

Telephone Support Services

Organisation	Description	Contact
Lifeline Australia	Telephone counselling support.	13 11 14 www.lifeline.org.au
Kids Helpline	Telephone counselling support for children and adolescents.	1800 55 1800 www.kidshelp.com.au
Salvo Youth Line	Telephone counselling support for children and adolescents.	8736 3293
Parent Line	Telephone service for parents and carers of children and adolescents.	1300 1300 52 www.parentline.org.au
Mental Health Association NSW	Mental health information service that can provide contact details for mental health services in your area.	1300 794 991
Beyond Blue	Information line.	1300 22 4636 www.beyondblue.org.au
Disaster Welfare Services Community Services	Disaster Welfare Services help to meet the immediate welfare and support needs of people affected by disasters.	1800 018 444 http://www.community.nsw.gov.au/parents_carers_and_families/disaster_recovery.html
Beyond Blue	Brief general counselling services. Telephone and online services including webchats.	1300 22 4636 www.beyondblue.org.au
Uniting Care Adolescent and Family Counsellor	General counselling by consultation and phone.	9890 5814
Catholic Care Family Services	General counselling by consultation and phone.	8822 2222
National Service of Grief and Loss	Provide a range of resources related to grief and loss. Restricted operating hours. Leave a message and they will call back.	02 6882 9222