

JNC Crisis Directory

Oct 2025

JNC Community Hubs

Maroubra: Shop 2, 669-673 Anzac Parade
(next to 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

www.jnc.org.au

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This directory was last updated in October, 2025.

JNC has compiled this directory of local services that support people with emergency assistance and in crisis situations.

Please note that details may change regularly, so please call the service directly to confirm details provided. If you have any other questions, an enquiry about services or need support, please don't hesitate to call our office on 9349 8200.

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 and we will update our directory as soon as possible.

Community Support

Organisation	Type of Assistance	Hours & Location
Junction Neighbourhood Centre (JNC) Ph: 9349 8200	<ul style="list-style-type: none"> • Family Services • Aged Services • Services for First Nations People • Domestic and Family Violence Services • Community support • Information and referral 	Shop 2, 669-673 Anzac Pd, Maroubra M-F 9am-4:30pm 59 Newland St, Bondi Junction M-Th 9am-4:30pm
Addison Rd Community Centre Ph: 9569 7633	<ul style="list-style-type: none"> • Low-cost in person shopping • Food Pantries and hampers • Street Side Medics- Wednesdays 6-8pm FREE GP-led medical service. All welcome. 	Addi Road Office M-F 9am-5pm 142 Addison Rd Marrickville Food pantry: M,T,Th,F: 12pm– 4 pm W: 12pm-7pm 31 Pyrmont Bridge Rd Camperdown Food Pantry: M-Sa: 12pm-4 pm
South Eastern Community Connect (SECC) Ph: 7903 0607 (Office) Ph: 8338 856 (Head office)	<ul style="list-style-type: none"> • The People’s Pantry & Closet • Family Support • Services for Seniors • Support young people 	1007 Botany Rd Mascot M-F: 9:30am-4.30pm (closed 12.30pm-1pm)
Asylum Seekers Centre Newtown Ph: 9078 1900	<ul style="list-style-type: none"> • Health support • Work & Training • Food Support • Education & Family support • Community activities 	43 Bedford St Newtown M-F: 10am to 4pm
BaptistCare Hope Street Ph: 8061 1500	<ul style="list-style-type: none"> • Community café • Opportunity shop • Case Work • Advocacy • Counselling • Pastoral support • Referrals to other service providers 	174 Cathedral St Woolloomooloo Community Café: M-F: 9am-1pm Opportunity Shop: M,W,F: 9am-1pm Community development team: M-F: 9am-5pm
Mobile Community Pantry Ph: 9311 0309	<ul style="list-style-type: none"> • Groceries- \$15 to fill bag 	Cnr Franklin St & Victoria Ln Malabar Every 2nd F: 10am-11am
Mobile Community Pantry Ph: 0415 141 361	<ul style="list-style-type: none"> • Groceries- \$15 to fill bag • Free afternoon tea 	1 Gregory St South Coogee Every 2nd Th: 3:30pm-4:30pm
Bill Crews Foundation Ph: 8752 4600	<ul style="list-style-type: none"> • Free meals • Welfare and community support • Ashfield- Healthcare opens every day. 	180 Liverpool St Ashfield M,T,W,Th,F,Sa,Su Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm 4 Kettle St, Redfern Lunch: 11:30am - 12:45pm Tu Breakfast: 8:30am - 9:00am F Dinner: 6.30pm - 7.30pm F 3:00pm - 4:15pm Sa,Su 35 Belvoir St, Surry Hills Dinner: 6:30pm - 7:30pm W
Kingsford Legal Centre Ph: 9385 9566	<ul style="list-style-type: none"> • Can advise on matters such as Domestic Violence, Credit and Debt, Victim’s Compensation, Criminal Law, Employment Law, Discrimination Law (anywhere within NSW), Sexual 	Ground Floor, Faculty of Law and Justice, UNSW Sydney M-F: 9am-1pm & 2pm-5pm Advice Night: M (fortnightly) T,W,Th: From 6pm

Organisation	Type of Assistance	Hours & Location
	Harassment, Centrelink Problems, Motor Vehicle Accidents, Consumer Matters, Neighbourhood Disputes, Fines, Tenancy, Limited advice on Family law matters	
Kooloora Community Centre Ph: 9661 9160	<ul style="list-style-type: none"> EAPA vouchers – Tuesdays 9:30-12:30pm. Call for details. Food parcels Vege out -Fresh Fruit, vegetable, and baked bread. \$15.00 once per fortnight 	167 Bilga Crs Malabar M-F: 9am-4pm Second Bite (food parcel): M,W,F: 1pm. Cooked meals Wednesday only Vege Out: Every 2 nd F (School Term)
Jesus Cares Ministry Charity	<ul style="list-style-type: none"> Food Relief 	Belmore Park (Eddy Avenue) Th: Breakfast 8:30am - F: Dinner 8pm Sa: Dinner 9pm Martin Place (Phillip Street) Sa: Dinner 7:45pm
Lou's Place Ph: 9358 4553 Women Only	<ul style="list-style-type: none"> Meals, Shower, laundry, emergency clothing, and toiletries Crisis intervention, referral, trauma informed program, legal advice, support court appearances/medical appointments & case management. Activities and therapeutic classes. 	67 Renwick St Redfern M,W,Th,F: 8:30am-3:3pm T: 8:30am-2:30pm Breakfast: 8:30am-10.00am Lunch: 12:30-1.00pm Shower:9.00am-2.30pm Laundry: 8.30am-2.00pm
Mission Australia Ph: 9357 1144	<ul style="list-style-type: none"> Emergency relief for city, inner south and inner west 	31 Roslyn St Rushcutters Bay/Kings Cross M, T & F: 9am-5pm
Mission Beat Ph: 1800 306 461 (free call)	<ul style="list-style-type: none"> Provides rapid response crisis intervention, street support, welfare assistance, case management. Immediate on street support to access food, shelter, & medical care. Referrals & assistance accommodation 	19 Denham St Sury Hills M-F: 8am-9pm Sa: 10am-6pm
Newtown Neighbourhood Centre Ph: 9564 7333	<ul style="list-style-type: none"> Information Drop in Hub Community programs Homeless outreach Families support Boarding houses Aged Care 	11/13 Darley St Newtown M,W,Th,F: 10.00am - 4.00pm T: 10.00am - 1.00pm
One Meal Makes a Difference cityservice@onemeal.org.au	<ul style="list-style-type: none"> Offers free meal each week Sydney city 	Green Park 301 Victoria St Darlinghurst Sa, Su: 6:15pm – 7pm Ward Park Belvoir St Surry Hills Sa: 7.15pm-8pm
Oz Harvest Market Ph: 1800 108 006	<ul style="list-style-type: none"> For individuals who need food relief. 	95 Wellington St Waterloo T,W,Th,F,Sa: 10am-2pm
Prosper (Project Australia) Ph: 0402 787 571	<ul style="list-style-type: none"> Provides emergency relief to eligible families experiencing financial hardship. Free clothing and good events 	Phone Only See website or call for information on Help Hub events and programs.
Red Cross Australia Ph: 1800 733 276	<ul style="list-style-type: none"> Emergency relief Community services Migration support 	Level 3, 464 Kent Street, Sydney M-F: 9am-5pm

Organisation	Type of Assistance	Hours & Location
Rough Edges café Ph: 0402 527 564	<ul style="list-style-type: none"> Rough Edges is a cafe-style service where meals are provided free of charge for anyone who needs them. Informal case manager, no bookings required 	120 Darlinghurst Rd Darlinghurst (enter via Victoria Rd) M, T, W Th 7:30pm-9:00pm
St Vincent de Paul Community Support Centre Ph: 9690 5600	<ul style="list-style-type: none"> Advocating and referral, form filling assistance, use of a computer, assistance with bills Food parcels and material aid NILS loans Linking people in with the society's home visitation teams 	317 Cleveland St Redfern M-F: 9:30am-1pm, 1:30pm-3:30pm
Vinnies Vans Ph: 13 18 12	<ul style="list-style-type: none"> meals and snacks blankets toiletries hot beverages referrals to other services companionship 	Waterloo Green Housing estates: 7 nights 7pm-8pm Ward Pk Northcott Hosing Estates: M,T,Th,Sun: 8pm-9pm Belmore Park Haymarket: W & Sa 8.10pm - 9.10pm Tom Uren Woolloooloo F 8.10pm-8.30pm Eastlakes Community Centre Tu 12.30pm-1.30pm & M,W,Sa: 7.30pm- 8pm Slattery Place Eastlakes M,W,Sa: 8.05pm- 8.35pm Maloney St: Eastlakes M,W,Sa: 8.40pm- 9.10pm Namatjira Pl (cul de sac) Chifley: Tu: 6pm-6:30pm & Su 7.45pm- 8.15pm 5 Elphinstone Rd South Coogee: Tu 6.45pm-7.15pm & Sun: 6.15pm- 6.45pm 3-7 Lexington Pl Maroubra Th 11.30am-1.00pm
The Salvation Army Assessment Line Ph: 8775 7988	<ul style="list-style-type: none"> For emergency relief assistance 	Phone Support Only M-F: 9am-4pm
The Salvation Army Maroubra Ph: 9314 2166	<ul style="list-style-type: none"> Oz Harvest Monday 12.15pm Free Breakfast Tuesday 9am Free Lunch Wednesday 12pm 	100 Boyce Rd Maroubra M-W 10am-1pm
The Salvation Army Street Level Café Surry Hills Ph: 9360 1321 Waterloo Ph: 9698 3586	<ul style="list-style-type: none"> Surry Hills Hope café is a low-cost café Breakfast on order 9.45am-10.30am & 2 course lunch \$2 12.00pm-1.30pm Café Waterloo, cheap food and drink, Free Lunch Tuesday 12.30pm and Wednesday free BBQ lunch 12pm 	339 Crown St (enter from Derby Lane off Albion) Surry Hills M-F: 9.45am-1pm Cnr Philip & Cope St Waterloo M-W 9.30am-2pm
The Station Ltd Ph: 9299 2252	<ul style="list-style-type: none"> A drop-in centre for men and women (over 21) Food Shower Laundry Self-care Mental health support Housing support Drug & alcohol support Medical services 	82 Erskine Street Sydney Drop in M-F,7.30am-4.00pm S,S:7.30am-2.00pm Free Food: 7:30am-9am & 12pm-12:30pm Shower: 7:30am- 10am

Organisation	Type of Assistance	Hours & Location
Wayside Chapel, Bondi Beach Ph: 9581 9104	<ul style="list-style-type: none"> Community Services Centre Women's programs Wayside- low-cost Café Community lunch Tuesday 12pm More services see website or call 	77 Roscoe St Bondi Beach M-F: 9am-3pm
Wayside Chapel, Kings Cross Ph: 9581 9100	<ul style="list-style-type: none"> Community Services Centre Women's programs Community lunch every Thursday 12.30pm Wayside- low-cost Cafe Aboriginal Cultural Centre More services see website or call 	29 Hughes St Potts Point M-F: 9am-9pm, Sa: 9am-4pm, Su: 9am-3pm
Welfare Rights Centre (Centrelink) Ph: 9211 5300 Ph: 1800 226 028	<ul style="list-style-type: none"> Advice is provided over the phone. Provides advice on Centrelink problems 	Suite 102/55 Holt St, Surry Hills M-W: 9:30 am - 12:30 pm
Will2Live Food Trucks Ph: 0449 924 221	<ul style="list-style-type: none"> Food, tea/coffee & essentials 	470 Pitt St Haymarket M,T,W,Th,F: 6.45pm. Cnr Fig & Wattle St Glebe Sa,Su: 10am
B Miles Women Foundation Edgecliff Ph: 1800 274 984	<ul style="list-style-type: none"> Supports women Housing, support, recovery Link in with relevant services and support 	M-F: 9am-4:30pm
Our Big Kitchen Ph: 8084 2729	<ul style="list-style-type: none"> Prepare and distribute meals contact kitchen before attending to ensure meals are available. 	36 Flood St Bondi M-F: 2pm to collect food
Surry Hills Neighbourhood Centre Ph: 9356 4977	<ul style="list-style-type: none"> Children Services Community café and services See website for activities 	405 Crown St Surry Hills M-F: 10am-4pm
First Nations Response Redfern Community Centre Ph: 0459 486 555	<ul style="list-style-type: none"> Food Relief service 	29-53 Hugo St Redfern Tu 10am-2pm (School Term)
Aboriginal Medical Service Redfern Ph: 9319 5823	<ul style="list-style-type: none"> Culturally appropriate health care for Aboriginal and Torres Strait Islander peoples. 	36 Turner St Redfern M-Th- 8am-5.30pm F- 9am-5pm
Women's and Girls Emergency centre Ph: 9319 4088	<ul style="list-style-type: none"> Crisis intervention for women who are risk of homelessness or Domestic/Family violence and more services 	36-38 George St Redfern M-F 8.30am-4pm
The Ozanam Learning Centre (St Vincent de Paul Society) Ph: 9358 8170	<ul style="list-style-type: none"> Over 18 years Creative activities Health and wellbeing. Social participation and more 	Level 3, 99 Forbes St Woolloomooloo M-F: 9pm-4pm
Diva Charity Community Pantry	<ul style="list-style-type: none"> Community pantry 	829 Anzac Pd, Maroubra Sat & Sun
Diva Charity Lexington Hub	<ul style="list-style-type: none"> Ready cooked meals, fruit & veg, cereal, toiletries, pooch food and sausages sizzle 	9/11 Lexington Pl, South Maroubra 1 st Sun of the month – 12pm-1pm

Family & Youth Support

Organisation	Type of Assistance	Hours
Junction Neighbourhood Centre (JNC) Ph: 9349 8200	<ul style="list-style-type: none"> Family services Parenting programs Casework Parenting support 	Shop 2, 669-673 Anzac Pd, Maroubra M-F 9am-4:30pm 59 Newland St, Bondi Junction M-Th 9am-4:30pm
Barnardos- Family Connect and Support Ph: 1800 066 757	<ul style="list-style-type: none"> Family and youth support including parenting advice, counselling, resources and support services 	Corner Bay St and Smail St Ultimo M-F:8.30am-5.30pm
Benevolent Society Hurstville Ph: 1800 236 762	<ul style="list-style-type: none"> Child and youth domestic and family violence support, referral, maternal health, paediatric services, parent coaching and more 	254/7-11 The Avenue Hurstville M-F:9am-5pm
Karitane Careline Ph: 1300 227 464	<ul style="list-style-type: none"> Children (birth to 5 years) Your feelings and adjustment to being a parent, sleep and settling, feeding and nutrition 	Phone Support Only M-Th 8am-9pm, F: 8am-4.30pm Sa: 9am-3.30pm
Bondi Beach Cottage Ph: 9365 1607	<ul style="list-style-type: none"> Women's counselling and support, occasional childcare, workshops 	42 Brighton Blvd North Bondi M-F: 8:30am-5:30pm
Botany Family & Children's Centre Ph: 9666 5047	<ul style="list-style-type: none"> Parenting support, playgroups, transition to school program, family support 	13 Banksia St Botany M-F: 8am-4pm
Caretakers Cottage Youth Refuge Ph: 9389 0999	<ul style="list-style-type: none"> Crisis accommodation for young people 13-17 years old. Case management, aftercare and outreach and more. 	96 Bondi Rd Bondi Junction 24/7
CatholicCare Ph: 13 18 19	<ul style="list-style-type: none"> Family and parenting support, counselling and relationships services, domestic and family violence support 	2 Russel Ln Hurstville M-F: 8.30am-5:30pm
Family Advocacy and Support Services (FASS) Ph: 1800 551 589 Ph: 1300 003 277 (Services men): Ph: 1800 113 277 (Services women)	<ul style="list-style-type: none"> Legal advice and support at court for people affected by domestic and family violence, family law issues 	Phone Support Only M-F 9am-5pm
The Crossing- Mission Australia Ph: 8241 6346	<ul style="list-style-type: none"> Young people 16-25-year-olds at risk of homelessness, works in collaboration with other youth support and specialist services in the community, provide long-term support, outreach case management and additional services 	31 Roslyn St Kings Cross M-F: 9am-5pm
Kari Indigenous Social Support Service Ph: 8782 0344	<ul style="list-style-type: none"> Community programs, Aboriginal family support programs, see website for more information. 	1/128 Rothschild Ave Rosebery M-F: 8:45am-5pm
Intensive Support Ph: 9144 1447 Ph:0422 914 420	<ul style="list-style-type: none"> Mentor program for young person 	Suite 1/802 Pacific Hwy, Gordon M-F 8am-8pm

Organisation	Type of Assistance	Hours
La Perouse Aboriginal Community Health Centre Ph: 8347 4800	Health centre provides services and supports for Aboriginal families	1 Elaroo Ave Phillip Bay/La Perouse M-F: 8am-4:30pm
ReachOut Ph:8029 7777	<ul style="list-style-type: none"> • Online mental health services and support • for young people and their carers 	Phone Support Only M-F: 9am to 5pm
Relationships Australia Ph: 1300 364 277	<ul style="list-style-type: none"> • Relationship support services 	7/10 Barrack St Sydney M-F: 9am-5pm
South-Eastern Community Connect Ph: 8338 8506 (Eastlakes) Ph: 7903 0607 (Mascot)	<ul style="list-style-type: none"> • SMOOSH program. • Parent & Carer workshops • Toy Library • Family support • Supported playgroup. • Case management and more 	21 Vernon Ave Eastlakes M-F: 8:30am-4.30pm 1007 Botany Rd Mascot M-F 9:30am-4.30pm (lunch break 12.30-1pm)
The Shopfront Youth Legal Centre Ph: 9322 4808	<ul style="list-style-type: none"> • Free legal assistance for homeless and disadvantaged young people aged 25 and under. 	365 Crown Street Surry Hills M-F 9.00am-5.30pm

Aged Services

Organisation	Type of Assistance	Hours
Junction Neighbourhood Centre (JNC) Ph: 9349 8200	<ul style="list-style-type: none"> • Bus outings • Knitting groups • Exercise groups • Walking groups • Home visits • Respite • Friendly phone calls 	Shop 2, 669-673 Anzac Pd, Maroubra M-F 9am-4:30pm 59 Newland St, Bondi Junction M-Th 9am-4:30pm
My Aged Care Ph: 1800 200 422	<ul style="list-style-type: none"> • Assistance around house and Transport • Aged care homes 	Phone Support Only M-F 8am-8pm Sa 10am-2pm
Randwick Meals on Wheels Ph: 9661 3781	<ul style="list-style-type: none"> • The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. • Delivery meals from Monday to Friday • Covers Randwick LGA area 	Shop 1, 523 Bunnerong Rd Matraville M-Th: 6am-2pm & F: 6am-1:30pm
NSW Meals on Wheels: Ph: 1300 679 669	<ul style="list-style-type: none"> • The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. 	Phone Support Only M-F: 7:30am-4pm
Anglicare Ph: 1300 111 278	<ul style="list-style-type: none"> • Home care • Retirement living • Residential 	Phone Support Only M-F: 8am-5:30pm
Elder Mediation and Support Service Ph: 1300 364 277	<ul style="list-style-type: none"> • Counselling, mediation, and relationship Program 	Phone Support Only M-F: 9am-5pm
Aged & Disability Abuse Helpline Ph: 1800 628 221	<ul style="list-style-type: none"> • To report suspected abuse of an older person or adult with a disability. 	Phone Support Only M-F: 9am-4pm
Holdsworth Community Ph: 9302 3600 Ph: 1300 882 962	<ul style="list-style-type: none"> • Social Activities • Home care package • Home shopping and meal cuisine- • Community transport • Navigating My Aged Care 	64 Holdsworth St Woollahra M-F: 9am-4pm
South-Eastern Community Connect Ph: 8338 8506 (Eastlakes) Ph: 7903 0607 (Mascot)	<ul style="list-style-type: none"> • Transport • Flexible respite care • Food services & shopping • Home care packages • Social support • Dementia support • Tuesday lunch group 	21 Vernon Ave Eastlakes (head office) M-F: 8:30am-4.30pm 1007 Botany Rd Mascot M-F 9:30am-4.30pm (Closed 12.30-1pm)
Sydney Multicultural & Community Services Ph: 9663 3922	<ul style="list-style-type: none"> • Aged Services for people CALD backgrounds. • Multicultural Home care packages, social groups, see website for more information 	3 General Bridges Crs Daceyville M-F: 9am-5pm
The Euroa Centre Ph: 9382 3753, Ph: 1800 011 511	<ul style="list-style-type: none"> • Mental Health services specialising in assessment and management of people aged 65 years or more. 	Phone Support Only M-F: 8:30am-5pm

Accommodation & Tenancy Issues

All services below do not have an address. Please contact the service directly for support.

Organisation	Type of Assistance	Hours
EATS – Eastern Area Tenancy Service Ph: 9386 9147	<ul style="list-style-type: none"> Free advice and information to tenants having problems with their landlords /real estate agents. 	M-F: 9.30am-4.30pm
Link2home Ph: 1800 152 152	<ul style="list-style-type: none"> State-wide telephone and referral service providing information, assessment, referral to homelessness services, temporary accommodation and other appropriate services for people experiencing or risk homelessness 	24/7
Bayside Women’s Shelter info@baysidewomensshelter.org	<ul style="list-style-type: none"> Crisis accommodation for women and Children 	Currently Open
Homes NSW Maroubra Office Ph: 9314 4056	<ul style="list-style-type: none"> Assistance with housing, private rental and public housing Address: Level 7/832 Anzac Pde Maroubra 	M-F: 9am-5pm
Matthew Talbot Hostel Ph: 9358 8102	<ul style="list-style-type: none"> Temporary accommodation supports, essential services and meals for men experiencing or in risk of homelessness. See website for additional services 	7.30am-5.00pm
Tenants Union of NSW Tenants Advice Line Ph: 1800 251 101	<ul style="list-style-type: none"> Provides advice to tenants. 	M 10am-1pm Th 2pm-5pm
Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS) Ph: 1300 029 202 (Free call) Ph: 9197 9720 (Direct Number)	<ul style="list-style-type: none"> Assistance to single clients aged over 18 years who requiring help in maintaining tenancies. 	M-F: 8am-4pm
Greater Sydney Aboriginal Tenant Service (GSATS): Ph: 9833 3314	<ul style="list-style-type: none"> Assist and advocates with phone, letter of support, tribunal, mediation, advocacy, housing appeals committee application, repairs, and maintenance issues. 	M-F: 9am-5pm
St Laurence House Kingsford Ph: 9349 6438	<ul style="list-style-type: none"> 13-18 years supported accommodation. Medium term residential service giving at risk and homeless young people support 	24/7 Office hours- M-F 9am-5pm
St Vincent de Paul Ph: 13 18 12	<ul style="list-style-type: none"> Crisis accommodation and other services 	M-F 9.30am-4.30pm
Wesley Homelessness Services and Wesley Tenancy Assist Ph: 1300 259 789	<ul style="list-style-type: none"> Assistance for homelessness and tenancy assistance. 	M-F 9am-4pm

Emergency Telephone Support

Organisation	Type of Assistance	Hours
Jewish House- Crisis Line Ph: 1300 544 357	<ul style="list-style-type: none"> Crisis Line – urgent assistance with personal or family crisis, accommodation, and other support. 	24/7
Disability Gateway Ph: 1800 643 787	<ul style="list-style-type: none"> Helps people with disabilities, their families, and carers with information and services to find the support they need in Australia. 	M-F: 8am-8pm
QLife (LGBTIQ) Ph: 1800 184 527	<ul style="list-style-type: none"> QLife provides Australia-wide anonymous, LGBTIQ peer support and referral. 	7 days: 3pm-12am
St Vincent de Paul Ph:13 18 12	<ul style="list-style-type: none"> Assist people in need. 	M-F: 8:30am-4:30pm
Service NSW Ph: 13 77 88	<ul style="list-style-type: none"> Access to government services via online, phone, or in-person at its service centres 	M-F 7am-7pm
Child Protection Helpline Ph: 132 111	<ul style="list-style-type: none"> Report a child at risk, harm and neglect 	24/7
Telephone Financial Support		
Salvation Army Financial Assistance Ph: 8775 7988	<ul style="list-style-type: none"> Require financial assistance. 	M-F: 9am-5pm
Centrelink (Services Australia) Ph:136 240	<ul style="list-style-type: none"> Information about payments and services. 	M-F: 8am-5pm
National Debt Helpline Ph: 1800 007 007	<ul style="list-style-type: none"> Assistance with managing debt, debt solutions and financial counselling. 	M-F: 9.30am-4.30pm
Salvation Army Financial Assistance Ph: 8775 7988	<ul style="list-style-type: none"> Require financial assistance. 	M-F: 9am-5pm
Legal Aid Youth Hotline Ph: 1800 10 18 10	<ul style="list-style-type: none"> Free for under 18years who needs legal advice. 	Phone Support Only M-F: 9am-12am (midnight) Sat, Sun: 24hr
Wesley Financial Counselling Services Ph: 1300 827 638	<ul style="list-style-type: none"> Free Independent and confidential counselling 	M-F: 9.30am-4.30pm
Telephone Mental Health Support		
CAMHS Ph: 9382 4347	<ul style="list-style-type: none"> Mental health service for children and adolescents (under 18years) 	M-F 8:30 to 5pm
NSW Mental Health Line Ph: 1800 011 511	<ul style="list-style-type: none"> Advise, assessment and referral 	24/7
Parentline Ph: 1300 130 052	<ul style="list-style-type: none"> Free counselling telephone service and support services for Children 0-18 	M-F: 9am-9pm Sat, Sun: 4pm-9pm
Beyond Blue Ph: 1300 22 46 36	<ul style="list-style-type: none"> Providing supports, resources, and services to people Supporting the mental health of others 	24/7
Flourish- Maroubra Ph: 9393 9602 Ph: 1300 779 270 (General enquiries) Ph: 1300 356 874 (NDIS enquiries)	<ul style="list-style-type: none"> Mental Health Service NDIS information 	M-F: 9am-5pm
Eheadspace Ph: 1800 650 890	<ul style="list-style-type: none"> Online telephone support and counselling for 12-25 years. Also, can chat online or send an email. Not an emergency service 	7 Days: 9am-1am
Headspace Camperdown Ph: 9114 4100	<ul style="list-style-type: none"> Free and confidential service catered to 12-25 years. Mental Health Service. 	M-F:8.30am-5.30pm
Headspace Bondi Junction Ph:9366 8800	<ul style="list-style-type: none"> Free and confidential service catered to 12-25 years. Mental Health Service. 	M-T: 9am-6pm F: 9am-5pm

Organisation	Type of Assistance	Hours
Kids Helpline Ph: 1800 551 800	<ul style="list-style-type: none"> Online counselling and various resources for children and young adults aged 5-25 	24/7
Lifeline Ph: 131 114 SMS: 0477 131 114	<ul style="list-style-type: none"> Crisis support – providing all Australians experiencing emotional distress, crisis support and suicide prevention 	24/7
Mensline Ph: 1300 789 978	<ul style="list-style-type: none"> Free telephone and online counselling service offering support services 	24/7
Mental Health Line Ph: 1800 011 511	<ul style="list-style-type: none"> Support for people in mental health crisis or on behalf of another person. In an emergency, call 000 	24/7
SANE Ph: 1800 187 263	<ul style="list-style-type: none"> Mental health support 	M-F: 10am-8pm
Suicide Call Back Service Ph: 1300 659 467	<ul style="list-style-type: none"> Provides telephone counselling for people at risk of suicide, concerned about someone at risk, people bereaved by suicide 	24/7
Veterans & Family Counselling (Open arms) Ph: 1800 011 046	<ul style="list-style-type: none"> Counselling Treatment programs and workshops 	24/7
Telephone Drug and Alcohol Support		
The National Alcohol & other Drug Hotline Ph: 1800 250 015	<ul style="list-style-type: none"> Free confidential advice about alcohol and other drugs. 	
Alcoholics Anonymous (AA) Ph: 1300 222 222	<ul style="list-style-type: none"> Helpline 	
Family Drug Support Ph: 1300 368 186	<ul style="list-style-type: none"> Free family drug support, services and information. 	
Gambling Help online Ph: 1800 858 858	<ul style="list-style-type: none"> Free support for anyone affected by gambling. 	24/7
Telephone Support for First Nations People		
13 YARN Ph: 13 92 76	<ul style="list-style-type: none"> Crisis support for first nations people 	24/7
National Indigenous Critical Response Service Ph: 1800 805 801 (Free call) Ph: 0499 333 132 (Mobile) Ph: 0418 575 680 (Standby Mobile)	<ul style="list-style-type: none"> Provides support and referral to individuals, families, communities impacted by suicide loss 	24/7
Telephone Sexual and Domestic Violence Support		
Domestic Violence Line Ph: 1800 737 732	<ul style="list-style-type: none"> Support and counselling on family and domestic violence, sexual assault. 	24/7
National Sexual Assault, Domestic & Family Violence Counselling Services Ph: 1800 737 732 (1800RESPECT)	<ul style="list-style-type: none"> Counselling for people who have experienced or been impacted by sexual assault and/or DFV. 	24/7
NSW Sexual Violence Helpline Ph: 1800 424 017	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape and domestic or family violence 	24/7
Sexual Abuse and Redress Support Service Ph: 1800 211 028	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape and domestic or family violence- adult survivors 	24/7
Sexual, Domestic and Family Violence Helpline Ph: 1800 943 539	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape and domestic or family violence 	
Rainbow Sexual, Domestic and Family Violence Helpline Ph: 1800 497 212	<ul style="list-style-type: none"> Counselling for LGBTIQ+ people impacted by sexual assault, rape and domestic or family violence 	24/7

Organisation	Type of Assistance	Hours
Men's Referral Service (No to Violence) Ph: 1300 766 491.	<ul style="list-style-type: none"> Men's Referral Service- telephone support service – who are seeking assistance to stop their violent or abusive behaviour. 	24/7
Telephone Legal Support		
Migrant Employment Legal Service Ph: 8002 1203	<ul style="list-style-type: none"> Offer free legal advice and representation to migrants and temporary visa holders in NSW 	M-F: 9am-5pm
Immigration advice & rights centre Ph: 8234 0700 Ph: 8234 0777 (DV Priority Line)	<ul style="list-style-type: none"> Immigration and domestic violence advice. Visas and citizenship 	M: 9am-5:30pm T-F: 9am-5pm
Energy and Water Ombudsman NSW Ph: 1800 246 545	<ul style="list-style-type: none"> Help resolve issues and complaints about energy, gas and water providers. 	M-F: 9am-5pm
Inner City Legal Centre Ph: 9332 1966 SMS only: 0476 857 342	<ul style="list-style-type: none"> Free legal advice to people on low income who live- Inner city, Sydney, Waverley and Woollahra LGA. 	M-F: 10am-12pm & 2pm-4pm
NSW Court Ph: 1300 679 272	<ul style="list-style-type: none"> For court related questions. 	M-F 8:30am-4:30pm
Law Access NSW Ph: 1300 888 529	<ul style="list-style-type: none"> Free assistance with legal information and referral 	M-F: 9am-5pm
Victims Access Line Ph: 1800 633 063 Aboriginal Contact Line Ph: 1800 019 123	<ul style="list-style-type: none"> Support, assistance and counselling free for victims of crime in NSW to access services. 	M-F:9am-5pm
Crime Stoppers Ph: 1800 333 000	<ul style="list-style-type: none"> Community to report crimes and criminal activity 	24/7
Telephone Multicultural Services		
Centrelink Multilingual call service Ph: 131 202	<ul style="list-style-type: none"> Speak to someone in your language 	M-F:8am-5pm
Translating and Interpreting service Ph: 131 450	<ul style="list-style-type: none"> Request interpreter Automated telephone interpreting 1800 131 450 	24/7
Multicultural Health Connect Helpline Ph: 1800 186 815	<ul style="list-style-type: none"> Health information in your language 	M-F: 11am-7pm



JNC Community Hubs

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

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

Contact Us

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