

# JNC Crisis Directory

2023

## JNC Community Hubs

**Maroubra:** Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library)  
Maroubra NSW 2035

**Bondi Junction:** 59 Newland Street (next to Clementson Park)  
Bondi Junction NSW 2022



9349 8200

[contact@jnc.org.au](mailto:contact@jnc.org.au)

[www.jnc.org.au](http://www.jnc.org.au)

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This directory was last updated May 2023.

JNC has compiled this directory of local services that support people with emergency assistance and crisis situations. These services change often, and we will keep this directory up to date.

Please note that details may change regularly, so please call first or check our website. If you have any other enquiries, you can call our office on 9349 8200 so we can assist you.

If you have an enquiry about services or need support, please don't hesitate to contact us.

For service providers: We are updating this information constantly and adding to it. If your information is not included or changes, please email [contact@jnc.org.au](mailto:contact@jnc.org.au).

# Health Support

Organisation	Type of Assistance	Hours
<p>Coronavirus Hotline Ph: 1800 020 080</p> <p><a href="https://www.health.gov.au/contacts/national-coronavirus-helpline">https://www.health.gov.au/contacts/national-coronavirus-helpline</a></p>	<ul style="list-style-type: none"> <li>Hotline that anyone can call regarding COVID-19</li> </ul>	24 hours/7 days
<p>Covid 19 Disability Hotline  Ph: 1800 643 787</p>	<ul style="list-style-type: none"> <li>The helpline will find individuals, families, carers, support workers and services who need support because of (COVID-19) the right service, provide reliable and accessible information, or connect you with a counsellor for emotional support.</li> </ul>	Monday to Friday 8am to 8pm
<p>Health direct Ph: 1800 022 222</p> <p><a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></p>	<ul style="list-style-type: none"> <li>Hotline – Free Australian health advice</li> </ul>	24 hours/7 days
<p>Service NSW Ph: 13 77 88</p>	<ul style="list-style-type: none"> <li>Hotline to support people and business operators throughout the COVID-19 pandemic with questions about support and government assistance</li> </ul>	24 hours/7 days

## Emergency Assistance & Community Support

Organisation	Type of Assistance	Hours
<p>Addison Rd Community Centre (Addi Road Food Pantry) 142 Addison Rd, Marrickville Ph: 9569 7633 Email: <a href="mailto:info@addiroad.org.au">info@addiroad.org.au</a> <a href="http://www.addiroad.org.au">www.addiroad.org.au</a></p> <p>Camperdown 31 Pymont Bridge Rd Camperdown</p>	<ul style="list-style-type: none"> <li>Food Relief Hub at Addison Road -Low-cost in-person shopping at Addi Road</li> <li>Food Pantries Marrickville and Camperdown.</li> <li>Food Relief hampers and grocery voucher</li> </ul>	<p>Monday- Friday 9am-5pm Food Pantry Marrickville: Mon- Fri 12-4 pm</p> <p>Food Pantry Camperdown: Tue-Fri 12-4 pm</p>
<p>South Eastern Community Connect (SECC)  SECC Hub-1007 Botany Rd Mascot  Office ph: (02) 7903 0607  Head office: (02 8338 856)</p>	<ul style="list-style-type: none"> <li>Drop in- (days and times provided)</li> <li>The People's Pantry- non-perishable</li> <li>Family Support</li> <li>Services for Seniors</li> <li>Supports young people</li> </ul>	Monday to Friday 9:30am-4pm
<p>Asylum Seekers Centre (Services for asylum seeker clients only) 43 Bedford Street Newtown Ph: 9078 1900</p>	<ul style="list-style-type: none"> <li>Health support</li> <li>Housing &amp; Finance</li> <li>Work &amp; Training</li> <li>Food Support- Free hot lunches Tuesday and Thursday.</li> <li>Education &amp; Family support</li> <li>Community activities</li> </ul>	Monday to Friday 10am to 4pm  For Interpreter Ph: 131 450
<p>BaptistCare Hope Street- Inner City 174 Cathedral Street Woolloomooloo  Ph: 8061 1500</p>	<ul style="list-style-type: none"> <li>Homelessness</li> <li>Domestic violence</li> <li>Women's spaces</li> <li>Affordable food</li> <li>Fair finance</li> </ul>	Community Café: open Monday-Friday 9am-1pm Opportunity Shop: open Monday, Wednesday, Friday 9am-1pm

Organisation	Type of Assistance	Hours
	<ul style="list-style-type: none"> <li>Families support</li> </ul>	
<p>Mobile Community Pantry St Pauls South Coogee (every second Thursday) 1 Gregory Street South Coogee Ph: 0407 891 306</p> <p>St Mark's Anglican Church (every Second Friday) Cnr Franklin St &amp; Victoria Lane Malabar Ph: 9311 0309</p> <p><a href="https://www.anglicare.org.au/mobile-community-pantry">https://www.anglicare.org.au/mobile-community-pantry</a></p>	<ul style="list-style-type: none"> <li>Van stocked- non-perishables.</li> <li>\$12 to fill bag (max: 2 bags \$24)</li> </ul>	<p>South Coogee– Every Second Thursday 3:30pm-4:30pm</p> <p>Malabar Every Second Friday 10am-11am</p>
<p>Counterpoint Community Centres Counterpoint Factory: 67 Raglan Street, Waterloo Ph: 9698 9569 Counterpoint Multicultural Centre: 73 Garden Street, Alexandria Ph: 9319 4073</p>	<ul style="list-style-type: none"> <li>Support and advocacy</li> <li>Social, educational, &amp; cultural programs</li> <li>Free internet access, office facilities &amp; more</li> </ul>	<p>Waterloo- Monday to Thursday 9:15am to 4.15pm Alexandria- Monday to Thursday 9:15am to 4.15pm Friday 9.15am-12pm</p>
<p>Bill Crews Foundation 180 Liverpool Street Ashfield  Ph: 8752 4600 <a href="mailto:info@billcrews.org">info@billcrews.org</a></p>	<ul style="list-style-type: none"> <li>Free meals</li> <li>Welfare and community support</li> <li>Healthcare opens every day. Call phone (02) 8752 4602 to make appointment.</li> <li>Check website for various locations</li> </ul>	<p>7 days a week Meals: Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm Dinner: 7:30pm- 8:30pm</p>
<p>Glebe Assistance Partnership Program (GAPP) 138a Glebe Point Rd Glebe (Beside Church, opposite Commonwealth Bank) Ph: 9552 4164 <a href="http://glebechurch.org.au/">http://glebechurch.org.au/</a></p>	<ul style="list-style-type: none"> <li>Emergency assistance-food parcels</li> <li>Financial assistance</li> <li>Check website for additional services.</li> </ul>	<p>Food Parcel collection – Monday 10am-1pm Wednesday 10am-12.30pm</p>
<p>Kingsford Legal Centre  Ph: (02) 9385 9566 Email to: <a href="mailto:legal@unsw.edu.au">legal@unsw.edu.au</a></p> <p>Currently no face-to-face appointments, this is subject to change. Please contact for confirmation.</p>	<ul style="list-style-type: none"> <li>Can advise on matters such as domestic violence.</li> <li>Credit and debt</li> <li>Victim's compensation</li> <li>Criminal law</li> <li>Employment law</li> <li>Aboriginal Access Program</li> <li>Healthy- Justice Partnership at Prince of Wales Hospital</li> </ul>	<p>Monday to Friday 9am-1pm &amp; 2pm-5pm</p> <p>Advice Night: From 6pm Tuesday Wednesday &amp; Thursday</p>
<p>Kooloora 167 Bilga Crescent Malabar  Ph: (02) 9661 9160 <a href="mailto:koolooracommunity@outlook.com">koolooracommunity@outlook.com</a></p>	<ul style="list-style-type: none"> <li>EAPA vouchers – Tuesdays 9.30am- 3.30pm only. Call for details.</li> <li>Community Centre that is open to all.</li> <li>Food parcels</li> <li>Fresh Fruit, vegetable, and baked bread. \$15.00</li> <li>Supported playgroup, family &amp; senior's activities, English classes. See website for additional information &amp; services</li> </ul>	<p>Monday 9am-5:30pm Food parcels Monday, Wednesday &amp; Friday 11.00am- 3.30pm Hot Meals - Wednesday Closed on weekends.</p>

Organisation	Type of Assistance	Hours
Jesus Cares Ministry Charity	Food Van Ministry	Times and Locations: Friday/Saturday night  7:45 pm Martin Place, Philip St. CBD 8:30 pm, Woolloomooloo, Cathedral St. 9:15pm, Belmore Park, Eddy Avenue  Thursday breakfast: 7:00 am Belmore Park, Eddy Avenue
Lou's Place 67 Renwick St Redfern  Ph: 02 9358 4553 Women Only	<ul style="list-style-type: none"> <li>Meals, Shower, laundry, emergency clothing, and toiletries</li> <li>Crisis intervention, referral, trauma informed program, legal advice, support court appearances/medical appointments &amp; case management.</li> <li>Activities and therapeutic classes.</li> </ul>	Monday, Wednesday, Thursday & Friday 8.30am-3.30pm  Tuesday 8.30am-2:30pm  Breakfast 8.30am – 9:30 am Lunch 12.30pm
Mission Australia 31 Roslyn St Rushcutters Bay/Kings Cross  Ph: 02 9357 1144	<ul style="list-style-type: none"> <li>Emergency relief for certain areas. If you live outside these suburbs, they can offer other options.</li> <li>Offer support solely to people unable to pay their bills or who are at a high risk of not being able to do so</li> </ul>	Monday-Friday 9am-5pm
Mission Beat (Mission Australia)  Free Call: 1800 306 461  (02) 9356 0714	<ul style="list-style-type: none"> <li>Provides rapid response crisis intervention, street support, welfare assistance, case management.</li> <li>Provides immediate on street support to access food, shelter, and medical care.</li> <li>Ongoing support to stabilise people into housing and their new community.</li> <li>Referrals</li> </ul>	Monday – Friday 8am-9pm Weekends, 6pm – 9pm
Newtown Neighbourhood Centre 1 Bedford Street Newtown  Ph: (02) 9564 7333	<ul style="list-style-type: none"> <li>Information and referral</li> <li>Counselling</li> <li>Community programs</li> <li>Homelessness</li> <li>Families support.</li> <li>Boarding houses</li> <li>Aged Care</li> </ul>	Main office Monday to Thursday 10am-1pm  Weekends closed.
No Interest Loan Scheme (NILS)  <a href="http://Service.nsw.gov.au/transaction/no-interest-loans-scheme-nils">Service.nsw.gov.au/transaction/no-interest-loans-scheme-nils</a>	<ul style="list-style-type: none"> <li>The No Interest Loan Scheme (NILS) helps low-income households.</li> </ul>	Go to Website for closest provider.
One Meal Makes a Difference  <a href="https://www.onemeal.org.au/">https://www.onemeal.org.au/</a>  mob: 0413 873 880	<ul style="list-style-type: none"> <li>Not-for-profit, community organisation that helps to feed the vulnerable and at-risk members of our local communities</li> </ul>	<u>Darlinghurst</u> 301 Victoria St, Darlinghurst Weekly on Saturdays and Sundays From 6:15pm – 7pm <u>Surry Hills</u> Belvoir St Surry Hills Weekly Saturday 7.15pm-8pm

Organisation	Type of Assistance	Hours
<p>OzHarvest Market 95 Wellington St, Waterloo.</p> <p><a href="https://www.ozharvest.org/ozharvest-market-waterloo/">https://www.ozharvest.org/ozharvest-market-waterloo/</a></p> <p>Ph: 1800 108 006</p>	<ul style="list-style-type: none"> <li>For individuals who need food relief.</li> </ul>	<p>Tuesday to Saturday from 10am – 2pm</p>
<p>Prosper (Project Australia)'s Sydney Help Hub</p> <p><a href="https://prosperprojectaustralia.org/">https://prosperprojectaustralia.org/</a></p> <p>Ph: 0402 787 571</p> <p>Email: <a href="mailto:mail@prosperprojectaustralia.org">mail@prosperprojectaustralia.org</a></p>	<ul style="list-style-type: none"> <li>Aids those experiencing financial hardship.</li> <li>Provided clothing, food, toiletries, nappies, and household item. Items will depend on availability.</li> </ul>	<p>See website or call for information on Help Hub events and programs.</p>
<p>Red Cross Australia</p> <p><a href="http://www.redcross.org.au">www.redcross.org.au</a></p> <p>Ph: 1800 733 276</p> <p>E: <a href="mailto:contactus@redcross.org.au">contactus@redcross.org.au</a></p>	<ul style="list-style-type: none"> <li>Emergency relief</li> <li>Community services</li> <li>Migration support</li> </ul>	<p>Monday to Friday 9am-5pm</p>
<p>Rough Edges Café / St Johns Anglican Church</p> <p>120 Darlinghurst Rd Darlinghurst, NSW 2010</p> <p>Ph: 9360 6844</p>	<ul style="list-style-type: none"> <li>Creating a safe place for people to come together.</li> </ul>	<p>Monday -Sunday 7:30pm to 9:30 pm</p> <p>Wednesday, Friday Also open on 12-2pm</p> <p>Lunch Wednesday-Friday 12-2pm Dinner 7.30-8.30pm Sunday-Friday</p> <p>Office opening hours: Monday-Friday: 9:00 am-5:00pm</p> <p>Wednesday and Friday daytimes: social worker is available to support patrons</p>
<p>St Vincent de Paul Community Support Centre Level 2/1A Meeks Streets Kingsford Tel: (02) 9662 7380</p>	<ul style="list-style-type: none"> <li>People experiencing hardship can access financial and material assistance. Other services and supports.</li> <li>Provide advocacy, referrals, and support in navigating the appropriate services.</li> <li>Telephone support</li> </ul>	<p>Monday -Friday 9am-5pm Closed on weekends</p>
<p>St Vincent's – Sydney Night Patrol</p> <p>Tel: (02) 9518 0303</p> <p><a href="https://www.vinnies.org.au/page/Find_Help/NSW/Food/Sydney_Night_Patrol/">https://www.vinnies.org.au/page/Find_Help/NSW/Food/Sydney_Night_Patrol/</a></p>	<ul style="list-style-type: none"> <li>Providing meals, blankets, toiletries, snacks, hot beverages</li> <li>Service consists of two vans, operating seven nights per week.</li> <li>Companionship to people experiencing or at risk of homelessness -- Inner city of Sydney</li> </ul>	<p><u>Eddie Ward Park</u> – Belvoir Street side, Surry Hills: 7:30pm – 8:15pm and 9:45pm – 10:30pm <u>Martin Place</u> – Phillip Street, Sydney: 8:30pm – 9:30pm <u>Belmore Park</u> – Eddie Ave, Haymarket: 10:45pm – 11:30pm</p>

Organisation	Type of Assistance	Hours
<p>The Salvation Army Assistance Line</p> <p>Ph: 1300 371 288 for an assessment</p>	<ul style="list-style-type: none"> <li>For emergency relief assistance</li> </ul>	<p>Monday to Friday 9am-5pm</p>
<p>The Salvation Army Maroubra 100 Boyce Road Maroubra (02) 9314 2166</p> <p>Pathways Program Ph: 0408 798 172</p>	<ul style="list-style-type: none"> <li>Financial or material assistance</li> </ul>	<p>Opening hours: Monday to Wednesday 10am-1pm</p> <p>Thursday 5:30 pm to 7:30 pm</p>
<p>The Salvation Army Street Level Café 339 Crown Street (enter from Derby Lane off Albion) Surry Hills</p> <p>Ph: 9360 1321</p>	<ul style="list-style-type: none"> <li>Surry Hills Hope café – is a low-cost café that is open to everyone in the community.</li> </ul>	<p>Surry Hills Monday to Friday 9.45am-1pm Breakfast 9.45am-10.30am 2 course lunch \$2.00 12.00pm-1.30pm</p> <p>Waterloo Café- Cnr Philip &amp; Cope Street Waterloo ph: 9698 3586 Monday -Wednesday 9.45am-2pm Wednesdays – free lunch for the community</p>
<p>The Station Ltd</p> <p>82 Erskine Street Sydney NSW 2000</p> <p>Ph: 9299 2252</p>	<ul style="list-style-type: none"> <li>A drop-in centre for men and women (over 21)</li> <li>Food</li> <li>Shower</li> <li>Laundry</li> <li>Self-care- including haircuts.</li> <li>Mental health support</li> <li>Housing support</li> <li>Drug &amp; alcohol support</li> <li>Medical &amp; legal services</li> </ul>	<p>7 days per week Breakfast daily – 7:30-9am Lunch daily at 12pm-12:30pm Breakfast and lunch</p> <p>Shower/laundry from 7:30-12pm (M-F) 7.30am-10.30am (Weekends)</p>
<p>Wayside Chapel, Bondi Beach Level 1, 95 Roscoe St Bondi Beach Community Service Centre 77 Roscoe Street Bondi Beach Ph: (02) 9581 9104</p> <p>Wayside Chapel, Kings Cross 29 Hughes Street Potts Point Ph (02) 9581 9100</p>	<ul style="list-style-type: none"> <li>Women’s Program</li> <li>Community Services Centre</li> <li>Wayside Cafes</li> <li>Healthcare</li> <li>Women’s Program</li> <li>Community Services Centre</li> <li>Wayside Cafes</li> <li>Aboriginal Cultural Centre- Monday-Thursday 10am-2pm</li> <li>Call for additional information.</li> </ul>	<p>Bondi- Monday-Friday 9am-3pm</p> <p>Kings Cross Monday-Sunday 9am-9pm. Contact to confirm opening hours</p>
<p>Welfare Rights Centre</p> <p>PH: 02 9211 5300 (Sydney) 1800 226 028 (toll-free from outside Sydney) <a href="https://welfarerightscentre.org.au/">https://welfarerightscentre.org.au/</a></p>	<ul style="list-style-type: none"> <li>Advice is provided over the phone.</li> <li>Provides free legal advice on Centrelink and social security matters to people in NSW.</li> </ul>	<p>Monday and Wednesday: 9:30 am - 12:30 pm</p> <p>Or advice anytime via website</p>

Organisation	Type of Assistance	Hours
Will2Live Food Trucks 0449 924 221 <a href="https://www.will2live.org.au/programs/e">https://www.will2live.org.au/programs/e</a> Email: info@will2liv.org.au	<ul style="list-style-type: none"> <li>Food, tea/coffee &amp; essentials provide at various locations</li> </ul>	Weekends 6.45pm-470 Pitt St Haymarket. Weekend 10am- Cnr Fig & Wattle St Glebe Saturday 12pm- TJ Hickey Park Waterloo Tuesday 6pm- Crn Catherine St & Lilyfield, Lilyfield
Metro Assist Head Office – Level 2, 59-63 Evaline St Campsie NSW 2194 Ph: (02) 9789 3744	<ul style="list-style-type: none"> <li>Family service</li> <li>Settlement Services</li> <li>Tenancy advice and advocacy</li> <li>Financial inclusion (NILS)</li> <li>Employment support</li> <li>Dress for work</li> <li>Community and family events – skills development and parenting support</li> </ul>	Monday-Friday 9am-5pm
B Miles Women Foundation Edgecliff <a href="https://www.bmiles.org.au/">https://www.bmiles.org.au/</a> PH: 1800 274 984 – 24/7 support	<ul style="list-style-type: none"> <li>Supports women.</li> <li>Housing, support, recovery</li> <li>Link in with relevant cultural services and support</li> <li>Navigating complex systems of support</li> </ul>	Intake hotline 9am-4.30pm Monday to Friday Email: intake@www.bmiles.org.au
Our Big Kitchen 36 Flood St Bondi NSW 2026  Ph: (02) 8084 2729	<ul style="list-style-type: none"> <li>Prepare and distribute meals please contact Kitchen before attending to ensure meals are available.</li> </ul>	Monday- Friday 8am-4pm
Surry Hills Neighbourhood Centre Ph: (02) 9356 4977  Add: 405 Crown St Surry Hills	<ul style="list-style-type: none"> <li>Children Services</li> <li>Support groups</li> <li>Community café</li> <li>See website for activities</li> </ul>	Monday-Friday 10 am - 4pm contact office by phone
Hillsong City Care Emergency Relief Unit 20, 198-222 Young St Waterloo Ph: (02) 8853 5391	<ul style="list-style-type: none"> <li>Free emergency food relief for individuals and families</li> <li>Support youth, children, families, and women</li> </ul>	Monday - 9.30am-1.30pm- Wednesday - 10.30am-2.30pm Friday - 9.30am-1.30pm

## Family & Youth Support

Organisation	Type of Assistance	Hours
Barnardos- Family Connect and Support Ph: 1800 066 757 Corner Bay Street and Smail Street Ultimo E: <a href="mailto:familyconnectandsupport@barnardos.org.au">familyconnectandsupport@barnardos.org.au</a>	<ul style="list-style-type: none"> <li>Family support</li> <li>Youth Support</li> <li>Referral services</li> <li>Parenting support</li> <li>Education</li> <li>Foster care</li> </ul>	Monday to Friday 9:00-5pm
Youth off The Streets Food Van  Ph: 9330 3500  <a href="https://youthoffthestreets.com.au/about/contact-us/">https://youthoffthestreets.com.au/about/contact-us/</a>	<ul style="list-style-type: none"> <li>Food van every night between Marrickville and Green Park</li> <li>Street walk- information and referrals to services</li> </ul>	General enquiries- 9am-5pm
Benevolent Society Hurstville <a href="http://www.benevolent.org.au">www.benevolent.org.au</a> PH: 1800 236 762 Disability Gateway: 1800 643 787	<ul style="list-style-type: none"> <li>Support for young people and families</li> <li>Offering integrated support services for children, young people, families, people with disability, older Australians, and carers</li> </ul>	Monday to Friday 9am-5pm
Karitane Careline	<ul style="list-style-type: none"> <li>Children birth to 5 years</li> </ul>	Karitane Careline



Organisation	Type of Assistance	Hours
<p>1300 CARING (1300 227 464) or (02) 9794 2350</p> <p>Karitane Randwick Parenting Centre 146 Avoca Street, Randwick NSW 2031</p> <p>Ph: 9399 6999</p>	<ul style="list-style-type: none"> <li>Your feelings and adjustment to being a parent.</li> <li>Sleep and settling</li> <li>Feeding and nutrition</li> <li>Age-appropriate babies</li> </ul>	<p>Monday to Thursday 8am-9pm Friday 8am-4.30pm Saturday 9am-3.30pm</p> <p>Randwick Monday-Friday 8.30am-5pm</p>
<p>Bondi Beach Cottage 42 Brighton Blvd, North Bondi NSW 2026</p> <p>Ph: (02) 9365 1607 E: admin@bondibeachcottage.org.au</p>	<ul style="list-style-type: none"> <li>Family Support Services</li> <li>Occasional Child Care</li> <li>Improving the social and personal welfare of individuals and families in the community</li> </ul>	<p>Monday to Friday 8:30am-5:30pm Closed on the weekends</p>
<p>Botany Family &amp; Children's Centre 13 Banksia Street Botany</p> <p>Ph: (02) 9666 5047 (office) <a href="http://www.bfcc.org.au/">http://www.bfcc.org.au/</a></p>	<ul style="list-style-type: none"> <li>Parenting support</li> <li>Playgroups</li> <li>Transition to school</li> <li>Family support</li> </ul>	<p>Monday to Friday 8am-4pm</p>
<p>Caretakers Cottage 96 Bondi Road, Bondi Junction</p> <p>Ph: 9389 0999</p>	<ul style="list-style-type: none"> <li>Crisis Accommodation for young people 13-17 years old.</li> <li>Casework, referrals, outreach and more.</li> </ul>	<p>Open 24 hours / 7 days a week</p>
<p>The Salvation Army Oasis Youth Support Network</p> <p>Ph: (02) 4353 9799</p> <p>Transitional accommodation Ph: 9380 6308</p>	<ul style="list-style-type: none"> <li>Crisis accommodation for young people</li> <li>Individual support &amp; counselling</li> <li>Drug and Alcohol Support</li> <li>School, driving and group programs.</li> <li>See website for additional information</li> </ul>	<p>Monday to Thursday 9am – 5pm Friday 9am-4pm</p> <p>After Hours 9331 2266 Crisis accommodation</p>
<p>CatholicCare Careline: 13 18 19</p>	<ul style="list-style-type: none"> <li>Family support</li> <li>Supporting Parenting</li> <li>Counselling and relationships</li> <li>Disability services and more</li> <li>Allied health services</li> </ul>	<p>Monday to Friday 8am-6pm</p>
<p>Family Advocacy and Support Services (FASS) Legal Aid Early Intervention unit: 1800 551 589 FASS Social Support Services men: 1300 00 3277 FASS Social Support Services women: 1800 113 277</p>	<ul style="list-style-type: none"> <li>Combines free legal advice and support at court for people affected by domestic and family violence.</li> <li>Help with practical problems like Centrelink and housing.</li> <li>Information and support during family law cases</li> </ul>	<p>Mondays to Fridays</p>
<p>Intensive Support Suite 1/802 Pacific Hwy, Gordon NSW 2072</p> <p>Ph: (02) 9144 1447 or 0422 914 420</p> <p><a href="https://www.do.org.au/">https://www.do.org.au/</a></p>	<ul style="list-style-type: none"> <li>Casework support scheme</li> <li>The Mentor program.</li> <li>Personal Development</li> <li>Daily living</li> <li>NDIS provider</li> <li>See website for more information</li> </ul>	<p>Open 24 hours/7 days a week</p>
<p>Kari Indigenous Social Support Service 1/128 Rothschild Ave Rosebery <a href="https://www.kari.org.au/">https://www.kari.org.au/</a></p> <p>PH: (02) 8782 0344</p>	<ul style="list-style-type: none"> <li>Community programs</li> <li>Family Support</li> <li>Case management, Financial, housing, employment supports &amp; parenting courses.</li> <li>See website for more information</li> </ul>	<p>Monday to Friday 8.45am to 5pm Closed on the weekends.</p>

Organisation	Type of Assistance	Hours
La Perouse Aboriginal Community Health Centre 1 Elaroo Avenue Phillip Bay/La Perouse NSW 2036  Ph: (02) 9311 428	<ul style="list-style-type: none"> <li>Maternal, child and family health services</li> <li>Effective services to the local Aboriginal community.</li> <li>See website for additional services</li> </ul>	Monday to Friday 9am to 4:30 pm
ReachOut  PH: (02) 8029 7777 <a href="https://au.reachout.com/">https://au.reachout.com/</a>	<ul style="list-style-type: none"> <li>Online Mental Health services and support</li> <li>For young people and their carers</li> <li>Online, anonymous, and confidential</li> </ul>	24 hours – online Office: Monday to Friday, 9am to 5pm
Relationships Australia  PH: 1300 364 277	<ul style="list-style-type: none"> <li>Relationship support services for individuals, families, and communities</li> </ul>	Monday to Friday 9am to 5pm
South-Eastern Community Connect  <ul style="list-style-type: none"> <li>Head office- 21 Vernon Ave Eastlakes</li> <li>Community Hub-1007 Botany Road, Mascot</li> </ul> PH: 8338 8506 (Eastlakes) 7903 0607 (Mascot)	<ul style="list-style-type: none"> <li>Children, adolescents &amp; families</li> <li>SMOOSH program.</li> <li>Parent &amp; Carer workshops</li> <li>Toy Library</li> <li>Family support</li> <li>Supported playgroup.</li> <li>Case management</li> </ul>	Eastlakes- Monday to Friday 9.30am-4pm  Mascot- Monday-Thursday 9.30am to 3pm Friday 9.30am-2.30pm
Legal Aid Youth Hotline Ph: 1800 10 18 10	<ul style="list-style-type: none"> <li>Free for under 18years who needs legal advice.</li> </ul>	Open 9 am to midnight during week and 24 hours over weekend.
The Shopfront Youth Legal Centre 356 Victoria Street Darlinghurst  Ph: (02) 9322 4808  <a href="http://www.theshopfront.org">www.theshopfront.org</a>	<ul style="list-style-type: none"> <li>Free legal advice and representation for homeless and disadvantaged young people aged 25 and under.</li> </ul>	Office hours Monday to Friday 9.00am-5.30pm Closed Public Holidays

## Aged Services

Organisation	Type of Assistance	Hours
Randwick Meals on Wheels Address: Shop 1, 523 Bunnerong Road, MATRAVILLE, NSW, 2036 Ph: (02) 9661 3781 <a href="https://randwickmealsonwheels.com.au/">https://randwickmealsonwheels.com.au/</a>	<ul style="list-style-type: none"> <li>The meals are delivered to persons, who are frail and elderly, have a disability, or a carer.</li> <li>Delivery meals from Monday to Friday</li> <li>Covers Randwick LGA area</li> </ul>	Opening Hours: 7am - 1:30pm
Meals on Wheels  NSW General enquiries: 1300 679 669	<ul style="list-style-type: none"> <li>The meals are delivered to persons, who are frail and elderly, have a disability, or a carer.</li> </ul>	Monday-Friday 7.30am-4pm
Anglicare  Ph: 1300 111 278	<ul style="list-style-type: none"> <li>Home care</li> <li>Retirement living</li> <li>Residential</li> </ul>	Monday to Friday 9am-5pm
Elder Mediation and Support Service (Relationship Australia) Ph: 1300 364 277	<ul style="list-style-type: none"> <li>Counselling, mediation, and relationship Program</li> </ul>	
Aged & Disability Abuse Hotline  PH: 1800 628 221	<ul style="list-style-type: none"> <li>Hotline to report suspected abuse of an older person or person with a disability.</li> </ul>	Monday to Friday 9am – 5pm
Holdsworth Community	<ul style="list-style-type: none"> <li>Social Activities</li> </ul>	Monday to Friday

64 Holdsworth Street Woollahra  Ph: 02 9302 3600	<ul style="list-style-type: none"> <li>• Home care package</li> <li>• Holdsworth Homeshare</li> <li>• Home shopping and meal cuisine- ph: 9302 3605</li> <li>• Community Transport</li> </ul>	9am to 5pm
National Covid -19 Older Persons Information Line  PH: 1800 171 866	<ul style="list-style-type: none"> <li>• Information and Support to Senior Australians about COVID-19</li> <li>• Access most-up to date information and find support.</li> </ul>	Monday to Friday 8:30am-6pm
South Eastern Community Connect SECC Head Office- 21 Vernon Ave, Eastlakes Ph: 8338 8506 (Eastlakes)  1007 Botany Road, Mascot Ph:7903 0607 (Mascot)	<ul style="list-style-type: none"> <li>• Transport</li> <li>• Flexible respite care</li> <li>• Food services &amp; Shopping</li> <li>• Home care packages</li> <li>• Social support</li> <li>• Dementia support</li> <li>• Tuesday Lunch group</li> </ul>	<u>Eastlakes</u> Monday to Friday 9am-4:30pm <u>Mascot</u> Monday-Thursday 9.30am-3pm Friday 9.30am-2.30pm
Sydney Multicultural & Community Services 3 General Bridges Crescent, Daceyville  Ph: (02) 9663 3922 <a href="http://www.sydneymcs.org.au">www.sydneymcs.org.au</a>	<ul style="list-style-type: none"> <li>• Aged Services for people CALD backgrounds.</li> <li>• Provide a range of different activities and services.</li> <li>• See Website for more information.</li> </ul>	Monday to Friday 9am-5pm
The Euroa Centre Ph: 9382 3753, 1800 011 511 (after hours crisis)	<ul style="list-style-type: none"> <li>• Mental Health services specialising in assessment and management of people aged 65 years or more.</li> </ul>	Monday – Friday 8.30am-5pm

## Emergency Accommodation & Tenancy Issues

Organisation	Type of Assistance	Hours
EATS – Eastern Area Tenancy Service Ph: 9386 9147	<ul style="list-style-type: none"> <li>• Free advice and information to tenants having problems with their landlords /real estate agents.</li> </ul>	Monday to Friday 9.30am-5pm
Link2home  Ph: 1800 152 152	<ul style="list-style-type: none"> <li>• State-wide telephone and referral service for providing information, assessment and referral to specialist homelessness services, temporary accommodation – and other appropriate services for people experiencing or risk homelessness</li> </ul>	24 hours/ 7 days <i>Every day of the year</i>
Bayside Women’s Shelter Ph: 9341 7725 <a href="mailto:info@baysidewomensshelter.org">info@baysidewomensshelter.org</a>  <a href="http://baysidewomensshelter.org">baysidewomensshelter.org</a>	<ul style="list-style-type: none"> <li>• Crisis Accommodation for women and Children</li> <li>• Practical service, providing accommodation, food, and safe refuge.</li> <li>• Emotional support to help women rebuild their lives.</li> <li>• Experiencing homelessness and/or Domestic and family violence</li> </ul>	Currently Open
St Vincent de Paul  Dolores Women’s Refuge Bondi Junction Seeking Assistance: 13 18 12 Ph: (02) 9560 2656	<ul style="list-style-type: none"> <li>• Crisis accommodation and case management service for unaccompanied women.</li> <li>• Referrals can be made via “Link2Home on 1800 1521 526, the Domestic Violence Line on 1800 656 463 or through their Central Intake Line on (02) 9560 2656.</li> </ul>	Monday to Friday 9am to 5pm
DCJ Housing Maroubra Office Level 7/832 Anzac Pde Maroubra	<ul style="list-style-type: none"> <li>• Assistance with Housing pathways, tenancy management</li> </ul>	Monday to Friday: 9.00am-5.00pm

ph: (02) 9314 4056		
Matthew Talbot Hostel 22 Talbot Lane Woolloomooloo NSW 2011 Ph: 9358 8102 Ph: 9357 1533	<ul style="list-style-type: none"> <li>• Temporary accommodation supports, essential services and meals.</li> <li>• Support for Men over age 21 experiencing or in risk of homelessness.</li> <li>• See website for additional services</li> </ul>	7days Open 24 hours
Tenants Union of NSW Tenants Advice Line – 1800 251 101	<ul style="list-style-type: none"> <li>• Provides advice, assistance, and information to tenants.</li> </ul>	Monday 10am-1pm Thursday 2pm-5pm
Rental Arrears Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS) Add; 137-139 Regent Street Chippendale, NSW 2008 <a href="https://www.haymarket.org.au/get-help/sheis/">https://www.haymarket.org.au/get-help/sheis/</a> Free call: 1300 029 202 Direct number: (02) 9197 9720	<ul style="list-style-type: none"> <li>• Assistance to single clients aged over 18 years who requiring help in maintaining Tenancies.</li> </ul>	Monday to Friday 8am to 4pm
Greater Sydney Aboriginal Tenant Service (GSATS): Ph: 02 9833 3314 <a href="http://www.tenants.org.au">www.tenants.org.au</a>	<ul style="list-style-type: none"> <li>• Assist and Advocates with phone, letter of support, Tribunal, mediation.</li> <li>• Housing appeals committee application, repairs, and Maintenance issues.</li> </ul>	Monday- Friday 9am-5pm
St Laurence House Kingsford  PH: (02) 9349 6438	<ul style="list-style-type: none"> <li>• 13-18 years supported accommodation.</li> <li>• Medium term residential service giving at risk and homeless young people support</li> </ul>	24 hours/7days
St Vincent de Paul Killara Women's Refuge  PH: 9560 2656	<ul style="list-style-type: none"> <li>• Crisis accommodation and case management service for women with children who have experienced Domestic/Family violence.</li> <li>• Referrals can be made via Link2Home on 1800 152 152 the Domestic Violence Line on 1800 656 463 or through their Central Intake Line on (02) 9560 2656.</li> </ul>	24 hours/7days
The Crossing- Mission Australia 31 Roslyn St Kings Cross  PH: (02) 9357 1144	<ul style="list-style-type: none"> <li>• Intensive support for young people 16-25-year-olds at risk of homelessness young people.</li> <li>• Holistic client focused service works in collaboration with other youth support and specialist services in the community.</li> <li>• To deliver an intensive and long-term support for the young person</li> <li>• Outreach Case Management</li> </ul>	Monday to Friday 9am to 5pm
Wesley Homelessness Services and Wesley Tenancy Assist Ph: 1300 259 789	<ul style="list-style-type: none"> <li>• Assistance for persons experiencing homelessness or risk of homelessness or Tenancy.</li> </ul>	

# Emergency Telephone Support

Organisation	Type of Assistance	Hours
Centrelink 136 240 <ul style="list-style-type: none"> <li>• Employment services PH: 132 850</li> <li>• Family Assistance Line PH: 136 150</li> <li>• Youth Allowance Line: PH: 132 490</li> <li>• Disabilities, Sickness and Carers Line PH: 132 717</li> </ul>	<ul style="list-style-type: none"> <li>• Information about payments and services.</li> </ul>	Monday to Friday 8am-5pm
Service NSW Ph: 13 77 88	<ul style="list-style-type: none"> <li>• Covid 19 Support</li> <li>• Access to government services via online, phone, or in-person at its service centres</li> </ul>	Monday - Friday 7am-7pm Weekend & Public Holidays 9am-5pm
CAMHS Ph: (02) 8198 7300 Child & Family East (0-12years) NSW Mental Health Line: 1800 011 511 (24 hours)	<ul style="list-style-type: none"> <li>• Mental health support for children and adolescents (under 18years)</li> </ul>	Monday to Friday 8:30 to 5pm
Child Protection Helpline  <a href="https://www.facs.nsw.gov.au/families/Protecting-kids/reporting-child-at-risk">https://www.facs.nsw.gov.au/families/Protecting-kids/reporting-child-at-risk</a>  Ph: 132 111	<ul style="list-style-type: none"> <li>• Report a child at risk, harm and neglect</li> </ul>	24 hours/ 7days
Parentline Ph: 1300 130 052	<ul style="list-style-type: none"> <li>• Free counselling service- information and support services for Children 0-18</li> <li>• Help navigate difficult parenting dilemmas</li> </ul>	Office hours: Monday to Friday 9am-9pm Weekends 4pm-9pm
Beyond Blue 1300 22 46 36 beyondblue.org.au	<ul style="list-style-type: none"> <li>• Providing supports, resources, and services to people</li> <li>• Supporting the mental health of others</li> </ul>	24hours/7 days
Flourish- Maroubra Ph: 9393 9602 General enquiries: 1300 779 270 NDIS enquiries: 1300 356 874	<ul style="list-style-type: none"> <li>• Mental Health Service – daily support</li> <li>• Employment services</li> </ul>	Shop 301 116-132 Maroubra Rd – Maroubra 2035  Monday-Friday 9am – 5pm
Domestic Violence Line  Ph: 1800 737 732 1800 RESPECT	<ul style="list-style-type: none"> <li>• Assistance with AVO's</li> <li>• Counselling on family and domestic violence, sexual assault</li> <li>• Emergency Accommodation</li> <li>• See website for all types of support and resources available</li> </ul>	24 hours/ 7days
National Indigenous Critical Response Service (NICRS)  Free call: 1800 805 801 Mob: 0499 333 132 StandBy Mob: 0418 575 680	<ul style="list-style-type: none"> <li>• Support after Suicide Service</li> <li>• Provides support to individuals, families, communities impacted by suicide loss</li> </ul>	24 hours/ 7days
Immigration advice & rights centre  Ph: 8234 0700 DV Priority Line: (02) 8234 0700	<ul style="list-style-type: none"> <li>• Immigration advice</li> </ul>	Monday 9am to 5.30pm Tuesday to Friday 9am to 5pm

Organisation	Type of Assistance	Hours
<p>Inner City Legal Centre Kings Cross Library 50-52 Darlinghurst Rd Kings Cross PH: (02) 9332 1966 SMS-only number: 0476 857 342 Toll Free 1800 244 481 Email: iclc@iclc.org.au</p>	<ul style="list-style-type: none"> <li>Free legal advice to people who live- Inner city, Eastern &amp; Northern Suburbs of Sydney. See website for more information</li> </ul>	<p>Make appointment ph: 9332 1966 10am-6pm. Email: <a href="mailto:iclc@iclc.org.au">iclc@iclc.org.au</a></p> <p>Centre's offices at 50-52 Darlinghurst Rd, Kings Cross</p> <p>Office hours: 9 am – 5pm – Monday, Thursday, and Friday 9 am – 8 pm – Tuesday and Wednesday</p> <p>Closed for lunch each day: 1pm – 2pm</p>
<p>Legal Aid – Law Access NSW Head office, 323 Castlereagh St Sydney PH: 1300 888 529</p>	<ul style="list-style-type: none"> <li>Legal help for disadvantaged people.</li> </ul>	<p>Monday-Friday 9am-5pm</p>
<p>EHeadspace Ph: 1800 650 890  Eheadspace.org.au</p>	<ul style="list-style-type: none"> <li>Free online telephone (normal charges do apply when calling on mobile phone. Can ask to be called back) support and counselling for 12-25years.</li> <li>Not an emergency service</li> </ul>	<p>7 days a week 9.00am to 1.00am</p>
<p>Headspace Camperdown Ph: (02) 9114 4100</p>	<ul style="list-style-type: none"> <li>Free and confidential service catered to 12-25 years.</li> <li>Mental Health Service.</li> </ul>	<p>Monday – Friday 8.30am-5.30pm</p>
<p>Headspace Bondi Junction Ph: (02) 9366 8800</p>	<ul style="list-style-type: none"> <li>Free and confidential service catered to 12-25 years.</li> <li>Mental Health Service.</li> </ul>	<p>Monday &amp; Wednesday 9:00 am – 7:30 pm Tuesday, Thursday 10:00 am-6pm Friday: 9am – 5:00 pm Saturday / Sunday – closed. Service hours may vary.</p>
<p>Kids Helpline  Ph: 1800 551 800 Website: <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a></p>	<ul style="list-style-type: none"> <li>Online counselling and various resources for children and young adults aged 5-25</li> </ul>	<p>24 hours/ 7days</p>
<p>NSW Courts General Line PH: 1300 679 272</p>	<ul style="list-style-type: none"> <li>Assists with different legal problems – fines, penalty notices and infringements.</li> <li>Police and crime</li> <li>Family, relationships, and children</li> </ul>	<p>Monday to Friday 8.30am-4.30pm</p>
<p>Law Access Ph: 1300 888 529  Lawaccess.nsw.gov.au</p>	<ul style="list-style-type: none"> <li>Free assistance with legal information and referral</li> <li>Legal help</li> </ul>	<p>Monday to Friday (excluding public holidays) 9am to 5pm</p>
<p>Lifeline  Ph: 131 114 SMS: 0477 131 114</p>	<ul style="list-style-type: none"> <li>Crisis support – providing all Australians experiencing emotional distress with access to 24-hour crisis support.</li> </ul>	<p>24 hours/ 7days</p>
<p>Mensline  Ph: 1300 789 978</p>	<ul style="list-style-type: none"> <li>Free telephone and online counselling service offering support services</li> </ul>	<p>24 hours/ 7days</p>

Organisation	Type of Assistance	Hours
Jewish House Ph: 1300 544 357	<ul style="list-style-type: none"> <li>Crisis Line – urgent assistance with personal or family crisis, accommodation, and other support.</li> </ul>	24 hours/ 7days
Mental Health Line Ph: 1800 011 511	<ul style="list-style-type: none"> <li>Support for people in mental health crisis or on behalf of another person – 24/7 state-wide phone service – links people with NSW Health mental health services</li> <li>In an emergency, call 000</li> </ul>	24 hours/ 7days
Migrant Employment Legal Service Ph: 8002 1203 Texting: 0475 360 241 Email: tle@mels.org.au	<ul style="list-style-type: none"> <li>We offer free, confidential legal advice and representation to migrants and temporary visa holders in New South Wales</li> </ul>	Monday to Friday 9am to 5pm
Energy and Water Ombudsman NSW PH: 1800 246 545	<ul style="list-style-type: none"> <li>Help resolve issues and complaints about energy, gas and water providers.</li> </ul>	Monday to Friday 9am-5pm (excluding public holidays)
National Debt Hotline Ph: 1800 007 007	<ul style="list-style-type: none"> <li>Assistance with managing debt, debt solutions and financial Counselling.</li> </ul>	Monday to Friday 9:30am-4:30pm
National Sexual Assault, Domestic & Family Violence Counselling Services Ph: 1800 737 732 1800 RESPECT	<ul style="list-style-type: none"> <li>National domestic, family, and sexual violence counselling, information, and support service.</li> <li>Counselling for people who have experienced or been impacted by sexual assault and/or DFV.</li> </ul>	24 hours/7 days
Disability Gateway Ph: 1800 643 787	<ul style="list-style-type: none"> <li>Helps people with disabilities, their families, and carers with information and services and to find the support they need in Australia.</li> </ul>	Monday to Friday 8am-8pm
Men's Referral Service Ph: 1300 766 491.	<ul style="list-style-type: none"> <li>Men's Referral Service- telephone support service – who are seeking assistance to stop their violent or abusive behaviour towards their family members.</li> </ul>	24 hours/7 days
QLife (LGBTIQ) Ph: 1800 184 527 Qlife.org.au	<ul style="list-style-type: none"> <li>QLife provides Australia-wide anonymous, LGBTIQ peer support and referral.</li> </ul>	7 days 3pm to Midnight
Rape and Domestic Violence Services Australia NSW Sexual Violence Helpline Ph: 1800 424 017 Sexual Abuse and Redress Support Service – Ph: 1800 211 028	<ul style="list-style-type: none"> <li>Counselling for victims of sexual assault, rape or domestic or family violence</li> </ul>	24 hours/ 7days

Organisation	Type of Assistance	Hours
Sexual, Domestic and Family Violence Helpline Ph: 1800 943 539  Rainbow Sexual, Domestic and Family violence helpline Ph: 1800 497 212		
Salvation Army Financial Assistance Ph: 02 8775 7988  Ph: 13 72 58 (general enquiries)	<ul style="list-style-type: none"> <li>Require Financial assistance.</li> </ul>	Monday to Friday 9am-5pm
St Vincent de Paul Seeking assistance 13 18 12 General enquiries ph: 9568 0262 Homeless enquires Ph: 9560 2656	<ul style="list-style-type: none"> <li>Assist people in need.</li> </ul>	
Translating and Interpreting service (TIS) Ph: 131 450	<ul style="list-style-type: none"> <li>Provide access to interpreting services</li> </ul>	24 hours/7days
SANE Ph: 1800 187 263  Sane.org	<ul style="list-style-type: none"> <li>Mental health support</li> </ul>	Monday to Friday 10am to 10pm
Disability Advocacy Futures Program Ph: 1800 843 929	<ul style="list-style-type: none"> <li>Information</li> <li>Self-advocacy</li> <li>Advocacy</li> </ul>	
Suicide Call Back Service Ph: 1300 659 467	<ul style="list-style-type: none"> <li>24- hour service that provides telephone counselling to people who fit one of the following categories</li> <li>People who are suicidal</li> <li>People caring for someone who is suicidal.</li> <li>People bereaved by suicide</li> </ul>	24 hours/ 7days  Suicide call back service is only available to people living in Australia- 15 years and over. (Video Chat 18 years and over)
Victims Access Line Ph: 1800 633 063  Aboriginal Contact Line Ph: 1800 019 123	<ul style="list-style-type: none"> <li>Single entry point for victims of crime in NSW to access services.</li> <li>Interpreter support Ph: 131 450</li> </ul>	Monday to Friday 9am–5pm
Centrelink Multilingual call service  131 202	<ul style="list-style-type: none"> <li>Use this line to talk with Bilingual Centrelink Service Officers</li> </ul>	Monday- Friday 8am-5pm
Multicultural Health Connect 1800 186 815	<ul style="list-style-type: none"> <li>National helpline to help people in multicultural communities to get health information and advice.</li> </ul>	Monday – Friday 11am – 7pm
Crime Stoppers  1800 333 000 nsw.crimestoppers.com.au	<ul style="list-style-type: none"> <li>Community to report Crimes and Criminal Activity</li> </ul>	24hours, 7days
Veterans & Family Counselling (Open arms)  1800 011 046 openarms.gov.au	<ul style="list-style-type: none"> <li>Counselling</li> <li>Treatment programs and workshops</li> </ul>	24hours, 7days



Organisation	Type of Assistance	Hours
The Ozanam Learning Centre Level 3, 99 Forbes St Woolloomooloo  Ph: 9358 8170	<ul style="list-style-type: none"> <li>• Creative activities</li> <li>• Relaxation and wellbeing.</li> <li>• Education</li> <li>• Help with accessing IT.</li> <li>• Fitness &amp; Recovery activities and more</li> </ul>	Monday- Friday 8.45am-4pm
The National Alcohol & other Drug Hotline  1800 250 015 yourroom.health.nsw.gov.au	<ul style="list-style-type: none"> <li>• Free and Confidential advice about alcohol and other drugs.</li> </ul>	24hours, 7days
Alcoholics Anonymous (AA)  Admin: Ph: 9389 6333 (Call in advance if visiting) Help Line Ph: 9387 7788 AA Australia 1300 222 222 aa.org.au	<ul style="list-style-type: none"> <li>• Helpline</li> </ul>	24hour, 7days helpline
Family Drug Support  1300 368 186 Fds.org.au	<ul style="list-style-type: none"> <li>• Family drug support and updated information.</li> </ul>	24hours, 7days
Wesley Financial & Gambling Counselling Services Head office 220 Pitt Street Sydney NSW 2000 Ph: 1300 827 638	<ul style="list-style-type: none"> <li>• Free Independent and Confidential Counselling</li> <li>• Various Outreach locations available</li> </ul>	Enquiries Monday to Friday 9am-5pm
Gambling Help online  1800 858 858 gamblinghelponline.org.au	<ul style="list-style-type: none"> <li>• Support for anyone affected by gambling.</li> </ul>	24hours, 7days



## JNC Community Hubs

**Maroubra:** Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library)  
Maroubra NSW 2035

**Bondi Junction:** 59 Newland Street, Bondi Junction (next to Clementson  
Park) NSW 2022

### Contact Us

9349 8200 | [contact@jnc.org.au](mailto:contact@jnc.org.au) | [www.jnc.org.au](http://www.jnc.org.au)