Strong Yawa

(speak/talk)



If you are feeling worried?

Having troubling thoughts or feel like you need someone to yarn to...
Call up... we are here to listen...

After Hours support line

1800 953 736

FREE CALL

All calls are confidential and will be treated with respect as per Waminda policies

Available after 5pm
on weeknights and all weekend

We will provide follow up support
Mondays – Fridays between 9am - 4.30pm

T (02) 4421 7400

waminda.org.au



Waminda

strong women. strong community. strong culture.

Alternate support contacts

In an emergency
please call 000



Shoalhaven Hospital	02 4421 3111
Nowra Police	02 4421 9699
Lifeline	13 11 14
Beyond Blue	1300 224 636
Rape & DV Crisis Line	1800 424 017
'Meth' helpline	1800 874 878
Suicide 24hr callback helpline	1300 659 467
Mental Health 24hr helpline	1800 011 511
Shoalhaven Drug & Alcohol helpline - 24hrs	1300 652 226
Shoalhaven Homeless Hub	02 4423 2804
VAN - Local Crisis SA & DV Response	02 4423 9211
Kids Helpline	1800 551 800
Headspace	1800 650 890

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