



24/7 CONTACT NUMBERS



IN AN EMERGENCY CALL

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**NSW Rape Crisis Centre (Sexual
Assault and Domestic Violence)**
nswrapecrisis.com.au

1800 424 017

Al Anon (for families of alcoholics)
al-anon.org.au

1300 252 666

Alcohol & Drug Information Service
(counselling, referral)
yourroom.health.nsw.gov.au

1800 422 599

Alcoholics Anonymous
aa.org.au

1300 222 222

Beyond Blue
beyondblue.org.au

1300 224 636

Gamblers Anonymous
gaaustralia.org.au

(02) 9726 6625

Kids' Helpline (5 - 25 years)
kidshelpline.com.au

1800 551 800

Lifeline
lifeline.org.au

13 11 14

MensLine Australia
mensline.org.au

1300 789 978

NSW Mental Health Access Line

1800 011 511

Parent Line NSW
parentline.org.au

1300 130 052

Suicide Call Back Service
suicidecallbackservice.org.au

1300 659 467

**Veterans and Veterans Family
Counselling Service**
vvcs.gov.au

1800 011 046