

## Helpful Out of Hours Contacts:

Emergency (Ambulance / Fire / Police).....	000
DoCS Helpline.....	132 111
Australian Red Cross (NSW).....	9229 4111
Kids Help Line.....	1800 551 800
Lifeline.....	13 11 14
Parent Line.....	1300 130 052
Poisons info Line.....	13 11 26
Mensline Australia.....	1300 789 978
Suicide Help Line.....	1800 19 19 19
Domestic Violence Crisis Line.....	1800 65 64 63

## Ombudsmen:

- **EWON** (Energy & Water) .....**1800 246 545**
- **Telecommunications**.....**1800 062 058**

## ***Your Contacts:***

Prepared by St Vincent de Paul Society –  
Central Coast Mental Health Project  
in consultation with Hornsby Region.

Please call the Hornsby Regional Office to  
order additional brochures.

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**St Vincent de Paul Society**

**NSW**

*good works*

*Broken Bay Diocese*

# **Hornsby Region Handy Contacts**

**Hornsby  
Interview Referral Room:**

**9477 5010 # 1**

St Vincent De Paul Society  
Hornsby Regional Office

**Phone:** 02 9477 5010 **Fax:** 02 9482 2048

Hornsby Regional Office, 41Jersey St,  
HORNSBY NSW 2077

## ACCOMMODATION

- **Link2home**.....**1800 152 152**  
*Information line*

## BUDGET & FINANCIAL COUNSELLING

- **St Vincent de Paul Society** (Budget).....**9477 5010**
- **Lifeline** (Financial) .....**9498 8805**

## CARERS

- **Carers NSW**.....**1800 242 636**  
*Carer information, support and counselling*

- **Emergency Respite**.....**1800 052 222**

- **Mercy Community Care**.....**9487 3022**

- **ARAFMI NSW Family and Carer...1800 655 198**  
**Mental Health Program**.....**9888 1819**

*ARAFMI NSW provides a free service to all friends and relatives who know or care for someone with a mental illness or a mental disorder.*

## CRISIS COUNSELLING

- **CatholicCare Broken Bay – Northern Region (Waitara)**.....**9488 2400**

*A non-Government welfare organisation that offers a wide range of services. Services include Family Support, Supported Housing & Advocacy, Domestic Violence Court Support Scheme, Counselling, Youth Services, Mediation, Child Care Services, Disability Services, Foster Care and Out of Home Care program for young people, Hey, Dad! program for fathers and separated fathers. Relationship Education - Partners for Life & FOCCUS/Community Education.*

## EMERGENCY RELIEF

- **St Vincent de Paul Society**.....**9477 5010**
- **The Salvation Army**.....**9477 1133**

## HEALTH

- **Hornsby Ku-ring-gai Health Service**....**9477 9123**
- **Drug & Alcohol Service** .....**9477 9567**
- **Mental Health**.....**9477 9520**

- **Home Care Services – Northern Sydney Service Centre**.....**9910 9100**  
*Provides assistance to frail aged and disabled people (all ages) and their carers with practical tasks, ie housekeeping, personal care & respite care, enabling clients to remain in their own homes.*

## - MENTAL HEALTH CRISIS

*(Broken Bay Diocese - Sydney Area)*

- **Northern Sydney Mental Health Emergency Help Line - 1300 302 980**

*Mental Health Team 24 hr / 7 days - for mental health difficulties and crises,*

**AND** referral to other parts of the Mental Health Service.

## HOUSING

- **Housing NSW (Ryde)**.....**9809 8444**
- **Housing NSW (Dee Why)**.....**9971 3600**
- **Link Housing** .....**9412 5111**

## LEGAL

- **NSW Police – Hornsby**.....**9476 9799**
- **Police Assistance Line (non-emergency)**.....**131 444**
- **Legal Aid**.....**9219 5000**
- **Law Access**.....**1300 888 529**
- **Victims of Crime**.....**9542 4029**
- **Hornsby Court**.....**9847 9933**

## YOUNG PEOPLE

- **Hornsby Ku-ring-gai Police Community Youth Club**.....**9477 2310**

*The Youth Club offers a wide variety of sporting activities for the youth of the area, both structured and unstructured. Programs: Badminton, boxing, jishukan, judo, wrestling, sailing, dance - including ballet, jazz, tap and street funk, ninjutsu, indoor soccer, speech & drama classes, aikido, kendo, boxercise, break dancing classes and tae kwon do, futsal running.*

- **Hornsby Shire Council Youth Services Team**.....**9847 6536**

*Hornsby Council Youth Services Team provides assistance to young people including information, support, referral and advocacy.*