government areas we cover are Ryde, Hunters Hill, Epping, Lane Cove, Willoughby, North Sydney, Mosman and Ku-Ring-Gai

Mental Health Support

KIDSPRESS

www.kidspress.org.au

Ph: 9380 9220

A children's mental health charity, KidsXpress helps to transform the lives of children impacted by adversity

HEADSPACE

www.headspace.org.au

Mental Health support and resources for youth

EMERGING MINDS

www.emergingminds.com.au

Develops mental health policy, interventions, in-person and online training, programs and resources in response to the needs of professionals, children and their families

LIFELINE

www.lifeline.org.au

Ph: 13 11 14

Provides 24 hour crisis support and suicide prevention services. Available 24/7 nationally

MENTAL HEALTH LINE

www.health.nsw.gov.au/mentalhealth/pages/mental-health-line

Ph: 1800 011 511

Offers professional help and advice, and referrals to local mental health services. Available 24/7 to all NSW residents

KIDS HELPLINE

www.kidshelpline.com.au

Ph: 1800 55 1800

Online and phone counselling service for young people aged 5 to 25. Available 24/7 nationally

MEN'S LINE AUSTRALIA

www.mensline.org.au

Ph: 1300 78 99 78

Free professional telephone counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. Available 24/7 nationally

SUICIDE CALLBACK SERVICE

www.suicidecallbackservice.org.au

Ph: 1300 659 467

Provides telephone and online counselling to people affected by suicide. Age 15+

BEYOND BLUE

www.beyondblue.org.au

Ph: 1300 22 4636

Provides information and support for anxiety, depression and suicide prevention. Available 24/7 nationally

CHILD AND YOUTH MENTAL HEALTH SERVICES (CYMHS)

www.nslhd.health.nsw.gov.au/CYFH/services/Pages/CYMHS.aspx#

Ph: 1300 22 4636

Provides specialist mental health assessment and intervention to infants, children and young people (under 18 years old, unless still at school) with moderate to severe and complex mental health problems and their families

KYDS YOUTH DEVELOPMENT SERVICE

www.kyds.org.au

Ph: 9416 0900

Provides easily accessed, personalised counselling and mental health support services, family counselling, and early intervention wellbeing workshops and information event. Support for kids aged 12-18. Located at 252 Peats Ferry Rd, Hornsby NSW 2077

SANE AUSTRALIA

www.sane.org.au

Ph: 1800 187 263

Provides a range of free support services, including counselling, community forums, peer support and groups, information and resources for those suffering with complex mental health issues, including trauma

LISTENING EAR

www.listeningear.org.au

Ph: 9477 6777

We are a free confidential community support service which provides a safe space to talk through your issues. Available 7 days a week 9am to 9pm

BUTTERFLY FOUNDATION

www.butterfly.org.au

Ph: 1800 33 4673

Provides support for eating disorders and body image issues

GIDGET FOUNDATION

www.gidgetfoundation.org.au

Ph: 1300 851 758

Exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care

THIRRILI

www.thirrili.com.au

Ph: 1800 805 801

We provide emotional and practical support to Indigenous families impacted by a loss from suicide or other fatal traumatic incidents

BLACK DOG INSTITUTE

www.blackdoginstitute.org.au

The only medical research institute in Australia to investigate mental health across the lifespan, through integrating our research studies, education programs, digital tools and apps, clinical services, and public resources

MENTAL HEALTH TRIAGE

Ph: 1300 782 391

Central point in the SNHN region for receiving and assessing referrals for people who are not in crisis and require mental health (including psychology), drug and alcohol, and suicide prevention services

RELATIONSHIPS AUSTRALIA NSW

www.relationshipsnsw.org.au

Ph: 1300 364 277

Relationship support courses and counselling for individuals, couple and families

GAMBLEAWARE

<https://www.gambleaware.nsw.gov.au/>

Ph: 9995 0992

Developmental Support and Disability Services

NDIS EARLY CHILDHOOD EARLY INTERVENTION (ECEI)

Ph: 1300 888 378

eceienquiries@cerebralpalsy.org.au

NDIS for children under 7

CEREBRAL PALSY ALLIANCE

www.cerebralpalsy.org.au

Ph: 1300 888 378

Family-centred therapies, skills programs, equipment and support for people and their families living with a disability. Specialist services for people with Cerebral Palsy and similar conditions. Ryde Centre located at 3A Smalls Road Ryde New South Wales 2112

EARLYED

www.earlyed.com.au

Ph: 9923 2727

Family-centred early childhood intervention service for young children with disabilities or delays in their development, and their families

LIFESTART

www.lifestart.org.au

Ph: 1800 953 390

Early intervention programs for families with a child or young person living with a disability. Eligibility: Children and young people 0-24 years

RIVERLINK

www.riverlink.org.au

Ph: 9638 0999

Offers support services to people with disabilities, their Carers and their Families

SDN CHILDREN'S SERVICES

www.sdn.org.au

Provides day care, children's therapies, family support and access to inclusive preschools

ABILITY LINKS

www.abilitylinks.online

A team of Support Coordinators and Recovery Coaches research and help NDIS participants and their families to find the right support based on their circumstances

SYDNEY COMMUNITY SERVICES

www.sydneycs.org

Ph: 9427 6425

Helps seniors, people with a disability and their carers live independently in their own home and in their community. Opening hours: Mon-Fri 8:30-4pm

Carer Support

CARER GATEWAY

www.carergateway.gov.au

Ph: 1800 422 737

Free services and support for Carers

YOUNG CARERS NSW

www.youngcarersnsw.org.au

Ph: 9280 4744

CARERS NSW AUSTRALIA

www.carersnsw.org.au

Ph: 9280 4744

Provides information, education and training, resources and referrals to support carers and young carers

Domestic and Family Violence Services

NATIONAL DOMESTIC, FAMILY AND SEXUAL VIOLENCE COUNSELLING SERVICE

www.1800respect.org.au

Ph: 1800 737 732 (1800 RESPECT)

The national domestic, family and sexual violence counselling, information and support service

NSW DOMESTIC VIOLENCE LINE

www.facs.nsw.gov.au/domestic-violence/helpline

Ph: 1800 65 64 63

Provides counselling and referrals to women experiencing domestic and family violence. All calls are answered by females

WOMEN'S LEGAL SERVICE

www.wlsnsw.org.au

Ph: 8745 6999 (Domestic Violence Legal Advice Line)

Provide specialist legal services to women living in NSW relating to domestic violence, sexual assault, family law, discrimination, victims support, child protection, human rights and access to justice

DAISY APP

Daisy is an app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area. Can be downloaded for free from the App Store (iPhones/iPads) or Google Play (Android devices)

WOMEN'S DOMESTIC VIOLENCE COURT ADVOCACY SERVICE (WDVCAS)

www.legalaid.nsw.gov.au/what-we-do/community-partnerships/womens-domestic-violence-court-advocacy-program

Ph. 1800 938 227

Holistic service which assists women and children to obtain effective legal protection and access to a network of professional services

NO TO VIOLENCE - MEN'S REFERRAL SERVICE

www.legalaid.nsw.gov.au/what-we-do/community-partnerships/womens-domestic-violence-court-advocacy-program

Ph: 1300 766491

A telephone counselling, information and referral service for men who are using controlling behaviour towards a partner or family member

SAFET

<https://thenortherncentre.org.au/dv-service/>

Ph: 1300 766491

Support for Women with or without dependents who live in the Ryde, Hunters Hill, Lane Cove, Willoughby, North Sydney, Mosman, Ku-Ring-Gai and Parramatta (Epping and Carlingford only) LGAs, who have left DFV, are in private or social housing or in the family home and the perpetrator has left the home

MORE SERVICES IN:

RYDE/HUNTERS HILL

Multicultural Assistance

COMMUNITY MIGRANT RESOURCE CENTRE

www.cmrc.com.au

Ph: 9858 1925

Provide specialised support services to newly arrived migrants, refugees and humanitarian entrants. Located at Cnr Devlin Street and Blaxland Road, Ryde NSW 2112

CASS CARE

www.casscare.org.au

Ph: 9789 4587

Residential aged care, home ageing, disability, training, settlement, health and child care services for CAULD communities especially those of East Asian backgrounds. Located at 3-5 Anthony Road, West Ryde NSW 2114

Domestic and Family Violence Services

WOMENS LEGAL CLINIC - THE NORTHERN CENTRE

www.thenortherncentre.org.au/womens-legal-clinic

Ph: 9334 0111

A free women's legal clinic in collaboration with Hunt and Hunt Lawyers. Appointments available Wednesday afternoons via zoom or phone.

Support Services for Families

CCA

www.ccas.org.au

Ph: 9858 3222

Provide Family Day Care and programs that support parents to develop concrete parenting skills that help children and youth function well at home, in school, at work, and in the community, today and into adulthood. Located at 2 Dickson Ave, West Ryde NSW 2114

THE NORTHERN CENTRE

www.thenortherncentre.org.au

Ph: 9334 0111

Offers individual support to build confidence and skills through personalised case management, counselling, parenting programs or supported playgroups. Located at Level 3, 3-5 Anthony Road, West Ryde NSW 2114.

Housing Support

MY FOUNDATIONS YOUTH HOUSING

www.mfyh.org.au

Ph: 8306 7905

Provides young people with up to 5 years of secure tenure, links to support, education and employment. Properties available in Ryde.

Mental Health Support

RYDE COMMUNITY MENTAL HEALTH

www.nslhd.health.nsw.gov.au

Ph: 1800 011 511

Twenty-four hour assessment and management for people in acute psychiatric crisis. Support services include long-term case management, an assertive outreach team, and an attached Drug and Alcohol Service. Support for those aged 18-25 years. Located at 39 Fourth Ave, Eastwood NSW 2122.

CORAL TREE FAMILY SERVICES

www.nslhd.health.nsw.gov.au/coraltree/Pages/default.aspx

Ph: 9887 5830

Referral service that aims to assist the families of children showing mental health, behavioural, emotional, and relationship difficulties. Located at located on the grounds of Macquarie Hospital in North Ryde.

GROW SUPPORT GROUP

www.grow.org.au

Ph: 1800 558 268

Provides weekly peer support groups for adults with mental health issues. The Grow Program is based on a 12-step program of personal growth of mutual help and support. E: nsw@grow.org.au, located in West Ryde

COOL KIDS ANXIETY PROGRAM

Google: Cool Kids Anxiety Program

Ph: 1800 558 268

Supports families to manage a child's anxiety. Targets all types of anxiety including general worry, separation anxiety, social anxiety, specific fears and panic. Age range 7-17 years, Located at Macquarie University

Community Health Services

TOP RYDE COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx

Ph: 9448 6877

Services include Dental, Child and youth mental health, Child and family health, Child occupational therapy, Child physiotherapy, Child speech pathology. Located at 51-53 Blaxland Rd, Ryde, NSW 2112

Developmental Support and Disability Services

SIDE BY SIDE ADVOCACY SERVICE

www.sidebyside.org.au

Ph: 9808 5500

Provides advocacy for people with intellectual disabilities who have limited or no family support and are isolated within their community. Located at 30-32 Herbert Street West Ryde NSW 2114.

Other Helpful Contacts

CITY OF RYDE

www.ryde.nsw.gov.au

Ph: 9952 8222

HUNTER'S HILL COUNCIL

www.huntershill.nsw.gov.au

Ph: 9879 9400

EASTWOOD POLICE STATION

Station located at 3 Ethel Street, Eastwood NSW 2122

Ph: 9808 5500

GLADESVILLE POLICE STATION

Station located at 8 Victoria Road, Gladesville NSW 2111

Ph: 9879 9699

RYDE POLICE STATION

Station located at 810 Victoria Road, Ryde NSW 2112

Ph: 9808 7401

RYDE HOSPITAL

Hospital located at Denistone Rd, Eastwood NSW 2122

Ph: 9858 7888

MACQUARIE HOSPITAL

Hospital located at Wicks Rd, North Ryde NSW 2113

Ph: 9887 5500

MORE SERVICES IN:

HORNSBY/KU-RING-GAI

Multicultural Assistance

KIDS ON THE BLOCK, OPEN MULTICULTURAL PLAYGROUP

www.missionaustralia.com.au Ph: 9840 2500

Playgroups are provided for disadvantaged and vulnerable Aboriginal & non-Aboriginal children and families who may, for a variety of reasons, find it difficult to access community playgroups in the local area. Located at Hornsby-Waitara Community Hub 1 Coronation Street Hornsby NSW 2077. Eligibility includes resident of Hornsby LGA

CHINESE SUPPORTED PLAYGROUP

www.missionaustralia.com.au Ph: 9840 2501

Social and recreational activities are provided for families of infants and children from the Chinese ethnic community. Located at Hornsby-Waitara Community Hub 1 Coronation Street Hornsby NSW 2077. Eligibility includes resident of Hornsby LGA

Domestic and Family Violence Services

WOMENS LEGAL CLINIC - THE NORTHERN CENTRE

www.thenortherncentre.org.au/womens-legal-clinic Ph: 9334 0111

A free women's legal clinic in collaboration with Hunt & Hunt Lawyers. Appointments available Wednesday afternoons via zoom or phone.

Support Services for Families

THE STOREHOUSE

<https://thestorehouse.org.au/> Ph: 8407 9943

Provides free, new clothes for the 0-12 year old children of families in crisis

FUSION

<https://fusion.org.au/>

Works to see transformation in young people and the community through a wide range of local initiatives

THE NORTHERN CENTRE

www.thenortherncentre.org.au Ph: 9334 0111

Offers individual support to build confidence and skills through personalised case management, counselling, parenting programs or supported playgroups. Located at Level 3, 3-5 Anthony Road, West Ryde NSW 2114

Housing Support

MY FOUNDATIONS YOUTH HOUSING

www.thenortherncentre.org.au Ph: 9334 0111

Provides young people with up to 5 years of secure tenure, links to support, education and employment, with a rent model that scales up over time to reflect and prepare young people for the private market. Properties available in Hornsby

Developmental Support and Disability Services

NORTHCOTT

www.northcott.com.au Ph: 1800 818 286

Works with clients with disabilities from early childhood to adulthood. Located at Hornsby Shop 3/2 William St, Hornsby NSW 2077

Carer Support

CARER SUPPORT GROUP - HAMMONDCARE LEIGHTON LODGE

www.hammond.com.au Ph: 0447 658 971

Provides emotional support and education for carers, friends and families of people with dementia. Located at 10 Murrumbidgee Road North Turramurra NSW 2074

Other Helpful Contacts

HORNSBY SHIRE COUNCIL

www.hornsby.nsw.gov.au Ph: 9847 6666

KU-RING-GAI COUNCIL

www.krg.nsw.gov.au Ph: 9424 0000

HORNSBY POLICE STATION

Ph: 9476 9799

Station located at 292 Peats Ferry Rd, Hornsby NSW 2077

HORNSBY KU-RING-GAI HOSPITAL

Ph: 9477 9123

Hospital located at 36-76 Palmerston Road, Hornsby NSW 2077

MORE SERVICES IN:

LOWER NORTH SHORE

Armenian Community Welfare Centre

KIDS ON THE BLOCK, OPEN MULTICULTURAL PLAYGROUP

www.armenianchurchsydney.org.au/armenian-community-welfare-centre Ph: 9419 6394

Caters primarily for the Armanian aged community by the provision of aged daycare services, dementia and respite care, social support, and monthly outings program. Located at 10 Macquarie Street, Chatswood NSW 2067

Domestic and Family Violence Services

LOWER NORTH SHORE DOMESTIC VIOLENCE NETWORK

www.northshoredomesticviolence.org.au

Provides a forum for relevant stakeholders to come together to develop and implement evidence based initiatives which address the causes and consequences of domestic violence across the Lower North Shore. Although primarily relevant to people working in the DFV sector, the website contains resources for clients. Email: lnsdvnetwork@gmail.com

THE DAISY CENTRE

www.maryshouse.org.au/daisy-centre Ph: 1800 002 111

Provides wrap-around support services and programs to women experiencing domestic and family violence

WOMENS LEGAL CLINIC - THE NORTHERN CENTRE

www.thenortherncentre.org.au/womens-legal-clinic Ph: 9334 0111

A free women's legal clinic in collaboration with Hunt & Hunt Lawyers. Appointments available Wednesday afternoons via zoom or phone

WOMEN AND CHILDREN FIRST

<https://womensrefuge.org.au> Ph: 9334 0111

Women & Children First is a service for women and vulnerable families, including women and children escaping domestic and family violence

Support Services for Families

NORTH SHORE PLAY THERAPY

www.northshoreplaytherapy.com.au Ph: 0433 113 390

Play Therapy is a form of healing that enables children to identify and overcome their barriers to happiness through self-directed play and the care of a gentle and nurturing Play therapist. Children 3-12 years. Located at Suite 10, 706 Military Road, Mosman 2088

Mental Health Support

DETOUR HOUSE

www.detourhouse.org.au

Ph: 9660 4137

Offers a 15 month rehabilitation program to women who are dealing with drug and/or alcohol dependency. The program incorporates components of CBT, DBT and the 12 step program. Women-only. In-house three month rehabilitation program for up to seven women who are homeless or at risk of homelessness and wanting to recover from drug and alcohol dependency, and up to 12 months support for women who have graduated from the program and have moved into longer term housing.

Community Health Services

CHATSWOOD COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx

Services include child and family health centre, Paediatric occupational therapy, Paediatric physiotherapy, Paediatric speech pathology, Child and youth mental health services. Located at 57 Hercules St, Chatswood, NSW 2067. Child and Family Health Centre Ph: 9926 4640, Paediatric speech pathology Ph: 9462 9200, Child and youth mental health services Ph: 9462 9222

CREMORNE COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx

Services include Northern Sydney Intellectual Disability Health and Multicultural health service. Located at 231 Military Rd, Cremorne, NSW 2090. Intellectual Disability Health Ph: 8968 3400, Multicultural health service Ph: 8968 3406

ROYAL NORTH SHORE COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx Ph: 9926 7111

Services include Aboriginal health, Opioid treatment program (OTP), Adult community mental health, Drug and alcohol service, Child protection service, Child and youth mental health service, Child and family health, Child speech pathology, Child occupational therapy, Child physiotherapy, Child development, Aged care, Northern Sydney home nursing service, Renal services, Clinic 16 - sexual health service, Sexual assault service, Health promotion, Genetic education, Health care interpreter services, StePS, Oral health, BreastScreen, Dental. Located at 2C Herbert St, St Leonards, NSW 2065

Developmental Support and Disability Services

NSLHD INTELLECTUAL DISABILITY HEALTH SERVICE (NIDHS)

www.nslhd.health.nsw.gov.au/Services/Pages/NIDHS.aspx Ph: 8968 3400

Provides comprehensive health assessments, including health care planning, advice and referrals, for children and adults with intellectual disability, and unmet complex health needs. Located at Cremorne Community Health Centre, 231 Military Road, Cremorne 2090. Open Monday-Thursday 8am-4pm

Other Helpful Contacts

MOSMAN COUNCIL

www.mosman.nsw.gov.au Ph: 9978 4000

WILLOUGHBY CITY COUNCIL

www.willoughby.nsw.gov.au Ph: 9777 1000

LANE COVE COUNCIL

www.lanecove.nsw.gov.au Ph: 9911 3555

NORTH SYDNEY COUNCIL

www.northsydney.nsw.gov.au Ph: 9936 8100

NORTH SYDNEY POLICE STATION

Station located at 273 Pacific Highway, Crows Nest 2065 Ph: 9956 3199

CHATSWOOD POLICE STATION

Station located at 63 Archer Street, Chatswood 2067 Ph: 9414 8499

MOSMAN POLICE STATION

Station located at 96 Bradleys Head Road, Mosman 2088 Ph: 8855 8900

ROYAL NORTH SHORE HOSPITAL

Hospital located at Reserve Road, St Leonards NSW 2065 Ph: 9926 7111

MATER HOSPITAL

Hospital located at 25 Rocklands Road North Sydney NSW 2060 Ph: 9900 7300

NORTH SHORE PRIVATE HOSPITAL

Hospital located at Westbourne Street, St Leonards NSW 2065 Ph: 8425 3000

MORE SERVICES IN:

NORTHERN BEACHES

Domestic and Family Violence Services

THE DAISY CENTRE

www.maryshouse.org.au/daisy-centre Ph: 1800 002 111

Provides wrap-around support services and programs to women experiencing domestic and family violence

WOMEN AND CHILDREN FIRST

<https://womensrefuge.org.au>

Women & Children First is a service for women and vulnerable families, including women and children escaping domestic and family violence

NORTHERN BEACHES FAMILY SUPPORT

admin@wacf.org.au Ph: 9971 4499

Free support inc. parenting programs, children's groups and case management.

Support Services for Families

SINGLE MUM'S CAMP - SALVATION ARMY

E: tracy.iles@salvationarmy.org.au

Provides recreational camps and day activities for single mothers with preschool children. Located in the Collary Centre at 22 Homestead Ave, Collaroy Beach NSW 2097

COMMUNITY CARE NORTHERN BEACHES

www.ccnb.com.au

We provide information, advice and guidance to support people to access health and community services

COMMUNITY NORTHERN BEACHES

www.cnb.org.au Ph: 9977 1066

Provides assessment & referral, education, counselling and assistance and multicultural support. Located at 52 Raglan Street Manly NSW 2095

YOUTH UP FRONT

<https://youthupfront.org.au/>

We educate, build resilience and inspire young people to overcome adversity and do remarkable things!

PARENTS BEYOND BREAKUP

www.parentsbeyondbreakup.com

Ph: 1300 853 437

Supports parents experiencing trauma through family breakdown and separation but also acknowledges the specific issue of parent-child contact and custody battles commonly termed 'parental alienation'. Various support groups available for mums, dads and grandparents. Located at Harbord Diggers, 88 Evans Street Freshwater NSW 2096

DALWOOD SPILSTEAD

www.dalwoodspilstead.com

Ph: 9951 0365

Multidisciplinary health, education and support services for vulnerable families, facing challenges in their in the early years.

Housing Support

THE BURDEKIN ASSOCIATION

www.burdekin.org.au

Ph: 8976 1777

Offers youth housing, out of home care and aftercare, as well as community outreach and family support services.

Mental Health Support

ONEEIGHTY SUPPORT GROUPS

www.oneeighty.org.au

Ph: 9951 0365

A free weekly zoom peer support group to come together and share lived experience of mental illness, talk openly about their mental health and be guided to connect with appropriate professionals.

Community Health Services

BROOKVALE COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx

Ph: 9388 5000

Located at 612-624 Pittwater Road, Brookvale NSW 2100

MONA VALE COMMUNITY HEALTH CENTRE

www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx

Ph: 9998 6300

Located at Coronation St, Mona Vale, NSW 2103

Community Health Services

SAILABILITY NSW

www.sailabilitynsw.com

Ph: 0413 735 652

A recreational program providing sailing and yachting opportunities for seniors, adults, young people and children with disabilities. For seniors, adults, young people & children over 7 years old with intellectual or physical disabilities. Located at Rowland Reserve Pittwater Road Bayview NSW 2104

Carer Support

NORTHERN BEACHES COMMUNITY CONNECT SOCIAL SUPPORT PROGRAM - CARER SUPPORT GROUP

www.norbeachconnect.com.au

Ph: 0426 933 133

Provide support and information which assists seniors and carers in different ways to better maintain their general health and wellbeing, as well as form important social connections. Several support groups available. Calendar found here www.norbeachconnect.com.au/latest/what-s-on.html

MWP CARE

www.mwpcare.com.au

Ph: 9913 3244

Provides support services to assist aged residents who cannot manage alone, to remain in their own homes and be as independent as possible.

Other Helpful Contacts

NORTHERN BEACHES COUNCIL

www.northernbeaches.nsw.gov.au

Ph: 1300 434 434

DEE WHY POLICE STATION

Ph: 9971 3399

Station located at 1 Saint David Avenue, Dee Why 2099

FRENCHS FOREST POLICE STATION

Ph: 9452 9599

Station at 137-139 Frenchs Forest Road West, Frenchs Forest 2086

MANLY POLICE STATION

Ph: 9976 8099

Station located at 3 Belgrave St, Manly 2095

MONA VALE POLICE STATION

Ph: 9998 0699

Station located at 1705-1707 Pittwater Road, Mona Vale 2103

THE NORTHERN BEACHES HOSPITAL

Ph: 9997 3911

Hospital located at 1791 Pittwater Rd, Sydney New South Wales 2103

MONA VALE HOSPITAL

Ph: 9998 0333

Hospital located at Coronation Street, Mona Vale New South Wales 2103

MANLY WATERS PRIVATE HOSPITAL

Ph: 9977 9977

Hospital located at 17 Cove Avenue, Manly New South Wales 2095

ARCADIA PITTWATER PRIVATE HOSPITAL

Ph: 8919 3100

Hospital Located at 4 Daydream St, Warriewood New South Wales 2102



If life is at risk please call Triple Zero (000)
or go to the emergency department of your
local hospital to receive immediate help.