



# Directory of Community Services

Central Coast

## Cover Art



## Woman's Business

While men are the hunters it's up to the woman to gather and cook. Women are carers. Depicted in the artwork are plants and food.

Women's business is also a time where women meet and discuss woman's business. During these gatherings it is definitely only for women. It's time for women to help each other.

Also depicted are the dilly bags that they make and use for gathering food.

The women are celebrating the role they hold within each of the communities.

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**f Coopersaboriginalart**

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# Directory of Community Services

## Central Coast

*We acknowledge and pay our respects to Elders, past and present. We acknowledge the Darkinjung people as the traditional owners of the Country on which we live and work and who care for the land and waterways. We support our youth and emerging leaders who are the future guardians of Country, Language and Culture.*

This directory has been put together with the collaboration of the two organisations shown below:



**Rotary**  
The Entrance



### Thank You

We would like to thank Darleen Cooper for allowing us to use her artwork and Simon Pierce, APM Graphics Management, for the design and production of this Directory.

All possible care has been taken in the preparation of the information in this booklet. The producers of this booklet expressly disclaim any liability for the accuracy of information and under no circumstances shall be held liable in negligence or otherwise in and out of the preparation and supply of any of the information aforesaid. As we cannot guarantee that all the information contained in our directory is completely accurate.

## Notations

- + Directory of Community Services Central Coast is both a guide for community advisors and local community members needing to find services and programs in the Central Coast LGA to meet their needs.
- + Each section has a list of organisations. These organisations are specific to this section, and include phone number, email address and an explanation of the services they provide. You may find that some organisations are found in multiple sections; this reflects the multiple services they provide. Please refer to the Contents page for this.
- + For opening and closing times, and more information regarding services provided and address locality, please contact the organisation directly from the details listed.
- + You can access each website or email address, by one click on the item, if you are viewing this on a digital device.
- + The extensive list of organisations included in the directory are mostly located within the Central Coast, with some in NSW and nationally. However, as broad as this list is, it was not our intention to have missed any out of this directory. If you have any suggestions or feedback, please contact Joe Scicluna at [admin@rotarytheentrance.org.au](mailto:admin@rotarytheentrance.org.au)

# Aboriginal and Torres Strait Islanders

## Ancestry, Family and Heritage

### + **Barang Regional Alliance – Mardi**

[info@barang.org.au](mailto:info@barang.org.au)

☎ 4351 3225

A representative organisation made up of opt-in members and associate membership. Government and Empowered Communities on the Commonwealth level through the National Indigenous Australians Agency.

### + **Darkinjung Aboriginal Land Council**

[www.darkinjung.com.au](http://www.darkinjung.com.au)

☎ 4351 2930

Cultural and Heritage information.

### + **Find & Connect Support Service**

[www.findandconnect.gov.au](http://www.findandconnect.gov.au)

☎ 1800 161 109

Service Supporting people who grew up in orphanages, children's homes, institutions and foster homes in NSW from the 1920s to the 1990s. History, counselling support, tracing and reclaiming identities, skills to build relationships, support in reconnecting family members wherever possible.

### + **Forced Adoption Support**

[www.relationshipsnsw.org.au/](http://www.relationshipsnsw.org.au/)

☎ 1800 663 844

For people affected by past forced adoption policies and practices. Referrals and info based on individual needs, casework, counselling, records tracing, reunion mediation.

➤ **Link up (NSW) Aboriginal Corporation**

[linkup@nsw.link-up.org.au](mailto:linkup@nsw.link-up.org.au)

☎ 7227 1443 / 9421 4700

[www.linkupnsw.org.au](http://www.linkupnsw.org.au)

☎ 1800 624 332

Supports Aboriginal people who have been separated from their families and culture through forced removal, being fostered, adopted or raised. Helps trace their families and be reunited with them (or their gravesites, country or kin).

➤ **Speaking in Colour - Adamstown**

[www.speakingincolour.com.au/](http://www.speakingincolour.com.au/)

☎ 1300 346 064

The mission to make a difference in the delivery of Aboriginal education by providing training that is fun, affordable and in the spirit of reconciliation.

## Crisis Support

➤ **13YARN**

[www.13yarn.org.au/](http://www.13yarn.org.au/)

☎ 139 276

Offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres's Strait Islander Crisis Supporter, for those who are feeling overwhelmed or having difficulty coping.

## Domestic Violence and Women Support

➤ **Indigenous Women's Legal Service**






[www.wlsnsw.org.au/legal-services/  
indigenous-womens-legal-program](http://www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program)

☎ 1800 639 784


Free confidential legal information, advice and referral for women in NSW with a focus on family law, domestic violence, parenting issues and sexual assault.

- + **Warlga Ngurra**  4950 1566  
 Provides 24 hour emergency and crisis accommodation for women and children escaping domestic violence and/or homelessness. Particularly for Aboriginal women and children.
- + **Wirringa Baiya Aboriginal Women's Legal Centre**  
[info@wirringabaiya.org.au](mailto:info@wirringabaiya.org.au)  1800 686 587  
 Legal advice, Court Support, Outreach and Drop-in, Law Reform and Cultural Awareness.


## Education and Lifestyle


- + **Aboriginal Quitline**  13 78 48  
[www.cancer.nsw.gov.au/how-we-help/cancer-prevention/stopping-smoking/aboriginal-smoking](http://www.cancer.nsw.gov.au/how-we-help/cancer-prevention/stopping-smoking/aboriginal-smoking)  
 A culturally sensitive, free and confidential phone service providing customised assistance to help you with your quit smoking attempt.
- + **Brother to Brother – Aboriginal hotline**  1800 435 799  
[www.innerwest.nsw.gov.au/live/community-well-being/aboriginal-community/brother-to-brother](http://www.innerwest.nsw.gov.au/live/community-well-being/aboriginal-community/brother-to-brother)  
 Hotline assisting Aboriginal men and staffed by Aboriginal men, including Elders, to promote a culturally safe service.
- + **Centrelink ABSTUDY**  1800 132 317  
 A fortnightly payment to help Aboriginal and Torres Strait Islander Australians with living costs while studying or training via an approved course
- + **Centrelink Indigenous Phone Centre**  1800 136 380  
 A line to call about our payments and services.
- + **Mingaletta Aboriginal & Torres Strait Islander Corporation**  
[www.mingaletta.wixsite.com](http://www.mingaletta.wixsite.com)  4342 7515  
 Provides opportunities to develop meaningful relationships with appropriate service providers.




- + National Aboriginal and Islander Skill Development Association**  
[reception@naisda.com.au](mailto:reception@naisda.com.au)  4340 3100

Leading arts training organisation providing nationally accredited qualifications specially for young people, cultural residences, outreach programs, scholarships and internships.
- + Police Citizens Youth Clubs (PCYC)**  
[www.pcycnsw.org.au](http://www.pcycnsw.org.au)

Bateau Bay [bateaubay@pcycnsw.org.au](mailto:bateaubay@pcycnsw.org.au)  4332 7000

Umina Beach [uminabeach@pcycnsw.org.au](mailto:uminabeach@pcycnsw.org.au)  4344 7851

Provides healthy activities (all ages) for the community.
- + Yapug Aboriginal and Torres Strait Islander Enabling Program**  
[enabling@newcastle.edu.au](mailto:enabling@newcastle.edu.au)  4921 5558

Provides support and preparation for university admission.

## Gambling


- + Aboriginal Gambling Counselling Service**  4033 4941  
**– Mission Australia**  0427 226 254



Provides free, confidential, non-judgmental counselling support for people and their families who are concerned about their own, or others gambling.
- + Warruwi Gambling Help Program NSW Aboriginal**  
[www.aboriginalsafegambling.com.au](http://www.aboriginalsafegambling.com.au)  1800 752 948


Gambling information workshops (not just for gamblers), awareness, engagement, resources, helpline and cultural support, training and direction.
- + Yerin Eleanor Duncan Aboriginal Health Centre**  
[www.yerin.org.au](http://www.yerin.org.au)  4351 1040

Financial/Gambling Counselling.


## Health


- + Aboriginal Go4Fun – Central Coast**  1300 780 900  
[www.go4fun.com.au/about/aboriginal-go4fun/](http://www.go4fun.com.au/about/aboriginal-go4fun/)

Free and fun 10-week program to assist children 7-13 years and their families with healthy eating tips, physical activity and fitness.
- + Aboriginal Mental Health**  
[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)  4320 3170
- + Central Coast Arafmi**  
[www.ccarafmi.org.au](http://www.ccarafmi.org.au)  4323 7731

Mental health support, carer and family support.
- + Central Coast Primary Care**  
[www.ccpc.com.au](http://www.ccpc.com.au)  4365 2294

**CCPC Untie Jeans** – This program is a weekly meeting of Aboriginal people who are seeking to improve their health and wellbeing.









**CCPC Health on the Streets (HotS)** – HoTS takes healthcare to rough sleepers and people experiencing homelessness around the Central Coast.
- + Get Healthy Service – Aboriginal**  1300 806 258  
[www.gethealthynsw.com.au/program/aboriginal-program/](http://www.gethealthynsw.com.au/program/aboriginal-program/)

Free confidential, phone-based service that helps people aged 16 and over make positive lifestyle changes. Includes alcohol, pregnancy and healthy weight programs.
- + Healthy and Active for Life Online**  4320 9715  
[www.activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/](http://www.activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/)




Free 10-week online beginner-level exercise and healthy lifestyle program for Aboriginal adults aged 45 years and over.

-  **Ngiyang Aboriginal Pregnancy, Child and Family Health Service**  4328 7900  
[cclhd\\_childhealthgateway@health.nsw.gov.au](mailto:cclhd_childhealthgateway@health.nsw.gov.au)  
 Various health programs for the care of children.
-  **Nunyarra Aboriginal Health Unit**  4320 2698  
[www.cclhd.health.nsw.gov.au/services/aboriginal-health](http://www.cclhd.health.nsw.gov.au/services/aboriginal-health)  
 Includes chronic care, Aboriginal hospital liaison and Aboriginal palliative care.
-  **Yerin Eleanor Duncan Aboriginal Health Centre**  4351 1040  
[www.yerin.org.au](http://www.yerin.org.au)  
 Various health programs for the Aboriginal community.

## Housing





-  **Aboriginal Home Care – Australian Unity**  
[www.australianunity.com.au/assisted-living/home-services](http://www.australianunity.com.au/assisted-living/home-services)  1300 978 058  
 Home Care Packages, Aged Care Services, Independent Living.
-  **Aboriginal Housing Office**  1800 727 555 / 8836 9444  
[www.aho.nsw.gov.au](http://www.aho.nsw.gov.au)  
 Housing connectors who support people who are homeless or at risk of becoming homeless.
-  **Indigenous Business Australia**  1800 107 107  
[www.iba.gov.au/homes](http://www.iba.gov.au/homes)  
 The Scheme provides information and advice, financial assessments and limited financial assistance to help cover the costs associated with property valuations and legal fees.
-  **Warlga Ngurra Women's and Children Refuge**  4950 1566  
 Newcastle  
 Provides 24 hour emergency and crisis accommodation for women and children escaping homelessness.



## Legal Services

- + **Aboriginal Legal Services**  
[www.alsnswact.org.au](http://www.alsnswact.org.au)
- + **Aboriginal Victims of Crime**  1800 019 123  
[www.victimsservices.justice.nsw.gov.au](http://www.victimsservices.justice.nsw.gov.au)
- + **Criminal Law**  1800 765 76
- + **Family Law**  1800 733 233
- + **Indigenous Women's Legal Service**  1800 639 784  
[www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program](http://www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program)





Free confidential legal information, advice and referral for women in NSW with a focus on family law, domestic violence, parenting issues and sexual assault.

## Rehabilitation – Drug & Alcohol

- + **Ngaimpe Aboriginal Corporation**  4388 6360  
Supports men and women with drug and alcohol rehabilitation.
- + **Dooralong Transformation Centre**  
[dtc.admission@salvationarmy.org.au](mailto:dtc.admission@salvationarmy.org.au)  4355 8000  
Drug and alcohol rehabilitation help.
- + **Detour House Women's Residential 18+**  9660 4137  
[www.detourhouse.org.au](http://www.detourhouse.org.au)  
Provides supported accommodation in a 3-month residential rehabilitation treatment program for women 18+ years including those who are homeless with drug and alcohol problems.
- + **Kamira Women's Residential 18+**  4392 1341  
[www.kamira.com.au](http://www.kamira.com.au)  
A 5–7 month residential program is provided in an abstinence-based rehabilitation program for women with significant drug and/or alcohol problems.

- Ngaimpe Aboriginal Corporation**  4388 6360  
 Support men and women with drug and alcohol rehabilitation.
- The Glen Rehabilitation Centre – Men and Women**  
[www.theglencentre.org](http://www.theglencentre.org)  4388 6360  
 Holistic treatment – spiritually, mentally and physically. Group work, individual counselling, case management, educational support, work programs, sporting activities, acupuncture and various specialised services such as grief and trauma, financial, gambling, parenting and anger management.

## Youth Refuge and Services

- Allambi House – Youth Refuge**  
[www.allambicare.org.au](http://www.allambicare.org.au)  4944 8871  
 Provides temporary accommodation and support for six homeless young women or men aged between 15–18 and provides a relaxed and caring environment which places emphasis on developing the personal and living skills needed to sustain independent living.
- Doorways Central Coast Youth Homelessness Coordination Service**  4355 8900  
[www.uniting.org/services/youthservices/facility/uniting-burnsidedoorways-for-youthcentral-coast](http://www.uniting.org/services/youthservices/facility/uniting-burnsidedoorways-for-youthcentral-coast)
- Bungree Aboriginal Association**  4350 0100  
[enquiries@bungree.org.au](mailto:enquiries@bungree.org.au) [www.bungree.org.au](http://www.bungree.org.au)  
 Rent Choice Youth Program which helps young people aged 16–24 years. Aged Care, Health, NDIS, Housing and Homelessness, Transport, Youth Frontier Mentoring Program, Populations Health, Aboriginal Family Preservation and Education Gaps Program.
- Gudjagang Ngara Li-dhi – Kanwal**  4305 8807  
 Family Support, Communities for Children, Culture & Community and Youth Programs.

## Accommodation / Housing


### + Catholic Care

[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

Please call Department of Housing, Wyong on 4352 4400 to assess your situation and a referral will be made to CatholicCare to assist with accommodation and casework.


### + Central Coast Tenants' Advice and Advocacy Service

[www.cctaas.com.au/services](http://www.cctaas.com.au/services)

 4343 5515


Provides advice and advocacy for all tenants and residents.

### + Central Coast Youth Homelessness

 4325 3540

### + Coast & Country Primary Care

[ccpc@ccpc.com.au](mailto:ccpc@ccpc.com.au)

 4365 2294


### + CCPC HoTS

[hots@ccpc.com.au](mailto:hots@ccpc.com.au)

Homeless assertive outreach program. Provides health by registered nurse, also provides social assistance and advocacy.

### + Coast Shelter


[www.coastshelter.com.au](http://www.coastshelter.com.au)

 4325 3540

Provides accommodation and support programs for people who are homeless or at risk of homelessness as well as those experiencing family and domestic violence.

### + DCJ - Dept of Community and Justice

[www.dcj.nsw.gov.au/housing](http://www.dcj.nsw.gov.au/housing)


 1800 422 322

Applications and general housing enquiries.

- + Department of Housing**  
[www.facs.nsw.gov.au](http://www.facs.nsw.gov.au) ☎ 1800 629 212  
**Gosford** ☎ 4323 5211      **Wyong** ☎ 4352 4400  
Provider of social housing for low-income earners.
- + Home In Place**  
[www.homeinplace.org](http://www.homeinplace.org) ☎ 1300 333 733  
Manage social and community housing for low-income earners and people suffering from disabilities.
- + Homeless Persons' Information Centre (18+ yrs)** ☎ 1800 234 566  
Housing Services ☎ 1800 422 322
- + Link2home** ☎ 1800 152 152  
For people who are homeless or at risk of homelessness in NSW.
- + Mary Mac's Place** ☎ 4341 0584  
We provide outreach services like Legal Aid, Homeless Connector, emergency relief and counselling.
- + New Horizon Enterprise** ☎ 4322 8977  
Assistance with short-term housing, specialist disability, mental health or aged care accommodation.
- + Oasis Central Coast (Salvation Army) – Wyong**  
[oasiscc@salvationarmy.org.au](mailto:oasiscc@salvationarmy.org.au) ☎ 4353 9799  
A youth support network providing a range of services and programs to disadvantaged young people at risk of homelessness, crime and social isolation.
- + Pacific Link Community Housing**  
[www.pacificlink.org.au](http://www.pacificlink.org.au) ☎ 4324 7617  
Provides affordable and secure housing solutions for those that are in the greatest need.

+ **Samaritans**

[intake@samaritans.org.au](mailto:intake@samaritans.org.au)


 1300 656 336

**Bateau Bay**  4384 8460

**Gorokan**  4393 2450


Supports independent living services, tailored accommodation with support as needed to utilise your NDIS budget, supporting families with their child's learning and development. Food vouchers and parcels, electricity, gas and Telstra vouchers, chemist assistance, clothing and financial support options.

+ **Samaritans – Youth Services**


 4334 4755

Supporting young people aged 12-24 years and at risk of homelessness.

+ **Uniting – Burnside Doorways**

 1800 067 967

**Central Coast**


 4355 8900

[www.uniting.org/services/family-services/facility/uniting-burnside-doorways-central-coast](http://www.uniting.org/services/family-services/facility/uniting-burnside-doorways-central-coast)

Doorways offers a drop-in service for people who are homeless or at risk of becoming homeless. We help you with housing, health, and community service support.

+ **Uniting – Doorways Housing Connectors**

**Central Coast**

 4355 8900

[www.uniting.org/services/housing-and-homelessness/facility/uniting-doorways-housing-connectors-central-coast](http://www.uniting.org/services/housing-and-homelessness/facility/uniting-doorways-housing-connectors-central-coast)

Provides information, support, advocacy, and referral to housing service providers for families and adults over 25 years old who are homeless or at risk of homelessness.



- + **Uniting – Reconnecting Adolescents and Parents (RAPT)**  1800 067 967  4325 9600

[www.uniting.org/services/housing-and-homelessness/facility/uniting-reconnect-adolescents-and-parents-rapt-central-coast](http://www.uniting.org/services/housing-and-homelessness/facility/uniting-reconnect-adolescents-and-parents-rapt-central-coast)


A community based early intervention and prevention program for young people aged 12–18 years who are homeless or at risk of homelessness, and their families.

- + **Wesley Mission Specialist Homelessness Services – Families CC**  
[homelesservices@wesleymission.org.au](mailto:homelesservices@wesleymission.org.au)  1300 259 789

Wesley offers case management support to families who are at risk of or are experiencing homelessness. We support families whose tenancies are at risk.

- + **Wesley Mission Wesley Youth Outreach Central Coast (WYOCC)**  
[WYOCentralCoast@wesleymission.org.au](mailto:WYOCentralCoast@wesleymission.org.au)  4305 3354

Supporting young people 10–18 years of age with early intervention and/or prevention specifically around drug and alcohol issues. We also support young people at risk of homelessness, with work issues, having a rough time at school or home.

- + **Youth Accommodation Line (13–25 yrs)**  1800 424 830

# Animal Shelters and Services

## + RSPCA

[programsgroup@rspcansw.org.au](mailto:programsgroup@rspcansw.org.au)

☎ 9782 4408

The RSPCA Community Programs Team receive calls from across the state, we then liaise with the RSPCA shelters to find the most appropriate one for boarding. All enquiries relating to DV boarding for animals, please direct to the Programs team rather than the individual shelter.

## + Socares Central Coast Animal Shelters

[www.socaresanimalcarefacility.com](http://www.socaresanimalcarefacility.com)

**Charmhaven**

☎ 4350 3184


**Erina**

☎ 4304 4350

We also operate as an adoption centre for the unfortunate stray dogs and cats that are not claimed by their owners.


# Community Meals


- + Bateau Bay Neighbourhood Centre Community BBQ**  
Prepared meals available 11.00am–2.00pm ☎ 4332 7450
- + Community Dinner**  
Tuggerah Lakes Community Hall      Every Monday 6–7pm  
1 Bay Village Road, Bateau Bay  
You will be provided with a free meal. There will be new clothing and toiletries packs if needed.
- + Coast Hands**  
Kibble Park   Wednesday 5.30pm–8.30pm ☎ 0434 409 950
- + Care4Coast – Gosford**  
[Care4Coast@gmail.com](mailto:Care4Coast@gmail.com)  
William Street Mall, Gosford – Monday from 6pm  
An outreach service providing hot meals, clothing/shoes, food hampers, toiletries, pet food and offering crisis support and emergency assistance.
- + Cornerstone Church Community Cafe – Kanwal**  
Wednesday 10am–12pm ☎ 0478 838 586
- + Community Dinner**  
Tuggerah Lakes Community Hall,  
1 Bay Village Road, Bateau Bay      Monday 6–7pm  
You will be provided with a free meal. There will also be new clothing and toiletry packs if needed.
- + Fathers Table Wyong Pizza in the park and hampers**  
Wyong Town Park opposite Coles ☎ 0406 947 767  
Friday 5pm–6pm – Pizza in the park and food hampers.  
Sunday 11am–12.30pm – hot food and hampers.


- + Mary Mac's Place – Catholic Care**  4341 0584


100 Blackwall Road, Woy Woy  
Monday–Friday 8am–1pm with lunch served from 11.00am.

We are open to anyone who is homeless, transient or needing a helping hand. We offer a place to shower, wash clothes, grab a meal and links to other support services.
- + Meals on Wheels Central Coast**  
[www.ccmow.com.au](http://www.ccmow.com.au)


**Budgewoi Outlet**  4357 8417  
Monday–Friday 8.00am–2.30pm


**Green Point Outlet**  4363 7111  
Monday to Friday 7.30am to 2pm




**Woy Woy Outlet**  4341 6699  
Monday to Friday 8am to 2.30pm

**Tuggerah Outlet/ Head Office**  4357 8444  
6/10 Pioneer Avenue, Tuggerah

Catering to seniors and people with disabilities, providing affordable meals, social support, and a helping hand.
- + Salvation Army**

**Tuggerah Lakes**  4393 1686  
88 Minnamurra Road, Gorgan  
Wednesday 10am–1.00pm

**Long Jetty**  1300 371 288 or 4333 1813  
1 McLachlan Avenue, Long Jetty  
Wednesday 7pm. Dinner followed by small group discussions (childcare available).

**Toukley**  4397 2188  
Uniting Church, 7 Summerside Street, Toukley  
Tuesday and Thursday 10.30am–12.00pm
- + San Remo Neighbourhood Centre**  4390 7888  
28 Brava Avenue, San Remo  
Community Supper Friday evenings call for dates.
- + Toukley Neighbourhood Centre Community Café**  4396 1555  
Uniting Church, 7 Summerside Steet, Toukley  
Friday 9.30am–12.00pm

# Disability Services and Carer Respite

## Disability Services

- + Ability Options**  
[www.abilityoptions.org.au](http://www.abilityoptions.org.au)  1300 422 454  
[customer.service@abilityoptions.org.au](mailto:customer.service@abilityoptions.org.au)  
Disability employment services and disability support services.
- + Audiobook Club – Gosford**  4321 6700  
Audio Books for people who are blind or have vision loss.
- + Autism Community Network**  9543 9035  
[www.autismcommunity.org.au](http://www.autismcommunity.org.au)  
[info@autismcommunity.org.au](mailto:info@autismcommunity.org.au)  
Connecting families and individuals with autism. Free support groups for parents and carers. Social groups for children with autism and their siblings.
- + Coast & Country Primary Care (CCPC)**  4365 2294  
[ccpc@ccpc.com.au](mailto:ccpc@ccpc.com.au)  
NDIS Team [ndis@ccpc.com.au](mailto:ndis@ccpc.com.au)  
Provides application help, support co-ordination and recovery coach.
- + Catholic Care Central Coast (CCCC)**  1800 324 924  
[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)
- + Commonwealth Home Support Programme (CHSP)**  
Can enable you to access a range of services to assist you to live independently at home, while getting the practical and social support you need.

- + Centrelink - People with a disability**  
[www.centrelink.gov.au](http://www.centrelink.gov.au)  132 717

Payments and services if you live with disability. Resources for other help and support available in your community.
- + Coastlink – Central Coast Respite & Community Care**  
[www.coastlink.org.au](http://www.coastlink.org.au)  4321 1022

Providing quality care, support and accommodation options to people of all ages with a variety of physical, intellectual, sensory, social and age-related disabilities.
- + Connect Ability Central Coast – Erina**  
[info@connectability.org.au](mailto:info@connectability.org.au)  4349 3700

Provides a range of projects for people with disabilities as well as information and support.
- + Disability Employment Services – Gosford and Lake Haven**  
[contactDES@atworkaustralia.com.au](mailto:contactDES@atworkaustralia.com.au)  8795 8087





Employment and Support Services for those with a disability.
- + Fairhaven – Point Claire**  
[www.fairhaven.org.au](http://www.fairhaven.org.au)  4349 5500

Central Coast disability services provider offering community support, life skills, accommodation and employment.
- + Family Coast Support – Berkeley Vale**  
[damian@familycoastsupport.com](mailto:damian@familycoastsupport.com)  0404 526 123

Family Coast support assists with disability support, mental health support, tenancy support, justice advocacy for individuals with cognitive impairment. Support coordination.
- + HealthDirect**  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)  1800 022 222


The HealthDirect website provides trusted online information about a huge range of health issues, including conditions, symptoms, treatments, the health service and more.
- + Home In Place**  
[www.homeinplace.org](http://www.homeinplace.org)  1300 333 733

Manage social and community housing for low-income earners and people with disabilities.

- + Ideas**  1800 029 904  
[ideas.org.au](http://ideas.org.au)  
We provide free, accurate and independent info for people with disability and their supporters, community partners, business and government.
- + Life Without Barriers – Tuggerah**  4343 8830  
[carers@lwb.org.au](mailto:carers@lwb.org.au)  
Engaged in the admin of programs and services for people with disabilities, young people, aged care, people with mental health issues, asylum seekers and refugees.
- + National Disability Insurance Scheme (NDIS)**  1800 800 110  
[www.ndis.gov.au](http://www.ndis.gov.au)  
This is a government funding scheme which aims to help people under the age of 65 with disabilities get the care and support they need.
- + Options Edible Gardens – Kariong**  4340 5155  
A program of activities for adults with disabilities.
- + Regional Youth Support Services (RYSS) – Gosford**  4323 2374  
[www.ryss.com.au](http://www.ryss.com.au)  
Youth and case workers available for counselling, resources and facilities tailored to people aged 12–25 years. Disability services provided in home and in community.
- + Samaritans**  1300 656 336  
[intake@samaritans.org.au](mailto:intake@samaritans.org.au)  
Supports independent living services, offers tailored accommodation with support to secure care utilising NDIS budget; supporting families with child's learning and development.
- + The Village**  1800 035 141  
[www.healthychangevillage.com](http://www.healthychangevillage.com)  
Free online portal for children, young people, adults and elderly with disabilities in need of health and wellbeing support.
- + TrilogY – Gosford**  4314 1601  
[www.trilogysdisabilityservices.com.au](http://www.trilogysdisabilityservices.com.au)  
Provider of disability services who focuses on working with participants to help them achieve their goals.

+ **Uniting Disability – Gosford**

[www.uniting.org](http://www.uniting.org)

 1800 864 846

Gives support to children, young people and adults; supported accommodation and independent living, decision making and respite. Accommodation available at Narara and Bateau Bay.

## Carer Respite


+ **Camp Breakaway – San Remo**

[intake@breakaway.org.au](mailto:intake@breakaway.org.au)

 4390 7624

Provides respite for carers of both children and adults, as well as respite camps for children and siblings.


+ **Carer Gateway NSW**

 1800 422 737

Provides a range of free services and support just for carers.

+ **Coastlink Central Coast Respite & Community Care**


[www.coastlink.org.au](http://www.coastlink.org.au)

 4321 1022

Provides support for carers, which includes programs, services and concessions or short term planned respite.

+ **Just Better Care – Gosford**


[mailcc@justbettercare.com](mailto:mailcc@justbettercare.com)

 4331 0200

To deliver to people who are ageing or living with disability, exceptional personalised in-home community support services that add value to their lives.

+ **Carer Support Unit and Carer Retreat – CCLHD**

[CCLHD-CSUCC@health.nsw.gov.au](mailto:CCLHD-CSUCC@health.nsw.gov.au)

 4320 5556

91 Holden Street, Gosford

Provide information about services and support available for carers, assistance navigating health and community services, guidance with Centrelink Carer Payment and Carer Allowance claims, business facilities for carers, emotional support, and face to face appointments with other relevant services such as Carer Gateway and NDIS..



# Domestic Violence



**BaptistCare**

[baptistcare.org.au](http://baptistcare.org.au)

[ask@baptistcare.otg.au](mailto:ask@baptistcare.otg.au)

**Building Safer Families**

 1300 275 227

**Children's and Adolescent's Support Groups** – A safe place for children who have experienced violence in the home, to express their feelings about the violence, learn who they can go to if they feel afraid or unsafe, and realise they are not alone.


**Counselling** – Individualised support to meet the needs of all family members to promote safety, healing and recovery from the trauma of violence and abuse.


**Men's Behaviour Change Groups** – An invitation for men who have used violence or abuse, to explore their use of controlling behaviours, attitudes and beliefs, and how this may be affecting their relationships.


**Women and Children Advocacy Support** – Working with women and their children to improve safety, provide access to community support and guidance through life choices.

**Women's Support Groups** – A safe place for women who have lived with violence and abuse. Women will gain an understanding of the different forms of abuse, the impacts on both them and their children, and how to begin the recovery process.

**Family Relationship Services** – When violence has been addressed, we offer programs that target rebuilding family relationships through couple and family counselling and parenting groups.


- + BaptistCare – Tuggerah**  
[btuggerah@baptistcare.org.au](mailto:btuggerah@baptistcare.org.au)  1300 130 225



Providing counselling for individuals, couples, children – low-cost Men's Behaviour Change Program, Art Therapy for young people, free Work Development Orders, trauma-informed services including domestic and family violence.
  
- + Carrie's Place Outreach Support**  
[www.samaritans.org.au](http://www.samaritans.org.au)  4934 2585

An outreach worker is available to assist with crisis or transitional accommodation and support services for people who are at risk of homelessness and/or who are experiencing domestic violence.
  
- + CatholicCare Central Coast (CCCC)**  
[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)  1800 324 924










**Domestic Violence** – The programs support you through separation and help with casework, legal and police matters. Food assistance available, op shop, faith activities.









**Female and Male Victim Support** – Support group and counselling.

**Regaining Self-Workshop** – The group looks at issues relating to the impacts of domestic and family violence.
  
- + Central Coast Domestic Violence Court Advocacy Service**  
**Gosford Local Coordination Point**  
[gosfordlcp@ccdvcas.org.au](mailto:gosfordlcp@ccdvcas.org.au)  4346 4452

**Wyong Local Coordination Point**  
[wyonglcp@ccdvcas.org.au](mailto:wyonglcp@ccdvcas.org.au)  4346 4451  
[www.ccdvcas.org.au](http://www.ccdvcas.org.au)  1800 938 227

Access to quality services that are responsive to their needs, enabling clients to live and thrive in safe and healthy communities.

- + Coast Shelter**  
[admin@coastshelter.org.au](mailto:admin@coastshelter.org.au)  4325 3540  
Provides accommodation and support programs for people who are homeless or at risk of homelessness as well as those experiencing family and domestic violence.
- + Coast Shelter Community Centre – North Gosford**  
[admin@coastshelter.org.au](mailto:admin@coastshelter.org.au)  4326 5395  
Provides a range of services and personal support for people experiencing homelessness or domestic and family violence.
- + Community Support and Outreach Services Central Coast – Narara**  
[reception@communitysos.com.au](mailto:reception@communitysos.com.au)  4329 4477  
Financial counselling, no interest loans, helping with tax, food pantry, youth skills program, relief beyond crises (DV related), energy vouchers.
- + Domestic Violence**  
[www.mymomentum.org.au](http://www.mymomentum.org.au)  
Domestic Violence Hotline  1800 656 463  
National Relay Service for the hearing impaired  133 677  
National Domestic Violence Hotline  1800 799 7233  
National Sexual Assault, Domestic Family Violence Counselling Service  1800 RESPECT (1800 737 732)  
NSW Sexual Violence Helpline  1800 424 017  
[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)
- + Domestic Violence**  
Additional support services and resources  
[www.ccdvc.org.au/local-services/](http://www.ccdvc.org.au/local-services/)
- + Full Stop Australia**  
[www.fullstop.org.au](http://www.fullstop.org.au)  1800 385 578  
Provides free 24/7 telephone and on-line counseling.

- + Jodie's Place**  4990 9609  
[www.hunterdomesticviolenceservice.com](http://www.hunterdomesticviolenceservice.com)  
Provides crisis accommodation for women and children experiencing or escaping domestic violence.
- + NSW Sexual Violence**  1800 424 017
- + NSW Sexual Health Info Link**  1800 451 624  
Provides information and referral.
- + Peninsula Lighthouse**  0417 472 374  
[www.peninsulalighthouse.org](http://www.peninsulalighthouse.org)  
[penlighthouse@gmail.com](mailto:penlighthouse@gmail.com)  
Seeks to serve those by providing appropriate support systems for those suffering the trauma of domestic and family violence.
- + RSPCA**  9782 4408  
[programsgroup@rspcansw.org.au](mailto:programsgroup@rspcansw.org.au)  
The RSPCA Community Programs Team receive calls from across the state; we then liaise with the RSPCA shelters to find the most appropriate one for boarding. All enquiries relating to DV boarding for animals, please direct to the Programs team rather than the individual shelter.
- + Women's Health Centre**  4337 2202
- + Wyong Police DV Team**  4356 6099
- + 1800RESPECT**  1800 737 732  
[www.1800respect.org.au](http://www.1800respect.org.au)  
1800RESPECT is the national domestic, family and sexual violence counselling, information and support service.

# Drug & Alcohol Services

## Drug & Alcohol Services

### + After Hours Emergency Contact Numbers

- Ambulance or Police ☎ 000  
 ADIS – Alcohol & Drug Information Service ☎ 1800 422 599  
 NSW Mental Health Telephone Access Line ☎ 1800 011 511  
 Link2home – Emergency Accommodation ☎ 1800 152 152

### + Alcoholics Anonymous (AA) – Central Coast

[aa@ccaa.org.au](mailto:aa@ccaa.org.au) ☎ 4323 3890

### + Alcoholics Anonymous Meetings – Central Coast

[www.aameetings.org.au/download/CentralCoast/meetings.pdf](http://www.aameetings.org.au/download/CentralCoast/meetings.pdf) ☎ 1300 222 222

Support group for people affected with alcohol addictions.  
 Please see website link for various locations days and times.














### + Alcohol & Drug Information Service (ADIS) ☎ 1800 422 599

[www.svhs.org.au/our-services/list-of-services](http://www.svhs.org.au/our-services/list-of-services)

24 hour telephone counselling service offering information, advice, support and referral for drug addiction and related health problems.


### + Allied Information & Counselling

- Baptist Care and Relationship Service ☎ 1300 130 225  
 Bereavement – Grief ☎ 4369 1431  
 Biala Cottage (Sexual Assault – Gosford Hosp) ☎ 4320 3175  
 Child Protection Helpline ☎ 132 111  
 Coast Shelter ☎ 4325 3540

<b>Domestic Violence (FACS)</b>	 1800 656 463
<b>Eating Disorders</b> – Central Coast Health	 4396 5111
<b>Holden St Sexual Health</b> – Gosford Clinic	 4320 2114
<b>Kids Helpline</b>	 1800 551 800
<b>Lifeline</b>	 131 114
<b>Link2home</b>	 1800 152 152
<b>Men's Line</b>	 1300 789 978
<b>Parent Line</b>	 1300 130 052
<b>Poison's Information</b>	 131 126
<b>Quitline</b>	 137 848
<b>Rape Crisis/Sexual Assault (24hrs)</b>	 1800 424 017
<b>Relationships Australia</b>	 1300 364 277
<b>Sexual Health/Infoline</b>	 1800 451 624
<b>Telephone Interpreter Service</b>	 131 450
<b>Uniting Burnside &amp; Unifam</b>	 1800 067 967
<b>Victims Support Line</b>	 1800 633 063
<b>Wesley City Mission (Counselling)</b>	 4351 0116
<b>Women's Health</b> – Wyoming	 4324 2533


**+ Central Coast Local Health District  
Drug & Alcohol Services**

[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)




 4394 4880




Services include: Intake over the phone; Inpatient Detoxification Unit; Opioid Treatment Programs; Prevention Programs; Aboriginal Services; GP Liaison Officer; Individual and Group Counselling; and MERIT (Magistrates Early Referral Into Treatment).

Programs include: Hospital Inpatient Consultation and Liaison; Specialist Medical Assessment and Treatment; and Substance Use in Pregnancy and Parenting.

- + Central Coast Cannabis Clinic**  4394 7999





For people thinking about changing cannabis use and seeking information about their options.
- + Central Coast Harm Minimisation Team**  
Needle and Syringe Program
















  - Gosford  4320 2753
  - Long Jetty  4336 7760
  - Wyong  4394 8298
  - Woy Woy  4344 8472
  - Clean Up Hot Line  1800 633 353
- + Detox Units**

  - Hunter Drug & Alcohol  1300 660 059
  - Maruma-li Unit – Wyong Hospital  4394 4880
  - Brisbane Waters Private Hospital  1800 814 226
- + Evolution Youth Services**  4342 7640

[www.coastcommunityconnections.com.au/youthservices/evolution-youth-services](http://www.coastcommunityconnections.com.au/youthservices/evolution-youth-services)

Supports an Alcohol and Other Drugs program which provides free counselling and education for young people who may be concerned about their own (or their friends') use of alcohol and other drugs.
- + HIV – AIDS – HEP C**

  - ACON (Aids Council of NSW)  1800 063 060
  - Q-Life – Gay & Lesbian Counselling Service  1800 184 527
  - Hepatitis Infoline  1800 803 990
  - PEP Hotline – post exposure prophylaxis  1800 737 669

- + **MERIT**  
 (Magistrate Early Referral Into Treatment)  4320 3057
  
- + **Narcotic Anonymous**  0414 667 554
  
- + **Narcotic Anonymous Meetings** – Various locations  
[www.na.org.au/multi/meetings/](http://www.na.org.au/multi/meetings/)  1300 652 820  
 Support Group for people affected with Narcotic Addictions.
  
- + **Opioid Treatment Programs (OTP)**
  - Kullaroo/Wallama/Central Coast  4394 4880
  - Newcastle OTP  4016 4514
  - NSW Opioid Treatment Line (OTL)  1800 642 428
  - Sydney Private Clinic – Royal North Shore  9901 4231
  
- + **Self Help – Groups**
  - AA Central Coast [aa@ccaa.org.au](mailto:aa@ccaa.org.au)  4323 3890
  - Al-Anon – Family Groups  9570 3400
  - CMA (Crystal Meth Australia) [www.cma-australia.org.au](http://www.cma-australia.org.au)
  - Narcotics Anonymous (NA)  1300 652 820
  - NA meetings Call or SMS  0488 811 247
  - Nar-Anon (Families) [www.naranon.com.au](http://www.naranon.com.au)
  - Family Drug Support  1300 368 186
  - Central Coast Gambling Solutions  4344 7992
  - G-Line NSW – Gambling  1800 633 635
  - Quitline – Tobacco  137 848
  - SMART Recovery [smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)



## + Useful Websites

Central Coast Local Health District

[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)

Contact Service for people living with HIV

[www.positivelife.org.au](http://www.positivelife.org.au)

NSW Department of Health

[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Australian Drug Foundation

[www.adf.org.au](http://www.adf.org.au)

Australian Drug Information Network

[www.adin.com.au](http://www.adin.com.au)

Your Room

[www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

The National Depression Initiative

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Information for Depression and Bipolar Disorder

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)


Services for CC Youth Ages 12-25

[www.ycentral.com.au](http://www.ycentral.com.au)

Family Drug Support

[www.fds.org.au](http://www.fds.org.au)

## + Wesley Mission

 4305 3354

**Wesley Youth Outreach Central Coast (WYOCC)**


[WYOCentralCoast@wesleymission.org.au](mailto:WYOCentralCoast@wesleymission.org.au)

WYOCC supports young people 10–18 years of age with early intervention and/or prevention specifically around drug and alcohol issues, but can support young people at risk of homelessness, work related issues, having a rough time at school or at home.

## Rehabilitation


### + Drug and Alcohol

**In-Voluntary Treatment Clinic**


 4394 8000

### + Dual Diagnosis Rehabilitation

Kedesh, Berkeley

 4222 1800

Dooralong Transformation Centre

 4355 8000

➤ **Male and Female Rehabilitation**

Dooralong Transformation Centre  
Intake

☎ 4355 8000

☎ 4353 9799

➤ **The Glen Rehabilitation Centre – Men and Women**

[www.theglencentre.org](http://www.theglencentre.org)

☎ 4388 6360

12-week residential program, holistic treatment spiritually, mentally and physically. Clients are offered group work, individual counselling, case management, educational support, work programs, sporting activities, acupuncture and various specialised services such as grief and trauma, financial, gambling, parenting and anger management. Indigenous and non-Indigenous.

➤ **Rehabilitation – Females (only)**

Kamira Farm, Hamlyn Terrace

☎ 4392 1341

➤ **OTP Rehabs**

**Phoebe House** (Women)

☎ 9005 1570

**OTL – Opioid Treatment Line**

☎ 1800 642 428

Information, education, referral and forum for methadone and buprenorphine service issues (previously MACS).

➤ **Wyong Hospital – Detox Centre**


☎ 4394 8000

Provides inpatient detoxification and rehabilitation accommodation programs for young and adult men and women over 17 years old whose misuse of alcohol and other drugs poses a serious threat to their own or others' health or safety. Services include education, counselling, group therapy, journals, a 12 step program, video discussion and relapse prevention. Follow-up outpatient support and counselling for individuals and family members are available 7 days a week.

## Support for family Members

### + **Al-Anon**


[office@al-anon.org.au](mailto:office@al-anon.org.au)

 1300 252 666

To help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

### + **Alateen**

[office@al-anon.org.au](mailto:office@al-anon.org.au)


 1300 252 666

Alateen is a fellowship for teenagers whose lives have been affected by someone else's drinking.

### + **Barnardos Australia**

[intro@barnardos.org.au](mailto:intro@barnardos.org.au)

Gosford

 4324 9411

Wyong

 4352 5900

Barnardos endeavour to break the cycle of abuse and neglect by strengthening families who are struggling with life's significant challenges.

### + **Family Drug Support**

 1300 368 168

### + **Nar-Anon**

[serenity@naranon.com.au](mailto:serenity@naranon.com.au)

 8004 1214

Self-help support groups for family and friends of compulsive drug users.

# Emergency Relief Assistance

## + **Because We Care Boutique**

Glenning Valley

☎ 0492 914 262

A free service run by stylist volunteer assisting women trying to re-enter the workforce by providing professional attire & support prior to interviews. Casual attire is also available.

## + **Benevolent Society**

Kanwal

☎ 4394 2500

[reception.kanwal@benevolent.org.au](mailto:reception.kanwal@benevolent.org.au)

The Entrance

☎ 4321 8601

[reception.theentrance@benevolent.org.au](mailto:reception.theentrance@benevolent.org.au)

Fresh food (subject to availability), frozen meals, Information and referral services, computer, printing, playgroups, parenting and education programs.

## + **Care4Coast – Gosford**

[Care4Coast@outlook.com](mailto:Care4Coast@outlook.com)

William Street Mall, Gosford – every Monday from 6pm.

An outreach service providing hot meals, clothing/shoes, food hampers, toiletries, pet food and offering crisis support and emergency assistance.







## + **CatholicCare Central Coast (CCCC)**

[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

☎ 1800 324 924

**Commonwealth Home Support Programme (CHSP)**

CHSP can enable you to access a range of services to assist you to live independently at home, while getting the practical and social support you need.















- + Central Coast Council**  1300 463 954  
Central Coast Community Directory [datadiction.com.au](http://datadiction.com.au)  
Information about services and internet access.
- + Coast & Country Primary Care – Erina**  
[ccpc@ccpc.com.au](mailto:ccpc@ccpc.com.au)  4365 2294  
CCPC HoTS [hots@ccpc.com.au](mailto:hots@ccpc.com.au)  
Homeless assertive outreach program. Providing health by registered nurse, social assistance and advocacy.
- + Coast Shelter Community Centre – North Gosford**  
[admin@coastshelter.org.au](mailto:admin@coastshelter.org.au)  4325 3540  
Food hampers and take-away meals, no-interest loans, electricity vouchers, laundry and shower facilities, pharmacy and furniture.
- + Community Support and Outreach Services Central Coast – Narara**  
[reception@communitysos.com.au](mailto:reception@communitysos.com.au)  4329 4477  
Financial counselling, no-interest loans, food pantry, youth skills program, relief beyond crises (Domestic Violence related), energy vouchers.
- + Community Transport Central Coast**  
[info@ctccl.org.au](mailto:info@ctccl.org.au)  4355 4588  
Transport the disadvantaged for their appointments.
- + Connect Church Pantry Club – Umina Beach**  
[connecting@connectchurchclub.org.au](mailto:connecting@connectchurchclub.org.au)  4344 2509  
Food pantry (Friday 10.30am to 1.00pm) and emergency food packages.

# Emergency Food Relief, Financial Crisis and Material Aid

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- + **San Remo Neighbourhood Centre Inc** ☎ 4390 7888
- + **St Vincent De Paul Society NSW** ☎ 13 18 12 / 9568 0262
- + **The Entrance Neighbourhood Centre** ☎ 4332 4545
- + **The Salvation Army NSW Property Trust** ☎ 13 72 58
- + **The Trustees of the Roman Catholic Church for the Diocese of Broken Bay** ☎ 8379 1600
- + **Wesley Community Services Limited** ☎ 1300 325 627  
☎ 4320 1200
- + **Wyong Neighbourhood Centre Inc** ☎ 4353 1750
- + **Gosford CBD Community Hub**  
[GCCH@wnci.com.au](mailto:GCCH@wnci.com.au) ☎ 4326 7359  
Food Co-operative, Info, advice, referrals to other specialist services, financial counselling and general support. Food assistance/food hampers.
- + **Home In place – The Meeting Place** ☎ 1300 333 733  
1 Northumberland Way, Tumby Umbi  
Provide emergency food relief.
- + **Hope Unlimited Church**  
[reception@hopeuc.com](mailto:reception@hopeuc.com) ☎ 4393 3764  
Provide free food, pastor care to the community.
- + **Mary Mac's Place**  
[marymacs@catholiccaredbb.org.au](mailto:marymacs@catholiccaredbb.org.au) ☎ 4341 0584  
Take-away meals, laundry and shower facilities, food hampers.


## Neighbourhood Centres

- |   |   |
|---|---|
| + <b>Bateau Bay</b><br><a href="mailto:admin@bbnc.org.au">admin@bbnc.org.au</a>   |  4332 7450   |
| + <b>Berkeley Vale</b><br><a href="mailto:manager@bvnc.org.au">manager@bvnc.org.au</a>  |  4388 5801   |
| + <b>Gosford Regional Community Services</b><br><a href="mailto:gcch@wnci.com.au">gcch@wnci.com.au</a>                                    |  4323 7483   |
| + <b>Green Point Community Centre</b><br><a href="mailto:info@greenpointcommunitycentre.com.au">info@greenpointcommunitycentre.com.au</a> |  4367 7591   |
| + <b>Kariong</b><br><a href="mailto:admin@knc.net.au">admin@knc.net.au</a>  |  4340 1724   |
| + <b>Kincumber</b><br><a href="mailto:manager@kincumber.com.au">manager@kincumber.com.au</a>  |  4363 1044   |
| + <b>Narara</b><br><a href="mailto:reception@communitysos.com.au">reception@communitysos.com.au</a>                                       |  4329 4477   |
| + <b>Northern Lakes</b><br><a href="mailto:cdevries@uniting.org">cdevries@uniting.org</a>   |  4358 3148   |
| + <b>San Remo</b><br><a href="mailto:theepicentre@sanremo.org.au">theepicentre@sanremo.org.au</a>   |  4390 7888   |
| + <b>Terrigal</b><br><a href="mailto:info@terriganlnc.com.au">info@terriganlnc.com.au</a>   |  4367 7591   |
| + <b>The Entrance</b><br><a href="mailto:theentrancenc.inc@gmail.com">theentrancenc.inc@gmail.com</a>                                     |  4332 4545 |
| + <b>Toukley</b><br><a href="mailto:admin@tnc.org.au">admin@tnc.org.au</a>  |  4396 1555 |
| + <b>Wyoming</b><br><a href="mailto:account@grcs.org.au">account@grcs.org.au</a>  |  4323 7483 |
| + <b>Wyong</b><br><a href="mailto:admin@wnci.com.au">admin@wnci.com.au</a>  |  4353 1750 |

Neighbourhood Centres primary focus is on early intervention and the provision of information to empower the community to help themselves. They provide social, physical, financial, cultural and mental health supports, educational workshops, community engagement events, children and young people's activities and family services. Other services provided are: advice and/or referrals to other specialist services including family violence and homelessness services, disaster recovery, electricity vouchers (EAPA), emergency food and material aid assistance, financial counselling, food hampers, frozen meals, NILS loans, op shops, tax help and travel and opal card assistance. Some Centres also have community gardens, cultural gardens, men's sheds and youth services. Call the centre in your area to find out more.

**+ Oasis Centre Coast (Salvation Army) – Wyong**

[oasiscc@salvationarmy.org.au](mailto:oasiscc@salvationarmy.org.au)

 4353 9799


Youth support network. Provides a range of services and programs to disadvantaged young people who are at risk of being caught up in homelessness, crime and other social isolation. Provides one-on-one and group counselling session, individual case management, car driver mentoring and training, provides cheap lunch from on-site cafe.

**+ Police Citizens Youth Centre (PCYC)**

[www.pycnsw.org.au](http://www.pycnsw.org.au)


Bateau Bay

[bateaubay@pcycnsw.org.au](mailto:bateaubay@pcycnsw.org.au)

 4332 7000

Umina Beach


[uminabeach@pcycnsw.org.au](mailto:uminabeach@pcycnsw.org.au)

 4344 7851


Provides healthy activities (all ages) for the community.

**+ Salvation Army**


**Gosford and Long Jetty**

 1300 371 288

**Tuggerah**

 4393 1686

**Umina**


 4344 1965

Clothing and household items, electricity vouchers, emergency relief vouchers, food hampers, loans.




+ **Samaritans**


[intake@samaritans.org.au](mailto:intake@samaritans.org.au)

 1300 656 336

**Bateau Bay**


 4384 8460

**Gorokan**

 4393 2450

Supports independent living services, offers tailored accommodation with as much or as little support as needed. Support to secure all care utilising your NDIS budget; supporting families with their child's learning and development. Food vouchers and food parcels, electricity, gas and Telstra vouchers, chemist assistance, clothing and financial support options.


+ **St Vincent De Paul Society NSW**

 131 812


Emergency food, clothing, non-interest loans, and household items.

+ **St Vincent De Paul**


Gosford

 4322 5861

Woy Woy


 4341 7535

Wyong

 4353 5614

Food hampers, EAPA vouchers, furniture assistance, manchester vouchers, clothing vouchers, PBS chemist scripts, AOD workers, counselling group, Emergency Relief Service – this might vary per store.


+ **The Entrance Community Food Hub**

 0468 642 599

[www.facebook.com/groups/640283126064222/](https://www.facebook.com/groups/640283126064222/)

+ **Wesley Dalmar – Tuggerah**

[admintuggerah@wesleymission.org.au](mailto:admintuggerah@wesleymission.org.au)

 4305 3300

Free personal, financial and legal counselling. Gambling addiction. Children in foster care.

**+ Other websites that can be helpful:**

**Ask Izzy** – Is a website that can help you search for support services nearby such as housing, food, money help, family violence support, counselling and Centrelink.

**Infoexchange** – We work with community, government and corporate partners to solve issues around homelessness, family violence, mental health and disability, as well as supporting Indigenous communities, women, youth and families.

Crisis Relief Resources additional services listed as follows:

**Central Coast Council Disaster Dashboard**

[emergency.centralcoast.nsw.gov.au/dashboard/overview](https://emergency.centralcoast.nsw.gov.au/dashboard/overview)

**Central Coast Council**

[www.centralcoast.nsw.gov.au/residents/support-programs/  
community-health-and-safety/hardship-and-homelessness-  
services](https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/hardship-and-homelessness-services)

**Domestic Violence**

[www.ccdvc.org.au/local-services/](https://www.ccdvc.org.au/local-services/)

Additional support services and resources.

# Family and Parenting Support




**BaptistCare**

[www.baptistcare.org.au](http://www.baptistcare.org.au)

[ask@baptistcare.org.au](mailto:ask@baptistcare.org.au)

**Building Safer Families**

 1300 275 227

**Children's and Adolescents' Support Groups** – A safe place for children who have experienced violence in the home, to express their feelings about the violence, learn who they can go to if they feel afraid or unsafe, and realise they are not alone.

**Counselling** – Individualised support to meet the needs of all family members to promote safety, healing and recovery from trauma of violence and abuse.

**Men's Behaviour Change Groups** – an invitation for men who have used violence or abuse, to explore their use of controlling behaviours, attitudes and beliefs and how this may be affecting their relationships.


**Women and Children Advocacy Support** – Working with women and their children to improve safety, provide access to community supports and guidance through life choices.

**Women's Support Groups** – A safe place for women who have lived with violence and abuse. Women will gain an understanding of the different forms of abuse, the impacts on both them and their children, and how to begin the recovery process.


**Family Relationship Services** – When violence has been addressed, we offer programs that target rebuilding family relationships through couple and family counselling and parenting groups.

### + Counselling and Family Services

1st appointment

 1300 130 225

Following appointments

 4352 7900

**Facing Up** – For courageous and determined men who want to move beyond their family destructive patterns and instead create safe and respectful relationships.

**Living Beyond Abuse** – A 9-week support group for women who have experienced domestic or family violence.

**Pathways to Parenting** – A specialised 8-week parenting program for parents who have children in out-of-home care due to child protection concerns and who want to build stronger relationships with their children.

### + Camp Australia


[oshc@campaustralia.com.au](mailto:oshc@campaustralia.com.au)

 1300 105 343

We employ the best educators to deliver enriching experiences to children before school, after school and in their holidays.

### + Catholic Care

[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

 1800 324 924

**Caring Dads** – Is a group program for men who want to improve their parenting and be better fathers.

**Counselling** – We offer general counselling via online, telehealth or in person.


**Female and Male Victim Support** – Support group and counselling.

### + Central Coast Community Womens Health Centre

[www.ccwhc.com.au](http://www.ccwhc.com.au)

[info@cccwhc.com.au](mailto:info@cccwhc.com.au)


Woy Woy

 4342 5905

Wyoming

 4324 2533

Wyong


 4351 1152

Provides holistic health services to women. Services include clinical health services; counselling, therapeutic and social groups, daily drop-in facility, face to face and phone info and referral, advocacy and a safe space for women.

**+ Central Coast Family Support Services**

(incl. Grandparents Raising Grandchildren)


[ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

 4340 1585

Provides support for parents with children 0-12yrs, and/or a grandparent with fulltime care and responsibility of the grandchild up to 16yrs.


**+ Centrelink Assistance – Coast Shelter**

[admin@coastshelter.org.au](mailto:admin@coastshelter.org.au)

 4325 3540

Providing help to those who have no safe place to call home and help people experiencing domestic and family violence.

**+ Centrelink Families**


 136 150

Family payments, such as family tax benefit, child care subsidy or parental leave pay.


**+ Coast Community Connections**

[OccasionalCare@cccl.com.au](mailto:OccasionalCare@cccl.com.au)


Gosford

 4339 9426 / 0451 371 713


Peninsula

 4344 3018 / 0414 911 830

Peninsula Long Day Care

 4343 1001 / 0435 774 288


Point Clare

 0401 976 537


We support families with long day care, before and after school care and vacation care.


**+ Coastwide—Supported Playgroups**


[admin@ccfdc.com.au](mailto:admin@ccfdc.com.au)


 4340 1111


Provide a welcoming friendly and relaxed environment for families, parents and children to meet and share ideas with specialist support services.


- + Community Support and Outreach Services**  
**Central Coast – Narara**  
[reception@communitysos.com.au](mailto:reception@communitysos.com.au)  4329 4477


Financial counselling, no interest loans, helping with tax, food pantry, youth skills program, relief beyond crises (DV related), energy vouchers.
- + Diamond Womens Support – Gosford**  
[info@diamondwomen.com.au](mailto:info@diamondwomen.com.au)  1300 851 592

Provide counselling, support, advocacy and material assistance to women and their families facing unplanned pregnancy.
- + FACETS Child and Family Health NSW**  4328 7988








Family focused therapy service for pre-school and primary school aged children and their families, addressing concerns about the child's behaviour, emotions, social relationships and development.
- + Families NSW—Triple P Positive Parenting Program**  
[ccfss@ccfcc.com.au](mailto:ccfss@ccfcc.com.au)  4340 1585

Gives parents the skills they need to raise confident, healthy children and teenagers, and to build stronger family relationships.
- + Family Coast Support – Berkeley Vale**  
[damian@familycoastsupport.com](mailto:damian@familycoastsupport.com)  0404 526 123

Support assist with disability, mental health, tenancy, justice advocacy for individuals with cognitive impairment.
- + Family Referral Service**  1300 006 480

Support you to find the right services for you or your family.
- + Family Relationship Advice Line**  1800 050 321

Provides info, support and advice on family relationship issues and on parenting arrangements after separation.

- + Happiness Habits-Central Coast**  0466 542 779  
[hello@happinesshabits.org.au](mailto:hello@happinesshabits.org.au) [www.happinesshabits.org.au](http://www.happinesshabits.org.au)  
Supporting disadvantaged women through mentoring, workshops, referrals and social support.
- + Hope Family Cottage**  
[enquiries@hopefamilycottage.org.au](mailto:enquiries@hopefamilycottage.org.au)  1800 045 020  
Facilitated 'Hand-Overs' and 'Hand-Backs' are for parents/carers who are progressing to being able to manage contact visits themselves or for situations in which parents/carers simply prefer to not see each other.
- + Interrelate – Gosford**  
[interrelate.org.au](http://interrelate.org.au)  1300 473 528  
Provides assistance for families where a child or young person's mental health and wellbeing are at risk.
- + Northern Settlement Services**  4334 3877  
Family and community settlement services—includes info, casework, referrals and advocacy.
- + Oasis Centre (Salvation Army)**  
15 Hely Street, Wyong  
[www.salvationarmy.org.au](http://www.salvationarmy.org.au)  4353 9799  
Provide one-on-one and group counselling sessions, individual case management, car driver mentoring and training, provide cheap lunch from on-site cafe.
- + Parental Intake Line**  
Gosford  4328 7901  
Wyong  4394 8203  
This Line is a single point of entry to secondary services for families expecting a baby or with children under the age of five years who require additional support or assistance with parenting issues.

- + Parents Next**  1300 911 486

Helps parents with children under 6 years to plan and prepare for future study or employment.
- + Playing Around the World – The Entrance Community Centre (Northern Settlement Services)**

Natalia  0431 491 748 Paula  0434 426 981

Linking the culture and experience from different members of diverse communities through a range of children's activities and bring families together, share ideas, friendship and give children the opportunity to learn through play.
- + Playgroups NSW**  1800 171 882

Provides opportunities for children to explore, interact and play with other children and provides information about attending playgroups.
- + Relationships Australia**

[enquiries@ransw.org.au](mailto:enquiries@ransw.org.au)  1300 364 277

**Central Coast**  4389 8760

Provides relationship support services for individuals, couples and families.
- + Safe Hands Family Services**

[admin@safehandssf.org.au](mailto:admin@safehandssf.org.au)  0498 624 476

Family support and referral services.
- + Samaritans**

[intake@samaritans.org.au](mailto:intake@samaritans.org.au)  1300 656 336

**Bateau Bay**  4384 8460

**Gorokan**  4393 2450

Supports independent living services, offers tailored accommodation with as much or as little support as needed, support to secure all care utilising your NDIS budget, supporting families with their child's learning and development.



- + **Samaritans** 1300 656 336  
**Child, Youth and Family Services** 4960 7100  
Supports families with children aged 0–13 years, and young people 13–17 years.

- + **Saver Plus – Smith Family Long Jetty** 1300 610 355  
Financial Literacy and savings program for young people and adults on low incomes to assist building savings.

- + **Tresillian Family Care Centres** 1300 272 736  
Parenting service offering families guidance in the early years of their child's life, support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.

Uniting Church of Australia


- + **Uniting – Counselling and Mediation**  
[centralcoastintake@uniting.org](mailto:centralcoastintake@uniting.org) 4325 9666  
Provide couple, individual and family therapy. Post separation counselling to children and Family Dispute Resolution (Parenting and Property).

- + **Uniting – HIPPY Wyong** 0427 428 480  
Home Interaction Program for Parents and Youngsters (HIPPY)  
School transition program for children aged 3 years residing in the Wyong Shire.

- + **Uniting – Information and Referral Line**  
**Family and parenting support**  
[centralcoastintake@uniting.org](mailto:centralcoastintake@uniting.org) 1800 067 967  
Offers a range of programs and services for children, young people and families.

+ **Uniting – Newpin**

[uniting.org](http://uniting.org)

 4350 9050

New Parent and Infant Network (NEWPIN) – Therapeutic restoration program that supports families to provide safe environments for children and break the cycle of neglect and abuse.

+ **Uniting – Northern Lakes Neighbourhood Centre**

Tues – Thurs Only



 4358 3148 or  0408 654 843

When closed please call 1800 067 967

Neighbourhood Centre providing community support, information, advice and referral with a specific focus on child, youth and family.

+ **Uniting – Reconnecting Adolescents and Parents Team (RAPT)**


Central Coast

 1800 067 967 or  4325 9600

Home visiting service to support families and young people aged 10–18 years through supportive casework. Also within the RAPT program, a Young Parent worker is available for any young parent up to the age of 24, to help and support young families and their well-being.

+ **Uniting – Supported Playgroups and parenting programs including education and skills**

[Centralcoastintake@uniting.org](mailto:Centralcoastintake@uniting.org)

 1800 067 967

Playgroups are provided for parents with children from birth to 5 years. Support and advice on parenting and provides up-to-date resources on local community services. Structured parenting programs and education and skills workshops are provided across the region.

## Wesley Mission

- + **Wesley – Dalmar – Tuggerah**  
[admintuggerah@wesleymission.org.au](mailto:admintuggerah@wesleymission.org.au)  4305 3300

Offers 4 different types of foster care for children from birth to 18 years, including: temporary or short-term care, permanent or long-term care and adoption, specialist foster care and respite care.

- + **Wesley – Youth Outreach Central Coast (WYOCC)**  
[WYOCentralCoast@wesleymission.org.au](mailto:WYOCentralCoast@wesleymission.org.au)  4305 3354

Supports young people 10–18 years with early intervention and/or prevention specifically around drug and alcohol issues, but can support young people at risk of homelessness, work, having a rough time at school or at home.


- + **Young Parents CHAT Group**  
**Long Jetty**  4340 1585  
 0434 426 110


A comfortable space for young parents and parents to be. CHAT offers a welcoming, safe, child friendly environment for young parents aged 14–24 years.



- + **St Philip's Christian College – Young Parents Hub**  
[youngparents@spcc.nsw.edu.au](mailto:youngparents@spcc.nsw.edu.au)  4335 1444


Is a funded service offering inclusive, high-quality education, in a non-judgemental, safe supportive environment.


# Financial and Gambling Services

- + Central Coast Region Financial Counselling Service – Community SOS**  
[ccrfcs@communitysos.com.au](mailto:ccrfcs@communitysos.com.au)  4329 4477

Provides free financial counselling services, information, advice, and advocacy to people in financial difficulty dealing with debts. Electricity vouchers.
- + Centrelink – Financial Information Service**  
[servicesaustralia.gov.au](http://servicesaustralia.gov.au)  136 357

For seminars or Information over the phone or face to face.
- + Centrelink – Income management**  1800 132 594  
*Require Centrelink customer access number.*
- + Coast Shelter Community Centre – North Gosford**  
[admin@coastshelter.org.au](mailto:admin@coastshelter.org.au)  4325 3540

Food hampers and take-away meals, no-interest loans, electricity vouchers, laundry and shower facilities, pharmacy, furniture.
- + Community Support and Outreach Services Central Coast Narara** [reception@communitysos.com.au](mailto:reception@communitysos.com.au)  4329 4477


Financial counselling, no interest loans, helping with tax, food pantry, youth skills program, relief beyond crises (DV related), energy vouchers.
- + National Debt Help Line**  1800 007 007

Financial Counselling for people in financial difficulties.

**+ GambleAware – Central Coast**

Tuggerah and Gosford

24/7

 1800 858 858

9am–5pm


 1300 827 638

[gamblescounselling@wesleymission.org.au](mailto:gamblescounselling@wesleymission.org.au)

Free counselling and financial counselling to anyone affected in any way by gambling. Early intervention and education workshops plus community awareness initiatives.

**+ Gambling Anonymous**


Gary

 0451 034 216

204 Central Coast Hwy, Long Jetty – Meet on Monday at 6pm

**+ Gambling Helpline**


[gamblescounselling.nsw.gov.au](http://gamblescounselling.nsw.gov.au)

 1800 858 858

Free confidential service that assists problem gamblers and their families in NSW.


**+ Gosford CBD Community Hub**

[GCCH@wnci.com.au](mailto:GCCH@wnci.com.au)

 4326 7359


Food Co-op, information, advice, referrals to other specialist services, financial counselling and general support. Food assistance/food hampers.

**+ Kincumber Neighbourhood Centre  
Gambling Solutions**

 0414 317 644

**+ Moneycare Central Coast (Salvation Army)**


[www.salvationarmy.org.au](http://www.salvationarmy.org.au)

 1800 722 363






Talk through your situation with our professional counsellors, and receive personalised advice on how to get through your money problems and avoid trouble in the future.

**+ National Debt Line**

[ndh.org.au](http://ndh.org.au)

 1800 007 007

Provides general advice for people experiencing financial difficulty.

- **Revenue NSW**  
[www.revenue.nsw.gov.au](http://www.revenue.nsw.gov.au)  9689 6200
- **St Vincent de Paul**  
Gosford  4322 5861  
Wyong  4353 5613
- **Toukley Neighbourhood Centre**  
[admin@tnc.org.au](mailto:admin@tnc.org.au)  4396 1555  
No Interest Loan.
- **Wesley Counselling Services – Tuggerah**  
[www.wesleymission.org.au](http://www.wesleymission.org.au)  4351 0116  
Financial and gambling counselling support.

# Health Services

## + **AIDS Council of NSW (ACON)**

[www.acon.org.au](http://www.acon.org.au)

☎ 1800 803 990

After Hours Doctors

## + **13Cure**

☎ 132 873

To make an online appointment [13cure.com.au](http://13cure.com.au)

Provides home doctor visits when your regular GP practice is closed.

## + **National Home Doctors Service (13SICK)**

☎ 137 425

To make an online appointment [homedoctor.com.au](http://homedoctor.com.au)

After hours medical support, bulk-billed, home visits. All day Sundays and public holidays.

## + **Child and Family Health**

[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)

**Killarney Vale and Long Jetty**

☎ 4336 7800

**Erina**

☎ 4367 9600

**Gosford**

☎ 4328 7900

**Kincumber**

☎ 4323 8800

**Lake Haven**

☎ 4393 7777

**Woy Woy**

☎ 4344 8432

**Wyang**

☎ 4394 8229

**Wyang Central**

☎ 4356 9300

Supports families with young children during their early developmental years.

➤ **Coast and Country Primary Care – Erina**

[www.ccpc.com.au](http://www.ccpc.com.au) [ccpc@ccpc.com.au](mailto:ccpc@ccpc.com.au)

☎ 4365 2294

➤ **CCPC – Bridges After Hours GP**

Erina

☎ 4367 9699

Hamlyn Terrace

☎ 4394 7333

The Bridges After Hours GP clinics provide access to GP services when your regular GP practice may be closed.

**CCPC – Health on the Streets (HoTS)** [hots@ccpc.com.au](mailto:hots@ccpc.com.au)

HoTS takes healthcare to rough sleepers and people experiencing homelessness around the Central Coast.

**CCPC – Erina Respiratory Clinic** – The respiratory clinic provides a centralised and specific service to people that require COVID-19 testing.

**I hear you** – mental health counselling services can offer support for bereavement, isolation and difficulties associated with transitioning into a residential aged care facility.

**CCPC – Lived Experience Framework** – We are establishing a peer work hub that can provide a meeting place for both mental health peer workers and people in the community.

**CCPC – Mental Health for Aged Care Residents** – our psychologists and credentialed mental health nurses can visit residential aged care facilities and provide assessment, individual therapy, or group work to residents with mild to moderate mental health issues.

**CCPC – Coast Nutrition** – is a dietetics service that improves the nutrition and health of people aged over 65 years.

**CCPC – Peer Support Program** – People recovering from mental illness may be uncertain about their recovery journey. The peer support program can provide them with additional support from a peer worker with lived experience.

**CCPC – PRIMA** – is an access and referral service for mental health referrals. This program is for people experiencing significant financial hardship.




**CCPC Transitional Care** – helps ensure you have the support you need close to home. Our Mental Health Nurse will connect you with services that you need so you don't have to go back to hospital.

**CCPC Untie Jeans** – this program is a weekly meeting of Aboriginal people who are interested in improving their health and well-being.

**CCPC Way Back** – is a support service to support people who have attempted suicide or experienced a suicidal crisis.

#### + **Central Coast Family Support Services**


21 Old Mount Penang Rd, Kariong

 4340 1585

CCFSS provides free Parenting Education, Support Groups and Case Management for parents on the Central Coast.

#### + **Community Based Services – Gosford**


**Child and Family Health**

 4328 7900

**Children and Young People's Mental Health**

 4304 7878

**Headspace** – Central Coast

 4304 7870

Community mental health care includes provision of crisis support, protected housing and sheltered employment in addition to management of disorders.

#### + **Community Health Centres**


**Erina**

 4367 9600


**Kincumber**

 4323 8800


**Lake Haven**

 4393 7777


**Long Jetty**

 4336 7800

**Mangrove Mountain**

 4373 1249


**Woy Woy**

 4344 8432



**Wyong Central**






 4356 9300

**Wyong**

 4394 8229


You can access a range of health services through our community health centres such as community nursing, youth services, child family health, family counselling, mental health services, drug and alcohol services.

- + Health Direct**  
[healthdirect.gov.au](http://healthdirect.gov.au)  1800 022 222  
 Provides health information and advice 24 hours.
- + Hepatitis Infoline**  1800 803 990  
 Provides confidential information about hepatitis B and C, including support and referrals.
- + Hospitals (including Dental)**  
[CCLHD-Feedback@health.nsw.gov.au](mailto:CCLHD-Feedback@health.nsw.gov.au)

Gosford Hospital	 4320 2111
Long Jetty Health Care Facility	 4336 7700
Woy Woy Hospital	 4344 8444
Wyong Hospital	 4394 8000
- + Long Jetty Community Support**  
 Killarney Vale  4336 7800  
 Provides a range of services for families with babies and young children. Services include breastfeeding, post-natal, support, information on baby and toddler management, developmental screening, immunisation and referral. New and older baby, and toddler groups.

Medical Accommodation or Assistance

- + Away from Home Haemodialysis Program**  
[www.service.nsw.gov.au/transaction/register-away-homehaemodialysis-program](http://www.service.nsw.gov.au/transaction/register-away-homehaemodialysis-program)  
 If you're a haemodialysis patient travelling away from home (for study, work or holidays), you may be able to access this treatment.

- Central Coast Kids in Need**  4332 4848  
[www.cckin.com.au](http://www.cckin.com.au)

Lorraine [lorraine@cckin.com.au](mailto:lorraine@cckin.com.au)  0428 326 284

Rhonda [rhonda@cckin.com.au](mailto:rhonda@cckin.com.au)  0410 081 515

Assists local families with accommodation costs to stay with their sick children while undergoing specialised treatment in Sydney/Newcastle hospitals. We also assist with high-cost prescription items, specialised formulas, quality of life equipment and travel expenses.

- NSW Sexual Health Info Line**  1800 451 624

Provides sexual health information and referral to community members, provides specialist clinical support for Doctors and Nurses who are treating clients with sexual health issues.

- Public Health Dental Service**  1300 789 404

NSW Health provides dental services for eligible NSW residents. Public dental clinics are usually located in public hospitals and community health centres.

- Sexual Health Clinic – Gosford**  4320 2114









**Hot Line**  1800 451 624






















Monday–Friday 9am–5.30pm

Provides specialist HIV and Sexual Health service which provides confidential specialist medical care and counselling.

- Central Coast 2022 Support Groups and Services Directory**  
[www.cclhd.health.nsw.gov.au/wp-content/uploads/SupportDirectory2022.pdf](http://www.cclhd.health.nsw.gov.au/wp-content/uploads/SupportDirectory2022.pdf)

# Helpline / Lifeline


- + People in a life-threatening situation should phone 000**
- + Aging and Disability Commission**  1800 628 221
- + Alcohol and Drug Information Service**  1800 422 599
- + Anti-Discrimination NSW**  1800 670 812  
[www.antidiscrimination.nsw.gov.au](http://www.antidiscrimination.nsw.gov.au)  
[adbcontact@justice.nsw.gov.au](mailto:adbcontact@justice.nsw.gov.au)
- + Arthritis and Osteoporosis Health Info Line**  1800 011 041  
[www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)  
 Free telephone call-back health information for children, adults and the elderly with arthritis and osteoporosis.
- + BaptistCare – Tuggerah**  1300 130 225  
[btuggerah@baptistcare.org.au](mailto:btuggerah@baptistcare.org.au)  
 Providing counselling for individuals, couples, children, low-cost men's behaviour change program, art therapy for young people, free work development orders trauma-informed services including domestic and family violence.
- + Beyond Blue**  1300 224 636  
 They provide support programs to address issues related to depression, suicide, anxiety disorders and other related mental illnesses.
- + Brother to Brother – Aboriginal hotline**  1800 435 799  
 Hotline assisting Aboriginal men and staffed by Aboriginal men, including Elders to promote a culturally safe service.
- + Catholic Care**  1800 324 924

- + **Child Protection Helpline**  132 111
- + **Centrelink**
  - Centrelink employment services  132 850
  - Families and Parents  136 150
  - Financial Info Service  136 357
  - Income Management  1800 132 594
  - Indigenous call centre  1800 136 380
  - Low-income Health Care Card  132 490
  - Multilingual call centre  131 202
  - Older Australians  132 300
  - Disability, Sickness and Carers  132 717
  - Youth and Students  132 490
- + **Child Protection**  4352 6500  
Provides services across prevention and early intervention.  
child protection, out-of-home care.
- + **Child Protection Help Line**  132 111
- + **Crime Stoppers**  1800 333 000
- + **Dads in Distress**  1300 853 437  
Dads In Distress supports Dads experiencing trauma through  
family breakdown and separation anxiety.
- + **Debt Helpline (National)**  1800 007 007  
Offers advice and advocacy for people in financial stress.
- + **Dementia Helpline**  1800 100 500  
**Alzheimer's Australia (National)**
- + **DoCS Helpline (Child Protection)**  132 111
- + **Domestic Violence Hotline**  1800 656 463
- + **Elder Abuse Help Line**  1800 353 374
- + **Family Drug Support**  1300 368 186
- + **Financial Counselling Australia**  1800 007 007

- + Gambling Helpline**  1800 858 858

A free, confidential service that assists problem gamblers and their families in NSW.
- + Gay and Lesbian Counselling Line**  1800 184 527
- + Health Direct**  1800 022 222

Provides health information and advice 24 hours.
- + Hepatitis Infoline**  1800 803 990
- + HIV – AIDS – HEP C**


**ACON** (Aids Council of NSW)  1800 063 060

**Q-Life** (Gay and Lesbian Counselling Service)  1800 184 527

**Hepatitis Infoline**  1800 803 990

**PEP Hotline** (Post Exposure Prophylaxis)  1800 737 699






Provides telephone and web-based counselling, referrals and group support for LGBTI communities.
- + Homeless Persons' Information Centre**  1800 234 566

(18+ yrs)
- + Housing Services**  1800 422 322
- + Kids Help Line**  1800 551 800
- + Lifeline (24 Hours)**  131 114
- + Link to Home**  1800 152 152

Adult and Youth emergency accommodation.
- + Mental Health Line**  1800 011 511
- + Mensline Australia**  1300 789 978


[mensline.org.au](http://mensline.org.au)

Telephone, online and video counselling and advice for men.
- + Mens Referral Service**  1300 766 491
- + Mental Health Access line**  1800 011 511
- + Mission Australia Helpline**  1800 888 868

- My Aged Care**  1800 200 422
- NSW Mental Health Access Line**  1800 011 511  
 Provides mental health information and support 24 hours.
- NSW Sexual Violence**  1800 424 017
- NSW Sexual Health Info Link**  1800 451 624  
 Provides information and referrals
- Parentline**  1800 130 052
- Poisons Information**  131 126
- Primary Health Network**  1300 859 028
- Qlife Australia LGBTQIA+ Helpline**  1800 184 527
- Quitline**  137 848
- Relationship Australia**  1300 364 277
- Salvation Army Care Line**  1300 371 288
- SANE Australia**  1800 187 563  
[info@sane.org](mailto:info@sane.org)  
 Information, support and referral for people experiencing mental health issues and for their family or carers.
- SES**  132 500
- Suicide Call Back Service**  1300 659 467
- Transport Info Line**  131 500
- Victims Services**  1800 633 063
- Wyong Police DV Team**  4356 6099
- Youth Accommodation Line (13-25 yrs)**  1800 424 830

**+ 13YARN**

[www.13yarn.org.au](http://www.13yarn.org.au)

 139 275

Offers a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter, for those who are feeling overwhelmed or having difficulty coping.

**+ 1800RESPECT**

[www.1800respect.org.au](http://www.1800respect.org.au)


 1800 737 732


1800RESPECT is the national domestic, family and sexual violence counselling, information and support service.




# Legal Support

- + Central Coast Community Legal Centre**  
[www.centralcoastclc.org.au](http://www.centralcoastclc.org.au) ☎ 4353 4988  
Offers free legal help and support – on the phone, in person or via outreach centres in Gosford, Toukley and Wyong.
- + Central Coast Domestic violence Court Advocacy Service**  
**Gosford Local Coordination Point**  
[Gosfordlcp@ccdvcas.org.au](mailto:Gosfordlcp@ccdvcas.org.au) ☎ 4346 4452  
**Gosford Safe Room** ☎ 4304 6927  
**Wyong Local Coordination Point**  
[wyonglcp@ccdvcas.org.au](mailto:wyonglcp@ccdvcas.org.au) ☎ 4346 4451  
**Wyong Safe Room** ☎ 4350 3064  
**1800WDVCAS** ☎ 1800 938 227  
[www.ccdvcas.org.au](http://www.ccdvcas.org.au)  
All have access to quality services that are responsive to their needs, in order to thrive and live in safe and healthy community.
- + Central Coast Tenants' Advice and Advocacy Service**  
[www.cctaas.com.au](http://www.cctaas.com.au) ☎ 4353 5515  
A Free Advice and Advocacy Service for Central Coast tenants.
- + Childrens Court** ☎ 4353 4988  
[contact@centralcoastclc.org.au](mailto:contact@centralcoastclc.org.au) 31 Alison Road, Wyong  
Provides free legal advice and court support for young children (10–18 years).
- + Energy and Water Ombudsman (EWON)**  
[complaints@ewon.com.au](mailto:complaints@ewon.com.au) ☎ 1800 246 545  
Provides free independent dispute resolution service for electricity and gas customers in NSW.


- + Fair Trading NSW**  133 220

Provides information and assistance for consumer issues including home, motor, credit, property and tenancy.
- + Family Law Court**  1300 352 000


[fcfcoa.gov.au](http://fcfcoa.gov.au)

Help with court procedures and file a complaint.
- + Family Relationship Advice Line**  1800 050 321


[familyrelationships.gov.au](http://familyrelationships.gov.au)


A national telephone service to assist families affected by relationship or separation issues.
- + Financial Rights Legal Centre**  1800 007 007

[financialrights.org.au](http://financialrights.org.au)


Provide legal advice.
- + Gosford Juvenile Justice Community**  4325 6800

[info@gosford.justice.nsw.gov.au](mailto:info@gosford.justice.nsw.gov.au)

Provide case management support for juvenile offenders.
- + Gosford Local Court and Chamber Magistrate Gosford**  1300 679 272







Cnr Donnison St and Henry Parry Drive, Gosford
- + Interrelate Family Centres – Gosford**  1300 473 528












[gosford@interrelate.org.au](mailto:gosford@interrelate.org.au)

Services provided to support individuals and families in strengthening relationships and managing transitions in life, such as divorce, or forming a step family.
- + Law Access NSW**  1300 888 529

[www.lawaccess.nsw.gov.au](http://www.lawaccess.nsw.gov.au)

A free government telephone service that provides legal information, referrals and in some cases, advice for people who have a legal problem in NSW.

- + Legal Aid NSW – Early Intervention**  
[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)  1800 551 589  
Legal advice and assistance.
- + Legal Aid**  
[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)  1300 888 529
- + Legal Aid NSW Work Development Order**  
[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)  4324 5611  
Legal advice and assistance.
- + Legal Aid Elder Service**  
[elderservice@legalaid.nsw.gov.au](mailto:elderservice@legalaid.nsw.gov.au)  4324 5611  
Legal advice and assistance.
- + Legal Aid Domestic Violence Unit**  
[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)  9219 6300
- + Libraries**  
[www.centralcoast.nsw.gov.au/libraries](http://www.centralcoast.nsw.gov.au/libraries)  
Visit your local branch of the CC Library Service to find free, plain English legal information in the Find Legal Answers Tool Kit. Find your local branch at: [www.centralcoast.nsw.gov.au/libraries/our-branches](http://www.centralcoast.nsw.gov.au/libraries/our-branches)
- + Find Legal Answers**  
[www.legalanswers.sl.nsw.gov.au/](http://www.legalanswers.sl.nsw.gov.au/)  
Contact us via the State Library's Ask a Librarian service at [www.sl.nsw.gov.au/research-and-collections/ask-librarian](http://www.sl.nsw.gov.au/research-and-collections/ask-librarian)  
Provides free plain English legal information via the Find Legal Answers website and in NSW public libraries.
- + Moneycare Central Coast – Salvation Army**  
[www.salvationarmy.org.au](http://www.salvationarmy.org.au)  1800 722 363  
Talk through your situation with our professional counsellors, and receive personalised advice on how to get through your money problems and avoid trouble in the future.

- + Men's Rights Agency**  07 3805 5611  
[www.mensrights.com.au/](http://www.mensrights.com.au/)  
 Supporting men relating to family separation.
- + NSW Ombudsman**  1800 451 524  
 You can make a complaint if you are unhappy with the way you've been treated by a NSW Government agency or community service provider.
- + Oasis Central Coast – Salvation Army**  4353 9799  
[oasiscc@salvationarmy.org.au](mailto:oasiscc@salvationarmy.org.au)  
 Court Support and Legal Service.
- + Seniors Rights Service**  9281 3600  
[info@seniorsrightsservice.org.au](mailto:info@seniorsrightsservice.org.au)  1800 424 079  
 Provides legal advice on retirement and info and support to people using or seeking to access at-home and residential services in NSW.
- + Uniting Church of Australia – Counselling and Mediation**  4325 9666  
[centralcoastintake@uniting.org](mailto:centralcoastintake@uniting.org)  
 Provide couple, individual and family therapy. Post separation counselling to children and family dispute resolution (parenting and property).
- + University of Newcastle Legal Centre**  
[www.askuon.newcastle.edu.au](http://www.askuon.newcastle.edu.au)  1800 314 792  
 Provides free legal advice by law students.
- + Women's Legal Advice and Assistance**  
 Central Coast Community Women's Health Centre  
[www.ccwhc.com.au](http://www.ccwhc.com.au)  [info@cccwhc.com.au](mailto:info@cccwhc.com.au)  
 Woy Woy  4342 5905  
 Wyoming  4324 2533  
 Woyong  4351 1152

Provides holistic health services to women. Services include clinical health services, counselling, therapeutic and social groups, daily drop-in facility, face-to-face and phone info and referral, advocacy and a safe space for women.

### + **Women's Legal Service NSW**

[www.mymomentum.org.au](http://www.mymomentum.org.au)

**Domestic Violence Hotline** ☎ 1800 656 463

**Hearing impaired call the National Relay Service** ☎ 133 677

**General advice** ☎ 1800 801 501

**Happiness Habits-Central Coast** ☎ 0466 542 779

[hello@happinesshabits.org.au](mailto:hello@happinesshabits.org.au) [www.happinesshabits.org.au](http://www.happinesshabits.org.au)

Supporting disadvantaged women through mentoring, workshops, referrals and social support.

**Indigenous Women's free legal contact line** ☎ 1800 639 784

**Domestic Violence legal advice line** ☎ 1800 810 784

Provides a voice for women in NSW through the provision of legal services, law reform and community legal education.

Informs women who have experienced violence about their legal rights and helps women obtain access to justice.

**National DV Counselling Service** ☎ 1800 737 732

**National Domestic Violence Hotline** ☎ 1800 799 7233

**NSW Sexual Violence Helpline**

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) ☎ 1800 424 017

**The Women's Justice Network**

[Vicki.jensen@wjn.org.au](mailto:Vicki.jensen@wjn.org.au) ☎ 0408 977 118

**Sydney Office** ☎ 8011 0699

Case management, case support and mentoring for women leaving prison and impacted with the Justice System.

### + **1800RESPECT**

[www.1800respect.org.au](http://www.1800respect.org.au) ☎ 1800 737 732

1800RESPECT is the national domestic, family and sexual violence counselling, information and support service.

# LGBTIQA+

- + A LGBTIQA+ Youth Support Group at RYSS**  
[genq@ryss.com.au](mailto:genq@ryss.com.au)  
[www.facebook.com/ryss.genq](http://www.facebook.com/ryss.genq)  
 Inclusive youth support service. ☎ 4323 2374
- + ACON Help – Islington**  
[hunter@acon.org.au](mailto:hunter@acon.org.au) ☎ 4962 7700  
 NSW based health promotion organisation specialising in HIV prevention, HIV support and LGBT health.
- + Another Closet**  
[anothercloset.com.au](http://anothercloset.com.au)
- + Central Coast and Newcastle Transgender Support**  
[www.meetup.com/en-AU/Central-CoastTransgender-Support/](http://www.meetup.com/en-AU/Central-CoastTransgender-Support/)
- + Central Coast Bent Folk**  
[facebook.com/groups/1382337118455574/](https://facebook.com/groups/1382337118455574/)
- + Central Coast Community Women's Health Centre** ☎ 4324 2533
- + Central Coast LGBTI**  
[facebook.com/groups/1144469888898612/](https://facebook.com/groups/1144469888898612/)
- + Central Coast Pride**  
[facebook.com/centralcoastprideNSW](https://facebook.com/centralcoastprideNSW) ☎ 4344 3567
- + Esafety**  
[esafety.gov.au](http://esafety.gov.au)
- + Gay and Lesbian Counselling Line** ☎ 1800 184 527

- + Gender Centre**  
[gendercentre.org.au](http://gendercentre.org.au)
- + GenQ Gosford**  
[facebook.com/groups/159369469450/](https://facebook.com/groups/159369469450/)  4323 2374

A safe place for young people 14–25 years who identify as LGBTQI to socialise and gain information and support.
- + Guys Around Gosford**  
[facebook.com/groups/777758395674966/](https://facebook.com/groups/777758395674966/)
- + HIV – AIDS – HEP C**

ACON (Aids Council of NSW)  1800 063 060

Q-Life (Gay and Lesbian Counselling Service)  1800 184 527

Hepatitis Infoline  1800 803 990

PEP Hotline (Post Exposure Prophylaxis)  1800 737 699

Provides telephone and web-based counselling, referrals and group support for LGBTI communities.
- + Holden Street Clinic**  
[cclhd-holdenstreetclinic@health.nsw.gov.au](mailto:cclhd-holdenstreetclinic@health.nsw.gov.au)  4320 2114


Sexual health clinic.
- + LGBTIQA + Central Coast Pride – Gosford**  
[info@centralcoastpride.org.au](mailto:info@centralcoastpride.org.au)  42314 6004

Intentionally leveraging the power of Arts and Culture to serve our Coastie community, making positive and lasting impact in all areas of life.
- + Naughty Noodle**  
[naughtynoodle.com.au](http://naughtynoodle.com.au)  4314 6004

Provide pathways and lead social change through creating and delivering diverse and inclusive arts culture. Promote participation and active engagement of Arts and Culture.

- + Qlife Australia LGBTQIA+ Helpline**


Provides telephone and web-based counselling, referrals and group support for LGBTI communities.

 1800 184 527
- + Ourimbah Campus Queer Collective**

[facebook.com/groups/OurimbahLGBTI/](https://facebook.com/groups/OurimbahLGBTI/)
- + PFLAG Central Coast**

(Parents and Friends of Lesbians and Gays)



[facebook.com/PFLAGNSWCentralCoast/](https://facebook.com/PFLAGNSWCentralCoast/)  
[pflag.nsw.centralcoast@gmail.com](mailto:pflag.nsw.centralcoast@gmail.com)


 0431 863 799
- + Pink Drinks**

[pinkdrinks@icloud.com](mailto:pinkdrinks@icloud.com)
- + Police – Gay and Lesbian Liaison Officer**

Gosford


Wyong

 4323 5599  
 4356 6099
- + Rainbow Door**

 1800 729 367
- + YAAS (Young Authentic And Social) 12–17 years**

[yaas@naughtynoodle.com.au](mailto:yaas@naughtynoodle.com.au)  
[naughtynoodle.com.au/whats-on/yass/](https://naughtynoodle.com.au/whats-on/yass/)  
[www.facebook.com/YASSYouth/](https://www.facebook.com/YASSYouth/)

YAAS! Young, Authentic and Social is a transformative arts and culture program, for young people aged 12–24 living on the Central Coast, with a focus on those with diverse identities and abilities.

 4314 6004



# Central Coast Council Libraries

## + **Central Coast Library Service**

[www.centralcoast.nsw.gov.au/libraries](http://www.centralcoast.nsw.gov.au/libraries)

Visit your local branch of the Central Coast Library Service to find free, plain English legal information in the Find Legal Answers Tool Kit. Find your local branch at:

[www.centralcoast.nsw.gov.au/libraries/our-branches](http://www.centralcoast.nsw.gov.au/libraries/our-branches)

<b>Bateau Bay</b>	 4350 1580
<b>Erina</b>	 4304 7650
<b>Gosford</b>	 4304 7500
<b>Kariong</b>	 4325 8155
<b>Kincumber</b>	 4304 7641
<b>Lake Haven</b>	 4350 1570
<b>Toukley</b>	 4350 1540
<b>Tuggerah</b>	 4350 1560
<b>Umina</b>	 4304 7333
<b>Woy Woy</b>	 4304 7555

# Low-Cost Groceries


- + Care4Coast – Gosford**  
[ccdr.community@gmail.com](mailto:ccdr.community@gmail.com)  
 An outreach program providing hot meals, clothing, food parcels, toiletries and shoes.
- + Connect Church Pantry Club – Umina Beach**  
[connecting@connectchurchub.org.au](mailto:connecting@connectchurchub.org.au) ☎ 4344 2509  
 Weekly food pantry (Fri 10.30am to 1.00pm) and emergency food packages.
- + Entrance Food Hub** ☎ 0468 642 599 or ☎ 4332 4545  
 Located in the grounds of the Entrance Public School, entry via gates under the big electric sign on The Entrance Road side of the school.
- + Lakes Food Care** ☎ 4307 1234  
 199 Main Road, Toukley
- + Narara Neighbourhood Centre** ☎ 4329 4477  
 2 Pandala Road, Narara  
 Wednesday 9.30am–2.30pm
- + Oasis Recreation Centre (Salvation Army)** ☎ 4353 9799  
 15 Hely Sreet, Wyong
- + The Meeting Place** ☎ 1300 333 733  
 1 Northumberland Way, Tumby Umbi  
 Tuesday–Friday 10am–2pm
- + The Pantry – Young Parents Hub** ☎ 4335 1444  
 2a Amy Close, Wyong

# Men's Services

- + BaptistCare**  
[baptistcare.org.au](http://baptistcare.org.au) [ask@baptistcare.otg.au](mailto:ask@baptistcare.otg.au)  
**Building Safer Families** ☎ 1300 275 227  
**Men's Behaviour Change Groups** – an invitation for men who have used violence or abuse, to explore their use of controlling behaviours, attitudes and beliefs and how this may be affecting their relationships.
- + BaptistCare – Tuggerah**  
[btuggerah@baptistcare.org.au](mailto:btuggerah@baptistcare.org.au) ☎ 1300 130 225  
Providing counselling for individuals, couples, children, low-cost Men's Behaviour Change Program, Art Therapy for young people, free Work Development Orders Trauma-informed services including domestic and family violence.  
**Counselling and Family Services**  
1st appointment ☎ 1300 130 225  
Following appointments ☎ 4352 7900  
**Facing Up** – Is for courageous and determined men who want to move beyond their family destructive patterns and instead create safe and respectful relationships.
- + Brother to Brother – Aboriginal hotline** ☎ 1800 435 799  
Hotline assisting Aboriginal men and staffed by Aboriginal men, including Elders to promote a culturally safe service.

+ **Coast Shelter**


[www.coastshelter.com.au](http://www.coastshelter.com.au)

 4325 3540

Provides accommodation and support programs for people who are homeless or at risk of homelessness as well as those experiencing family and domestic violence.

+ **CatholicCare Central Coast (CCCC)**

[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)


 1800 324 924

**Caring Dads** – Is a group program for men who want to improve their parenting and be better fathers.

**Female and Male Victim Support** – Support group and counselling.

**Safe Homes and Back on Track** – Men's Behaviour Change Program – An intensive 30-week group work program for men who are beginning to recognise their behaviours as controlling and violent and wish to choose safe and respectful ways of relating to their families and others.


+ **Dads in Distress**

 1300 853 437

Dads In Distress supports Dads experiencing trauma through family breakdown and separation anxiety.

+ **Men's Rights Agency**

[www.mensrights.com.au](http://www.mensrights.com.au)


 07 3805 5611

Supporting men relating to family separation.


+ **Men's Shed**

[www.mensshed.org](http://www.mensshed.org)


**Bateau Bay**

 0435 807 633


**Erina**

 0434 099 865


**Gosford**

 0466 266 083


**Manning Park**





 0415 138337

**The Entrance**

 4342 9606

**Wyong**

 0491 610 809

- **Alison Homestead**  0407 201 802  
Supportive workshop for men to share skills, stories and develop friendships.
- **Mensline Australia**  
[mensline.org.au](https://mensline.org.au)  1300 789 978  
Telephone, online and video counselling and advice for men.
- **Mens Referral Service**  1300 766 491
- **Top Blokes Foundation**  
[info@topblokes.org.au](mailto:info@topblokes.org.au)  1300 450 850  
Support men's mental health and well-being, age 10–25 years.

# Mental Health Services

## + **Beyond Blue**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

☎ 1300 224 636

Provides information, advice and referral for depression and anxiety.

## + **Black Dog Institute**

☎ 9382 4530

Provides support relating to diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

## + **Central Coast ARAFMI – Bateau Bay**

[ccarafmi.org.au](http://ccarafmi.org.au)

☎ 4334 3666

Recreation and leisure activities for people whose lives have been affected by mental illness/disorders.

## + **Coast and Country Primary Care – Erina**

[www.ccpc.com.au](http://www.ccpc.com.au)

☎ 4365 2294

[ccpc@ccpc.com.au](mailto:ccpc@ccpc.com.au)

**I hear you** – Mental Health Counselling Services can offer support for bereavement, isolation and difficulties associated with transitioning into a Residential Aged Care Facility.

**CCPC Lived Experience Framework** – We are establishing a peer work hub that can provide a meeting place for both mental health peer workers and people in the community.

**CCPC Mental Health for Aged Care Residents** – Our Psychologists and Credentialed Mental Health Nurses can visit Residential Aged Care Facilities and provide assessment, individual therapy, or group work to residents with mild to moderate mental health issues.

**CCPC Peer Support Program** – People recovering from mental illness may be uncertain about their recovery journey. The Peer Support Program can provide them with additional support from a Peer Worker with lived experience.

**CCPC PRIMA** – is an Access and Referral Service for mental health referrals. This program is for people experiencing significant financial hardship.

**CCPC Transitional Care** – helps ensure you have the support you need close to home. Our Mental Health Nurse will connect you with services that you need so you don't have to go back to hospital.

**CCPC Way Back** – is a support service to support people who have attempted suicide or experienced a suicidal crisis.

- + **Dementia Helpline/Alzheimer's Australia (National)**  
[helpline@dementia.org.au](mailto:helpline@dementia.org.au)  1800 100 500

- + **Family Coast Support – Berkeley Vale**  
[damian@familycoastsupport.com](mailto:damian@familycoastsupport.com)  0404 526 123

FCS assist with disability support, mental health support, tenancy support, justice advocacy for individuals with cognitive impairment. Support coordination.












- + **GROW NSW**  1800 558 268

Community based organisation offering practical steps and a peer support to help overcome mental health issues and achieve personal goals.

- + **Headspace** [www.headspace.org.au](http://www.headspace.org.au)

Gosford	 4304 7870
Lake Haven	 4394 9100
Wyong	 4394 9180

A free youth mental health service for young people aged 12-25 and supports young people and their families/friends/carers with mild to moderate mental health concerns.


- + **Kids Helpline**  1800 551 800
- + **Lifeline**  131 114
- + **Mensline Australia**  
[mensline.org.au](http://mensline.org.au)  1300 789 978  
Telephone, online and video counselling and advice for men.
- + **Mental Health Access line**  1800 011 511
- + **New Horizons**  
[www.newhorizons.org.au](http://www.newhorizons.org.au)  4372 9800  
Assistance, support, and referral for people with mental health issues.
- + **NSW Mental Health Access Line**  1800 011 511  
Provides mental health information and support 24 hours.
- + **SANE Australia**  
[info@sane.org](mailto:info@sane.org)  1800 187 263  
Information, support and referral for people experiencing mental health issues and for their family or carers.
- + **San Remo Outreach**  4390 7888
- + **Stride – Gosford**  
[hello@stride.com.au](mailto:hello@stride.com.au)  4344 9900  
Assistance, support, and referral for people with mental health issues under NDIS.
- + **Suicide Call Back Service**  1300 659 467  
SMS: 0477 131 114
- + **Yakkalla Social and Recreational Facility – Bateau Bay**  
[www.ccarafmi.org.au](http://www.ccarafmi.org.au)  4334 3666  
Recreation and leisure activities for people affected by mental illness/disorders.



## Support for Family Members


### + **Uniting Nareen Gardens**

[ask@uniting.org](mailto:ask@uniting.org)

 1800 864 846


Provides a safe place where carers can talk about their lives, feelings and problems with others who understand them. (Not dementia specific but a majority of carers dealing with dementia at various stages.)

### + **Central Coast ARAFMI – Bateau Bay**

 4334 3666

A family support organisation which provides education, counselling, support and social interaction and advocacy.

### + **Commonwealth Respite and Carelink Centre Central Coast**

 1800 052 222


Provides assistance to carers organising emergency or short term planned respite.

### + **Dementia Behaviour Management Advisory Service**

 1800 699 799

Provides support for people with dementia and their careers.


### + **Family and Carer Mental Health Program**

 4322 1855

A support group for people caring for someone with a mental illness.

### + **Interrelate – Gosford**

[interrelate.org.au](http://interrelate.org.au)

 1300 473 528

Provides assistance for families where a child or young person's mental health and well-being are at risk.

# Migrant and Refugee Services

+ **Centrelink – Multilingual Phone Service** ☎ 131 202

+ **Life Without Barriers – Tuggerah**  
[carers@lwb.org.au](mailto:carers@lwb.org.au) ☎ 4343 8830

Engaged in the admin of programs and services for people with disabilities, young people experiencing difficulty, aged care, people with mental health issues, asylum seekers and refugees.

+ **Multicultural Social Support Service (MSSS)**  
[centralcoast@mosaicmc.org.au](mailto:centralcoast@mosaicmc.org.au) ☎ 4334 3877

Supports the frail aged from culturally and linguistically diverse backgrounds. Our volunteers can take clients out to shopping, doctor's appointments and so on. MSSS also organizes regular social activities.

+ **Mosaic Multicultural Connections** ☎ 4334 3877  
[www.mosaicmc.com.au](http://www.mosaicmc.com.au) [centralcoast@mosaicmc.org.au](mailto:centralcoast@mosaicmc.org.au)

Provides support services to migrants and refugees living on the Central Coast.

## Community Visitors Scheme (CVS)

Is a program that provides companionship by volunteer visitors to socially isolated people of culturally and linguistically diverse backgrounds who reside in Australian Government-funded aged care homes and those who receive Home Care Package care at home.

## Multicultural Social Support Service (MSSS) Central Coast


Supports the frail aged from culturally and linguistically diverse backgrounds. Our volunteers can take clients out to shopping, doctor's appointments and so on. MSSS also organises regular social activities.

## Multicultural Flexible In-Home Respite Service (MIHR) CC


To support and maintain care relationships between carers and clients, through providing good quality respite care for frail older people so that the carers can take a break.

- + **Playing Around the World (PAW)** – The Entrance Community Centre (Northern Settlement Services)

**Natalia**

 0431 491 748

**Paula**

 0434 426 981

Link the culture and experience from different members of diverse communities through a range of children's activities and bring families together, share ideas, friendship and give children the opportunity to learn through play.








- + **Settlement Engagement and Transition Support (SETS)**  
[www.homeaffairs.gov.au](http://www.homeaffairs.gov.au)  131 881

Provides assistance to eligible visa holders – migrants and those of refugee backgrounds – during their first 5 years of settlement on the Central Coast.

- + **Talking Around the World (TATW)**

Is an informal FREE English conversation class held on Tuesdays through school term at the Erina Community Trust Hall, Erina. This free service is open to all Visa Holders on the Central Coast. The program also offers free childcare, with a crèche on-site and a qualified childcare worker to provide supervision. Morning tea is provided. This program is coordinated by the Settlement Engagement Transition Support Program.

**Immigration advice** is available at our head office in Hamilton. Please make an appointment on: 4969 3399 or FREE CALL 1800 813 205

- + Northern Settlement Service – Bateau Bay**  4334 3877  
[cc@nssservices.com.au](mailto:cc@nssservices.com.au)  
Offers immigration advice and services including multi-lingual information and referral, casework and counselling, community education and development.
- + Refuge Advice Casework Service**  8355 7227  
[admin@racs.org.au](mailto:admin@racs.org.au)  
RACS is a strong, independent public voice for the rights of refugees and people seeking asylum. We assist people of all nationalities, religions, and sexual and gender identities.
- + Speak to someone who understands**  4969 3399  
Immigration advice.  1800 813 205
- + TAFE NSW Hunter Institute  
English Language Skills Program**  
[amepgosford@tafensw.edu.au](mailto:amepgosford@tafensw.edu.au)  
Gosford Campus  4348 2290  
Wyong Campus  4348 2290  
English Classes available on the Central Coast.
- + The Translating and Interpreting Service**  131 450  
Support Service.

# Police

## + Court Houses

Gosford	☎ 1300 679 272
Woy Woy	☎ 1300 679 272
Wyong	☎ 4344 0111

## + Crime Stoppers

☎ 1800 333 000

## + Emergency Services – Fire, Police, Ambulance

☎ 000

## + NSW Police

☎ 4973 9999

## + Police Assistance Line

☎ 131 444

## + Police Stations

Belmont	☎ 4922 8899
Gosford	☎ 4323 5599
The Entrance	☎ 4333 2999
Terrigal	☎ 4384 4822
Toukley	☎ 4390 1299
Woy Woy	☎ 4379 7399
Wyong	☎ 4356 6099


## + Rape/Sexual Assault Hotline


☎ 1800 424 017





# Op Shops


- + Anglican Op Shop**  
22 Fairview Ave, The Entrance
- + Australian Red Cross Op Shops**  
Gosford ☎ 4322 3286  
The Entrance ☎ 4334 2411
- + Because We Care Boutique**  
Glenning Valley ☎ 0492 914 262  
A free service run by stylist volunteer assisting women trying to re-enter the workforce by providing professional attire and support prior to interviews. Casual attire is also available.
- + Browse About**  
Long Jetty ☎ 4333 5577
- + Cheeky Threads** – Quality Pre-loved Clothing,  
Woy Woy ☎ 0466 456 452
- + Eni Op Shop – The Entrance**  
2/6 Warrigal Street, The Entrance ☎ 0468 642 599
- + Family Store**  
3/128 Pacific Highway, Tuggerah  
74 Rawson Rd, Woy Woy
- + Fairhaven Op Shopping Village**  
Point Clare ☎ 4349 5500
- + Finders Keepers 17**  
Ocean View Rd, Ettalong Beach
- + Holy Trinity Anglican Church**  
Terrigal ☎ 4365 1115


- + Home In place – The Meeting Place**  
1 Northumberland Way, Tumby Umbi








 1300 333 733
- + I Luv Labels – The Entrance**  
255A The Entrance Rd, The Entrance
- + Kitch 'n' Sink – Woy Woy**  
29 Blackwall Road, Woy Woy
- + Lakes Anglican Church of the Holy Spirit**  
Kanwal


 4393 1333
- + Lifeline Shops**  
East Gosford  
Gosford  
Toukley  
Woy Woy

 4322 0977  
 4940 2000  
 7252 3815  
 4342 7402
- + Op Shop**  
7A Eden Cl, Kanwal
- + Opportunity Knocks Op Shop**  
Liamena Ave, San Remo


 4390 7888
- + Pass it on clothing – Gosford**  
Quality men's and women's clothing, shoes and accessories  
for the homeless and disadvantaged.


 0450 500 695
- + Salvos Stores**  
Green Point  
North Gosford  
The Entrance  
Toukley  
Tuggerah  
West Gosford  
Woy Woy


 4365 6348  
 4325 3101  
 4333 1768  
 4397 2188  
 4351 5873  
 4322 1755  
 4343 1104
- + Save the Children Op Shop – Bateau Bay**


 8202 0434


- + St Christopher's Anglican Church**  
Bateau Bay












 4332 6129
- + St Luke's Anglican Church**  
Toukley


 4397 2975
- + The Cottage – Woy Woy**  
151 Blackwall Rd, Woy Woy
- + The Creative Compassion Centre Inc.**  
Wyong


 0437 048 815
- + The Smith Family – Bateau Bay**


 4334 7844
- + TNC Op Shop**

 4396 1555
- + Vinnies**  
Bateau Bay  
Budgewoi  
East Gosford  
Erina Heights  
Kincumber  
Lisarow  
The Entrance  
Toukley  
Umina  
Woy Woy  
Wyong

 4334 4092  
 4390 5667  
 4325 5431  
 4367 6559  
 4363 1330  
 4328 2271  
 4332 3776  
 4396 3001  
 4341 7091  
 4341 7535  
 4356 6718
- + Webster's Vintage**  
Long Jetty

 0426 814 436
- + Wesley Dalmar**  
Tuggerah







 4305 3300
- + Woy Woy Community Support Centre**

 4341 7535

Refer also to the [Neighbourhood Centres](#) in the [Emergency Relief Assistance](#) section.
















# Seniors


- + ADSSI In-home Support**  1300 578 478  
In-home aged care support and assistance with transport, respite for carers, health and well-being programs.
- + Aged Care Services – Central Coast**  1300 587 823  
Assisting our customers to live a full, independent life.
- + Arthritis and Osteoporosis Health Info Line – Gosford**  
[www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)  1800 011 041  
Free telephone call back health information for children, adults and the elderly with arthritis and osteoporosis.
- + Carer Gateway NSW**  
[www.carergateway.gov.au](http://www.carergateway.gov.au)  1800 422 737  
Providing a range of free services and support just for carers.
- + Catholic Care Seniors Support**  
[info@catholiccareddb.org.au](mailto:info@catholiccareddb.org.au)  1800 324 924  
Programs to improve quality of life, well-being and help support positive brain health for seniors in our community. Our professionally run programs focus on having fun, connecting with others and stimulating your brain.
- + Coast and Country Primary Care**  
[www.ccpc.com.au](http://www.ccpc.com.au)  4365 2294  
**CCPC I hear you** – Mental Health Counselling Services can offer support for bereavement, isolation and difficulties associated with transitioning into a Residential Aged Care Facility.

**CCPC Mental Health for Aged Care Residents** – Our Psychologists and Credentialed Mental Health Nurses can visit Residential Aged Care Facilities and provide assessment, individual therapy, or group work to residents with mild to moderate mental health issues.


**CCPC Coast Nutrition** – Is a dietetics service that improves the nutrition and health of people aged over 65 years.

- + Central Coast Bridge Club – Long Jetty**  
[www.centralcoast.bridge-club.org](http://www.centralcoast.bridge-club.org)  4339 3824
- + Central Coast Council Senior Services**  
[www.centralcoast.nsw.gov.au/residents/support-programs/senior-services](http://www.centralcoast.nsw.gov.au/residents/support-programs/senior-services)
- + Central Coast Women's Friendship Group**  
[www.meetup.com/en-au/ccwfgroup](http://www.meetup.com/en-au/ccwfgroup)  
 This group is a safe environment for women who want to help themselves and would like support from others.
- + Centrelink – Older Australians**  132 300
- + Coast Community Connections – Ageing and Disability Services**  
[ads@cccl.com.au](mailto:ads@cccl.com.au)  4343 1888  
 Provides Aged Care services through Home Packages and Home Modifications and Maintenance services.
- + Community Transport**  
[info@ctccl.org.au](mailto:info@ctccl.org.au)  4355 4588  
 Provides transport for shopping, social outings, medical appointments and other needs.
- + Connect Ability Central Coast – Erina**  
[info@connectability.org.au](mailto:info@connectability.org.au)  4349 3700  
 Arrange for domestic care, like cleaning and shopping.  
 Take patients to medical appointments.


- + Dementia Helpline/Alzheimer's Australia**  1800 100 500  
Providing support and advocacy for people living with dementia.
- + Elder Abuse Help Line**  1800 353 374
- + Hammond Care**  
[support@hammond.com.au](mailto:support@hammond.com.au)  1800 826 166  
Government subsidised programme that helps older people to remain at home independently for longer – housework, personal care, nursing, respite, meals, transport.
- + Integrated Living Australia**  
[www.integratedliving.org.au](http://www.integratedliving.org.au)  1300 782 896  
Offering the A to Z of health and aged care in your home, community and online. Supporting older Australians to access care in regional, rural and remote communities.
- + Just Better Care**  4331 0200  
Provide support services to assist older people to live independently at home, maintain or improve their personal and social connections and enjoy a better quality of life.
- + Legal Aid Elder Service**  
[elderservice@legalaid.nsw.gov.au](mailto:elderservice@legalaid.nsw.gov.au)  4324 5611  
Legal advice and assistance.
- + Long Jetty Over 50s Club**  
[www.longjettyover50s.com.au](http://www.longjettyover50s.com.au)  4332 5522  
This community facility can provide you with social interaction as you meet and make new friends; it can stimulate both the physical and mental demands of getting older and will provide you with more enjoyment in your retirement years.
- + Meals on Wheels – Central Coast**  
[www.ccmow.com.au](http://www.ccmow.com.au)  
**Budgewoi Outlet**  4357 8417  
Monday to Friday 8.00am to 2.30pm

**Green Point Outlet** 4363 7111

Monday to Friday 7.30am to 2pm


**Woy Woy Outlet** 4341 6699

Monday to Friday 8am to 2.30pm


**Tuggerah Outlet/Head Office** 4357 8444

6/10 Pioneer Avenue, Tuggerah


Catering to Central Coast seniors and people with disabilities, providing affordable meals, social support, and a helping hand.

**+ Multicultural Social Support Service (MSSS)**[centralcoast@mosaicmc.org.au](mailto:centralcoast@mosaicmc.org.au) 4334 3877


Supports the frail aged from culturally and linguistically diverse backgrounds. Our volunteers can take clients out to shopping, doctor's appointments and so on. MSSS also organizes regular social activities.

**+ My Aged Care – Contact Centre** 1800 200 422[www.myagedcare.gov.au](http://www.myagedcare.gov.au)


Provides support, advice and information to older people who are experiencing or may be at risk of experiencing abuse, and promotes the rights of older people to live free from abuse.

**+ Older Persons Advocacy Network – OPAN**[opan.org.au](http://opan.org.au) 1800 700 600

Free, independent and confidential advocacy support to help you raise issues with aged care.

**+ Opal Healthcare** 1300 048 519[www.opalhealthcare.com.au/contact-us/general-enquiry](http://www.opalhealthcare.com.au/contact-us/general-enquiry)

We provide high quality care for older people, with dignity, purpose and belonging at the centre of our care.

**+ Options Edible Gardens – Kariong** 4340 5155

A program of activities at co-op for adults with disabilities.

- + Seniors Rights Services**  9281 3600

Provides free, confidential, advocacy and advice, education and legal services to older people.
- + The Village**  1800 035 141

[www.healthychangevillage.com](http://www.healthychangevillage.com)

Free online portal for children, young people, adults and elderly with disabilities in need of health and wellbeing support.
- + Uniting Home and Community Care**  1800 486 484

[ask@uniting.org](mailto:ask@uniting.org)

Domestic personal assistance, case management, respite care, assistive equipment, programs, home modifications.
- + Volunteering Central Coast**  4329 7122

[www.volunteeringcentralcoast.org.au](http://www.volunteeringcentralcoast.org.au)
- + Woodport Age Care Centre (Salvation Army)**  4365 2660

[www.agecare.salvos.org.au](http://www.agecare.salvos.org.au)





120 The Entrance Road, Erina

We offer a range of personalised care services including permanent and short-term respite care, palliative care and memory support.

## Shower & Laundry Facilities

- + Coast Shelter Community Centre** – Showers and Laundry  
 346 Mann Street, North Gosford.  
 Monday to Friday 11.30am–1.00pm, 4.30pm–5.30pm  
 Food hampers and take-away meals, no-interest loans, electricity vouchers, laundry and shower facilities, pharmacy and furniture.
- + Mobile Laundry and Shower Van**  
 Run by The Entrance Lions Club.  
 The Entrance Community Centre, Battley Ave, The Entrance.  
 Friday 9am–2pm
- + Orange Sky Laundry Facilities**  
 Coast Shelter Disaster Relief – Laundry only  
 2 Mortimer Lane, Gosford – Monday 6pm–8pm
- + Lakes Anglican Church** – Laundry only  
 274 Wallarah Road, Kanwal – Wednesday 9am–11am
- + Mary Mac's Place** – Shower and Laundry  
 100 Blackwall Road, Woy Woy – Monday 9:30am–12:30am  
[marymacs@cathoikccaredbb.org.au](mailto:marymacs@cathoikccaredbb.org.au)  4341 0584
- + Oasis Centre (Salvation Army) Wyong**  
[www.salvationarmy.org.au](http://www.salvationarmy.org.au)  4353 9799  
 15 Hely Street, Wyong – Mon–Fri 9am–5pm
- + Pass it on Clothing** – Laundry only  
 2 Mortimer Lane, Gosford – Wednesday 6pm–8pm
- + Toukley Uniting Church** – Laundry only  
 7 Summerside Street, Toukley – Friday 9:30am–12:30am
- + San Remo Neighbourhood Centre** – Showers and Laundry  
 28 Brava Avenue, San Remo – Daily 9.00am–3.00pm

# Veterans' Services

- + Beyond Blue**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  1300 224 636  
Provides info, advice and referral for depression and anxiety.
- + Central Coast Veterans' Support Centre**  
[centralcoastveterans@bigpond.com](mailto:centralcoastveterans@bigpond.com)  4344 4760  
Supporting all who serve and have served.
- + Department of Veterans' Affairs**  
[generalinquiries@dva.gov.au](mailto:generalinquiries@dva.gov.au)  1800 838 372  
Responsible for delivering government programs for war veterans, members of the Australian Defence and Federal Police Forces, and their dependants.
- + Frontline Yoga**  
[info@frontlineyoga.com.au](mailto:info@frontlineyoga.com.au)  
Delivering classes, workshops and education to enhance performance, promote recovery, and improve health and wellbeing of frontline professionals.
- + National Servicemen's Association**  0414 075 122  
Noel Moulder [nashosecretary@optusnet.com.au](mailto:nashosecretary@optusnet.com.au)  
To represent all former National Servicemen in matters relating to their service, to continue to seek recognition, observe and participate in all designated service-related commemorative events, promote and develop camaraderie, promote the history and sacrifice of National Service in Australia as part of Australia's Military History.

- + **Open Arms – Veterans and Families Counselling**  
[openarms.clientassist@dva.gov.au](mailto:openarms.clientassist@dva.gov.au) ☎ 1800 011 046

Provides training and support to all our counsellors, to enable the ongoing delivery of high-quality mental health assessment and clinical counselling for Australian veterans and their families.

- + **RSL Sub-Branches – National Servicemen's Association**

**Gosford City Sub-Branch** ☎ 0412 059 345  
 Greg Mawson [gmaw6809@bigpond.net.au](mailto:gmaw6809@bigpond.net.au)

**Tuggerah Lakes Sub-Branch** ☎ 0408 610 241  
 Barry O'Keefe [nashotuggerahlakes@hotmail.com](mailto:nashotuggerahlakes@hotmail.com)

**The Entrance Long Jetty RSL Sub-Branch** ☎ 4332 0144  
 The Entrance Rd, Long Jetty [theentrancelongjettyrsl.com.au](http://theentrancelongjettyrsl.com.au)

The Sub-Branches are dedicated to provide well-being, care, camaraderie and commemorative activities to ex-servicemen.

- + **Soldier On**  
[info@soldieron.org.au](mailto:info@soldieron.org.au) ☎ 1300 620 380

Support organisation delivering a range of services to enable serving and ex-serving veterans and their families to thrive.

- + **Vietnam Veterans Association of Australia**  
[vietvet@tpg.com.au](mailto:vietvet@tpg.com.au) ☎ 9673 1818

Provide support to current service personnel or those currently serving and veterans and their families to guide them to the proper services regarding their needs.



# Women's Services

## + **BaptistCare**

[baptistcare.org.au](http://baptistcare.org.au)

[ask@baptistcare.otg.au](mailto:ask@baptistcare.otg.au)

Building Safer Families

☎ 1300 275 227

**Women and Children Advocacy Support** – Working with women and their children to improve safety, provide access to community supports and guidance through life choices.

**Women's Support Groups** – A safe place for women who have lived with violence and abuse. Women will gain an understanding of the different forms of abuse, the impacts on both them and their children, and how to begin the recovery process.

### **Counselling and Family Services**

1st appointment

☎ 1300 130 225

Following appointments

☎ 4352 7900

**Living Beyond Abuse** – Is a 9-week support group for women who have experienced domestic or family violence.

## + **Because We Care Boutique**

### **Glenning Valley**

☎ 0492 914 262

A free service run by stylist volunteer assisting women trying to re-enter the workforce by providing professional attire and support prior to interviews. Casual attire is also available.

## + **CatholicCare Central Coast (CCCC)**

[info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

☎ 1800 324 924


**Female and Male Victim Support** – Support group and counselling.

**+ Central Coast Community Womens Health Centre**


[www.cccwhc.com.au](http://www.cccwhc.com.au)

[info@cccwhc.com.au](mailto:info@cccwhc.com.au)


Woy Woy

 4342 5905

Wyoming

 4324 2533


Wyang

 4351 1152

Provides holistic health services to women. Services include clinical health services, counselling, therapeutic and social groups, daily drop-in facility, face to face and phone info and referral, advocacy and a safe space for women.

**+ Coast Shelter**


[www.coastshelter.com.au](http://www.coastshelter.com.au)

 4325 3540

Provides accommodation and support programs for people who are homeless or at risk of homelessness as well as those experiencing family and domestic violence.

**+ Community and Business Women's Network – CBWN**

[www.cbwn.org.au](http://www.cbwn.org.au)

 0414 341 010

We embrace established local business owners and also women wanting to up-skill, network and get to know what is happening in their local community.

**+ Diamond Womens Support – Gosford**

[info@diamondwomen.com.au](mailto:info@diamondwomen.com.au)


 1300 851 592

Provide counselling, support, advocacy and material assistance to women and their families facing unplanned pregnancy.

**+ Gosford Sexual Assault Service**


After Hours

 4320 3175










 4320 2111







**+ Happiness Habits – Central Coast**

[hello@happinesshabits.org.au](mailto:hello@happinesshabits.org.au) [www.happinesshabits.org.au](http://www.happinesshabits.org.au)

 0466 542 779

Supporting disadvantaged women through mentoring, workshops, referrals and social support.

- + Jodie's Place**  4990 9609  
[www.hunterdomesticviolenceservice.com](http://www.hunterdomesticviolenceservice.com)  
Providing crisis accommodation for women and children experiencing or escaping domestic violence.
- + The Women's Justice Network**  
[vicki.jensen@wjn.org.au](mailto:vicki.jensen@wjn.org.au)  0408 977 118  
Sydney Office  8011 0699  
Case management, case support and mentoring for women leaving prison and impacted with the Justice System.
- + Women's Health Centre**  4337 2202
- + Women's Legal Service NSW**  
[www.mymomentum.org.au](http://www.mymomentum.org.au)
- + Domestic Violence Hotline**  1800 656 463
- + Hearing impaired – National Relay Service**  133 677
- + General advice**  1800 801 501
- + Happiness Habits – Central Coast**  0466 542 779  
[hello@happinesshabits.org.au](mailto:hello@happinesshabits.org.au) [www.happinesshabits.org.au](http://www.happinesshabits.org.au)  
Supporting disadvantaged women through mentoring, workshops, referrals and social support.
- + Indigenous Women's free legal contact line**  1800 639 784
- + Domestic Violence legal advice line**  1800 810 784  
Provides a voice for women in NSW through the provision of legal services, law reform and community legal education. Informs women who have experienced violence about their legal rights and helps women obtain access to justice.

- + **National DV Counselling Service**  1800 737 732
- + **National Domestic Violence Hotline**  1800 799 7233
- + **NSW Sexual Violence Helpline**  
[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)  1800 424 017
- + **The Women's Justice Network**  
[vicki.jensen@wjn.org.au](mailto:vicki.jensen@wjn.org.au)  0408 977 118  
Sydney Office  8011 0699  
Case management, case support and mentoring for women leaving prison and impacted with the Justice System.
- + **1800RESPECT**  
[www.1800respect.org.au](http://www.1800respect.org.au)  1800 737 732  
1800RESPECT is the national domestic, family and sexual violence counselling, information and support service.

# Youth

## + Alateen

[office@al-anon.org.au](mailto:office@al-anon.org.au)

☎ 1300 252 666

Alateen is a fellowship for teenagers whose lives have been affected by someone else's drinking.

## + Arthritis and Osteoporosis Health Info Line – Gosford

[www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)

☎ 1800 011 041

Free telephone call-back health information for children, adults and the elderly with arthritis and osteoporosis.

## + BaptistCare

[baptistcare.org.au](http://baptistcare.org.au)

[ask@baptistcare.org.au](mailto:ask@baptistcare.org.au)

Building Safer Families

☎ 1300 275 227

**Children's and Adolescents' Support Groups** – A safe place for children who have experienced violence in the home to express their feelings about the violence, learn who they can go to if they feel afraid or unsafe, and realise they are not alone.

## + Barnardos Australia

[intro@barnardos.org.au](mailto:intro@barnardos.org.au)


Gosford


☎ 4324 9411



Wyong


☎ 4352 5900


Barnardos endeavour to break the cycle of abuse and neglect by strengthening families who are struggling with life's significant challenges.

- + Camp Breakaway – San Remo**  
[intake@breakaway.org.au](mailto:intake@breakaway.org.au)  4390 7624




Provides respite for carers of both children and adults, as well as respite camps for children and siblings.
- + Catholic Care – KEYS Program**  
[info@catholiccareddbb.org.au](mailto:info@catholiccareddbb.org.au)  1800 324 924

Assists young parents aged 16–24 years who are homeless, or at risk of being homeless. We offer accommodation assistance and support.
- + Centrelink – Youth and Students**  132 490
- + Coast Shelter**  
[www.coastshelter.com.au](http://www.coastshelter.com.au)  4325 3540







Provides accommodation and support programs for people who are homeless or at risk of homelessness as well as those experiencing family and domestic violence.
- + Community Support and Outreach Services Central Coast – Narara**  
[reception@communitysos.com.au](mailto:reception@communitysos.com.au)  4329 4477

Financial counselling, no interest loans, helping with tax, food pantry, youth skills program, relief beyond crises (DV related), energy vouchers.
- + DALE – Young Parents Support**  
[admin@spcc.nsw.edu.au](mailto:admin@spcc.nsw.edu.au)  0417 653 627

School for students/young parents to help achieve their HSC.
- + Headspace** [www.headspace.org.au](http://www.headspace.org.au)

Gosford  4304 7870  
 Lake Haven  4394 9100  
 Wyong  4394 9180


A free youth mental health service for young people aged 12–25 and supports young people and their families/friends/carers with mild to moderate mental health concerns.

- + Home In Place Grow A Star Program – Tumby Umbi**  
[shanem@homeinplace.org](mailto:shanem@homeinplace.org)  0429 358 426  
Youth mentoring and scholarship program for 10–18 year olds.
- + Life Without Barriers – Tuggerah**  
[carers@lwb.org.au](mailto:carers@lwb.org.au)  4343 8830  
Engaged in the administration of programs and services for people with disabilities, young people experiencing difficulty, aged care, people with mental health issues, asylum seekers and refugees.
- + Link to Home**  1899 152 1542  
Adult and Youth emergency accommodation.
- + Links Youth Services**  
**San Remo Neighbourhood Centre**  4390 7888  
[links@sanremo.org.au](mailto:links@sanremo.org.au)  
To help youths navigate and support through life challenges with peers, family relationships, school, employment and life.
- + Links Youth Support Services –**  
**San Remo Neighbourhood Centre**  4390 7888  
[theepicentre@sanremo.org.au](mailto:theepicentre@sanremo.org.au)  
Supporting young people to navigate life challenges with peers, family, relationships, school, employment and life. Headspace, Youth health GP clinic including sexual health available.
- + Oasis Central Coast (Salvation Army) – Wyong**  
[oasiscc@salvationarmy.org.au](mailto:oasiscc@salvationarmy.org.au)  4353 9799  
Youth support network. Provides a range of services and programs to disadvantaged young people who are at risk of being caught up in homelessness, crime and other social isolation.


+ **Police Citizens Youth Centre (PCYC)**

[www.pcycnsw.org.au](http://www.pcycnsw.org.au)

Bateau Bay [bateaubay@pcycnsw.org.au](mailto:bateaubay@pcycnsw.org.au)

 4332 7000


Umina Beach [uminabeach@pcycnsw.org.au](mailto:uminabeach@pcycnsw.org.au)

 4344 7851

Provides healthy activities (all ages) for the community.

+ **Phoenix Youth Support Services**


[youthsupport@wncci.com.au](mailto:youthsupport@wncci.com.au)

 4393 9555

Case Management, family support and capacity building, skills and education/training, drop-in support.

+ **Regional Youth Support Services (RYSS) – Gosford**


[www.ryss.com.au](http://www.ryss.com.au)

 4323 2374


Provides information, advice, advocacy and referral to young people (12–25 years). Youth and case workers available for counselling, resources and facilities tailored to people. Disability services provided in-house and in community.

+ **Samaritans**


[intake@samaritans.org.au](mailto:intake@samaritans.org.au)

 1300 656 336

Bateau Bay


 4384 8460

Gorokan

 4393 2450

Supports independent living services, offers tailored accommodation with as much or as little support as needed. Support to secure all care utilizing your NDIS budget; supporting families with their child's learning and development. Assists youth (13–17 years) with issues including self-esteem, bullying, relationships, and family.


+ **Samaritan Youth Services**

 4334 4755

Assists young people aged 12–24 and at risk of homelessness.

+ **The Village**

[www.healthychangevillage.com](http://www.healthychangevillage.com)

 1800 035 141

Free online portal for children, young people, adults and elderly with disabilities in need of health and wellbeing support.



➤ **Uniting Burnside**

**Reconnecting Adolescents and Parents (RAPT)**

[www.uniting.org/services/youthservices/facility/uniting-burnsidereconnectingadolescents-andparents-rapt-gosford](http://www.uniting.org/services/youthservices/facility/uniting-burnsidereconnectingadolescents-andparents-rapt-gosford)

☎ 4325 9600 or ☎ 1800 067 967

Is a community based early intervention and prevention program for young people aged 12–18 years who are homeless or at risk of homelessness, and their families.

Home visiting service to support families and young people aged 1–18 years through supportive casework. Also within the RAPT program, a Young Parent worker is available for any young parent up to the age of 24, to help and support young families and their well-being.

➤ **Uniting Disability – Gosford**

[www.uniting.org](http://www.uniting.org)

☎ 1800 864 846

Gives support to children, young people and adults, supported accommodation and independent living, decision making and respite. Accommodation available at Narara and Bateau Bay.

➤ **Wesley Youth Outreach Central Coast (WYOCC)**

[WYOCentralCoast@wesleymission.org.au](mailto:WYOCentralCoast@wesleymission.org.au)

☎ 4305 3354

WYOCC supports young people 10–18 years with early intervention and/or prevention specifically around drug and alcohol issues, but can support young people at risk of homelessness, work, having a rough time at school or at home.

➤ **Youth Accommodation Line (13–25 years)**

☎ 1800 424 830

➤ **Youth Health Service –**

**Wyong Central Community Health Centre**

[admin@wncci.com.au](mailto:admin@wncci.com.au)

☎ 4356 9333

Provides health and referral information regarding young people.

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