

WHERE TO GO FOR SUPPORT

If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately



Help with a crisis

Lifeline 24/7	13 11 14
Lifeline text 24/7	0477 131 114
13 YARN 24/7	13 92 76
Suicide Call Back Service 24/7	1300 659 467
MensLine 24/7	1300 789 978
Brother to Brother 24/7	1800 435 799
Kids Helpline 24/7	1800 551 800
QLife (LGBTIQ+) 3pm to midnight, 7 days	1800 184 527
Open Arms Veterans and Families 24/7	1800 011 046
1800 RESPECT 24/7	1800 737 732

Help with suicidal distress

Wollongong Safe Haven 2-10pm Wed-Sat 55 Urunga Pde Peer led safe space for people in suicidal distress	0401 561 164
NSW Mental Health Line Support to access Nowra SPOT (Suicide Prevention Outreach Team) and local Acute Care Team.	1800 011 511
Next Steps - Grand Pacific Health	02 4220 7600
Roses in the Ocean Peer CARE Companion	1800 777 337
Beyond Now suicide safety planning app lifeline.org.au/get-help/beyond-now	

Help after a suicide loss

StandBy Support After Suicide	1300 727 247
Thirrili Indigenous Postvention Service	1800 805 801
LGBTIQ+ Support After Suicide Bereavement Group www.switchboard.org.au/lgbtiqa-bereavement-groups	
Griefline 8am to 8pm, 7 days	1300 845 745
Feel the Magic: Let's talk Suicide for kids	1300 602 465

Help for carers and family supports

Stride Family and Carer Service	
Wollongong	02 4229 7254
Nowra	02 4422 1547
ARAFMI Illawarra	0450 414 393
Minds Together mindstogether.org.au	
Carer Gateway	1800 422 737

Help for family and relationships

Family Services Australia Illawarra	1800 372 000
Relationships Australia	1300 364 277
Family Connect and Support	1800 267 327

Help with your mental health

NSW Mental Health Line 24/7	1800 011 511
Shellharbour Medicare Mental Health Centre	1800 595 212
Shoalhaven Mental Health Hub	1800 841 190
Wollongong Mental Health Hub	02 8358 5838
headspace (12-25 yrs)	1800 650 890
Wollongong	02 4220 7660
Shellharbour	02 4225 5670
Kiama	02 4225 5640
Nowra	02 4446 7300
SANE 10am-8pm, Mon-Fri	1800 187 263
Beyond Blue 24/7	1300 224 636
Butterfly Foundation 8am to midnight, 7 days	1800 334 673
Blue Knot Helpline 9am-5pm, 7 days	1300 657 380
New Access Mental Health Coaching	1300 921 535

Help with alcohol and other drugs

Illawarra Shoalhaven Drug and Alcohol Service	1300 652 226
Lives Lived Well - Watershed	1300 727 957
Lives Lived Well - Nana Muru	02 6362 5337
Kedesh Rehabilitation Services	02 4260 7111
Alcohol & Drug Information Service	1800 25 00 15

Aboriginal services

Illawarra Aboriginal Medical Service	02 4229 9495
South Coast Medical Service	1800 215 099
Aboriginal Corporation	
Waminda	02 4421 7400
Strong Yawa	1800 953 736
Weekdays 5pm - 9am, weekends 4pm - 7am	

Multicultural services

Illawarra Shoalhaven Multicultural Health Service	02 4221 6770
Translating & Interpreting Service	13 14 50

Additional help

National Debt Helpline	1800 007 007
Gambling Help	1800 858 858
Illawarra Legal Centre	02 4276 1939
Shoalhaven Legal Centre	1800 229 529
Link2Home Homelessness 24/7	1800 152 152
Find the help you need, now and nearby	askizzy.org.au



To find more information on these and other supports, including websites and webchat options, scan the QR code
Or visit: suicidepreventioncollaborative.org.au/get-help