

COVID-19 has
changed all our lives.

IT'S OK
TO ASK
FOR HELP



Health
Western Sydney
Local Health District



WESTERN SYDNEY
HOSPITALS

Auburn Hospital

8759 3000

Cumberland Hospital

9840 3000

Blacktown Hospital

9881 8000

Mount Druitt Hospital

9881 1555

Westmead Hospital

8890 5555

It's normal to feel
anxious, overwhelmed,
confused, sad or
even bored.

**REACH
OUT FOR
SUPPORT**



Artwork by Leanne Tobin.

Leanne's artwork reflects the vibrancy
and transitional motions of the dragon-flies
as they move through their journey of life.

CRISIS OR EMERGENCY NUMBERS (24/7)

Ambulance, Police, Fire	000
Domestic Violence Line	1800 656 463
Suicide Call Back Service	1300 659 467
Lifeline Crisis Support	13 11 14
Mental Health Line	1800 011 511
National Sexual Assault, Domestic & Family Violence Counselling Service	1800 737 732



#1



LOOK AFTER
YOUR PHYSICAL HEALTH

DOMESTIC VIOLENCE

National Sexual Assault, Domestic & Family Violence Counselling Service	1800 737 732
Domestic Violence Line	1800 656 463
WSLHD Domestic Violence Counselling Service	8890 7940
Women's Domestic Violence Court Advocacy Service	1800 938 227
Western Sydney Community Legal Centre Ltd	8833 0911
Western Sydney DV ROAR	9621 0800
Western Sydney DV After Hours Service	0435 492 813
Blacktown Women's and Girls Health Centre	9831 2070
WASH House	9677 1962
Mt Druitt Family Violence Service	8867 4900
Sydney West Multicultural Services	9621 6633
Cumberland Women's Health Service	9689 3044

ALCOHOL AND OTHER DRUG SERVICES

Alcohol and Drug Information Service (ADIS)	1800 422 599
Family Drug Support	1300 368 186
Alcoholics Anonymous	1300 222 222
Al-Anon Family Groups	1300 252 666
Narcotics Anonymous	1300 652 820
ONE80TC	1800 679 657
NSW Quitline	13 7848 (13 QUIT)

ACCOMMODATION AND HOUSING SERVICES

Link2home homelessness line	1800 152 152
Mission Australia	1800 888 868

GAMBLING SERVICES

Gambling Help	1800 858 858
---------------	--------------

CHILD PROTECTION SERVICES

Child Protection Helpline	132 111
Child Wellbeing Unit	1300 480 420

CHILDREN AND YOUNG PEOPLE SERVICES

Kids Helpline (24 hours)	1800 55 1800
COVID-19 "Let's talk"	8890 5236
Community Health:	High Street - 8860 2500
Youth Health Services	WAAT - 9881 1230
Child & Family Health Services	1800 600 681
headspace	Mount Druitt - 1800 683 784 Parramatta - 1300 737 616

#2

STAY
CONNECTED
WITH FAMILY
AND FRIENDS

(PHONE OR VIDEO CALL)



ELDERLY AND SENIOR PERSON'S SERVICES

Older Australians COVID-19 Support Line	1800 171 866
Seniors Rights Service	1800 424 079
My Aged Care (assessment for services)	1800 200 422
Carer Gateway	1800 422 737
National Dementia Helpline	1800 100 500

ABORIGINAL SERVICES

Greater Western Sydney Aboriginal Health Service	9836 7300
Wurringa Baiya Aboriginal Women's Legal Centre	1800 686 587
Indigenous Women's Legal Contact Line	1800 639 784
Ngallu Wal - Aboriginal Child and Family Centre	9671 5890
Marrin Weejali – Substance Misuse and Social and Emotional Wellbeing Healing Centre	9628 3031
Western Sydney Aboriginal Health Hub	9881 1670
Butacarbin Aboriginal Corporation	9832 7167
Baabayn Aboriginal Corporation	0403 568 696
Kimberwalli	8610 6800
Aboriginal Catholic Care Services Mt Druitt	8843 2565

MENTAL HEALTH SERVICES

SANE Australia	1800 187 263
Beyond Blue COVID service	1800 512 348
WSLHD Mental Health Services	1800 011 511
Australian Red Cross COVID Connect	1800 733 276
Relationships Australia	1300 364 277
MensLine Australia	1300 789 978
Transcultural Mental Health Centre	1800 648 911
National Hope Line (support for people who have lost a loved one to suicide)	1300 467 354
The Butterfly Foundation (support for eating disorders)	1800 334 673
The Men's Shed	1300 550 009

#3

BE KIND TO
YOURSELF AND TAKE
TIME JUST FOR YOU



LGBTQI SERVICES

QLife (LGBTI counselling)	1800 184 527
ACON	9206 2000

SEXUAL ASSAULT SERVICES

Rape Crisis Centre NSW	1800 424 017
NSW Health Sexual Assault Services	
Blacktown	9881 8700
Westmead – adults	8890 7940
Westmead – children	9845 2434



WELFARE AND FINANCIAL SUPPORT

Centrelink	132 850
Services Australia	13 23 00
National Debt Helpline	1800 007 007
LawAccess NSW (free legal helpline)	1300 888 529
Victims Access Line	1800 633 063
National Disability Insurance Scheme (NDIS)	1800 800 110
Anglicare Mount Druitt Office	8805 0900
The Salvation Army (emergency relief assistance)	1300 371 288
St Vincent de Paul (family assistance hotline)	1800 606 724
Commonwealth Respite and Carelink Centre (respite service for carers)	1800 052 222

HEALTH ADVICE

Health Direct	1800 022 222
Medicines Line	1300 633 424
Poisons Information Centre	13 11 26

TELEPHONE SUPPORT SERVICES

Translating and Interpreting Service	1800 131 450
Healthcare Interpreting Services	9912 3800

#4



REACH OUT
TO OTHERS TO
SEE IF THEY NEED HELP

COMMUNITY HEALTH CENTRES

Auburn

Community Health Centre 8759 4000

Blacktown

Community Health Centre 9881 8700

Doonside

Community Health Centre 8670 3300

Merrylands

Community Health Centre 9682 3133

Mount Drutt

Community Health Centre 9881 1200

Parramatta

Community Health Centre 9843 3222

The Hills

Community Health Centre 8853 4500



SCAN THE
QR CODE TO
FIND SUPPORT.

#5



SEEK SUPPORT
AND TALK ABOUT
HOW YOU'RE FEELING



Health
Western Sydney
Local Health District

