

# Where to go for support



## Help with a crisis



**Lifeline 13 11 14**

24 hours | [lifeline.org.au](https://lifeline.org.au)  
or Lifeline Crisis Text service 0477 13 11 14



**13 YARN 13 92 76**

24 hours | [13yarn.org.au](https://13yarn.org.au)



**Suicide Call Back Service 1300 659 467**

24 hours | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)



**MensLine 1300 78 99 78**

24 hours | [mensline.org.au](https://mensline.org.au)



**Kids Helpline 1800 551 800**

24 hours | [kidshelpline.com.au](https://kidshelpline.com.au)



**1800 RESPECT 1800 737 732**

24 hours | [1800respect.org.au](https://1800respect.org.au)



**Open Arms Veterans and Families**

1800 011 046

24 hours | [openarms.gov.au](https://openarms.gov.au)



**QLife (LGBTIQ+) 1800 184 527**

7 days, 3pm to midnight | [qlife.org.au](https://qlife.org.au)

## Help with your mental health & wellbeing

**NSW Mental Health Line 1800 011 511**

24 hours

**Head to Health 1800 595 212**

8.30am – 5.00pm, Mon-Fri



**headspace**

Yass | 3 days per week 02 4824 4944  
[eheadspace.org.au](https://eheadspace.org.au) 1800 650 890

**New Access 1300 224 636**

9.00am – 5.00pm, Mon- Fri



**Beyond Blue 1300 22 4636**

24 hours | [beyondblue.org.au](https://beyondblue.org.au)



**SANE incl. You are not alone for carers**

1800 187 263

[sane.org/you-are-not-alone](https://sane.org/you-are-not-alone)



**Phoenix Australia**

[phoenixaustralia.org/treatment-and-support/bushfirerecovery](https://phoenixaustralia.org/treatment-and-support/bushfirerecovery)

## Help with alcohol and other drugs

**SNSW LHD Drug and Alcohol Services**

1800 809 423

Yass



**Alcohol & Drug Information**

1800 250 015

24 hours | [yourroom.health.nsw.gov.au](https://yourroom.health.nsw.gov.au)

## Help for your family & relationships



**NSW Family Referral Service**

1800 663 863

[familyreferralservice.com.au](https://familyreferralservice.com.au)



**Relationships Australia 1300 364 277**

[relationshipsnsw.org.au](https://relationshipsnsw.org.au)

## Help with other stuff

**Care Finder Service for older vulnerable**

persons 02 6257 2538



**Gambling Help - Gambling Helpline**

1800 858 858

24 hours | [gamblinghelponline.org.au](https://gamblinghelponline.org.au)



**Financial Help - National Debt Helpline**

1800 007 007

Mon-Fri | [ndh.org.au](https://ndh.org.au)



**Legal Aid NSW 1300 888 529**

Mon-Fri | [legalaid.nsw.gov.au/](https://legalaid.nsw.gov.au/)



**Link2Home Homelessness 1800 152 152**

24 hours | [facs.nsw.gov.au/housing](https://facs.nsw.gov.au/housing)



**Rural Financial Counselling Service**

1800 319 458

9.00am - 5.00pm, Mon-Fri | [rfcsnsw.com.au](https://rfcsnsw.com.au)



**Service NSW Bushfire customer care service**

[service.nsw.gov.au/bushfire-customer-care-service](https://service.nsw.gov.au/bushfire-customer-care-service)



**Scan the code for information  
on other services**