



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

New South Wales

Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:

Emergency Contact Numbers

1300 224 636
BEYOND BLUE

13 11 14
LIFELINE

1800 55 1800
KIDS HELPLINE

Link-Up New South Wales (NSW)

Link-Up NSW delivers professional, culturally sensitive and confidential research, reunions and social, emotional and wellbeing services to those over the age of eighteen.

The Bringing Them Home Counselling Program helps members of the Stolen Generations find information about their family and locate their family members. It also helps reunite family members who have not met before. Counselling can be provided before, during and after family reunions.

Link-Up NSW runs five programs:

- Reunification Program
- Family-Link
- Hidden Carers
- Community Builders
- Royal Commission Counsellor

Address: 4/2 Central Place Ropes
Crossing NSW 2760
PO Box 185 St Marys NSW 2760
Ph: (02) 9421 4700
Web: <https://www.linkupnsw.org.au>

Free call: 1800 624 332
(not available to mobiles)

Email: linkup@nsw.link-up.org.au
familylink@nsw.link-up.org.au

Greater Western Aboriginal Health Service (GWAHS)

GWAHS is a health service for Aboriginal and Torres Strait Islander people. Services include social and emotional wellbeing and psychology.

Penrith

Address: 27-29 Lawson St, Penrith NSW 2750

Ph: (02) 4729 7300

Mt Druitt

Address: 2 Palmerston Rd Mount Druitt NSW 2770

Ph: (02) 9836 7300

Blue Mountains

(Opening soon Contact details not yet available)

Web: <https://www.gwahs.net.au>

Email: enquiries@gwahs.net.au

Illawarra Aboriginal Medical service, Aboriginal and Torres Strait Islander Corporation, NSW

Illawarra Aboriginal Medical Service (IAMS) offers health care and social wellbeing services to the Illawarra Indigenous community through their centres in Wollongong and Dapto.

Services include psychological support, general counselling, substance misuse and men's programs.

Wollongong

Address: 150 Church Street, Wollongong NSW 2500

Po Box 1161, Wollongong DC NSW 2500

Ph: 02 4229 9495

Web: <http://www.illawarraams.com.au/>

Dapto

Address: 2/130 Princes Highway, Dapto NSW 2530

Po Box 425, Dapto 2530

Ph: 02 4262 8777

Web: <http://www.illawarraams.com.au/>

Aboriginal Counselling Services

Aboriginal Counselling is a 100 per cent Aboriginal owned business that provides a counselling service for families, individuals and communities within New South Wales. Counselling is inclusive of mental and physical health, social wellness and considers spirituality.

The supports and assistance offered is critical incident debriefing, mediation, workplace counselling, mental health relapse prevention and mental health care planning in the workplace.

Address: 6/140-142 Henry Street Penrith NSW 2750

PO Box 4299 Penrith Plaza, Penrith NSW 2750

Ph: 0410 539 905

Web: <https://www.aboriginalcounsellingservices.com.au>

Email: admin@aboriginalcounsellingservices.com.au

Aboriginal Medical Service Cooperative

The Aboriginal Medical Service Cooperative in Redfern provides culturally appropriate health care to Aboriginal and Torres Strait Islander communities in central NSW. Services are delivered and predominately managed by professional Aboriginal staff experienced with and sensitive to the needs of the community. The Aboriginal Medical Service is a multi-functional not for profit organisation that delivers a broad range of services and community programs.

Address: 36 Turner Street Redfern NSW 2016

Po Box 1174, Strawberry Hills 2012

Ph: (02) 9319 5823

Web: <https://www.amsredfern.org.au>

Email: accessible through website

Wellington Aboriginal Corporation Health Service (WACHS)

WACHS is a not-for-profit organisation that provides specific health and specialist programs to support clients/patients in addressing their health, wellbeing needs and issues in a culturally appropriate way. As well as providing specific health related services, the service endeavours to provide self-determination and empower Aboriginal people in Wellington, Dubbo, Moree, Western Sydney, Penrith, Nepean Blue Mountains, as well as other towns and communities through regional programs to take control and responsibility for their health and wellbeing.

Address: 28 Maxwell Street Wellington NSW 2820

PO Box 236 Wellington NSW 2820

Ph: 02 6845 5400

Web: <https://www.wachs.net.au>

Email: enquiries@wachs.net.au

Murrumbidgee Local Health District

The Aboriginal Health unit is responsible for promotion of Aboriginal Health and the provision of Aboriginal Health services across the Murrumbidgee Local Health District. It provides programs and services that are culturally appropriate and accessible to Aboriginal people and Communities. Contact the Aboriginal Health Office Monday to Friday between 9:15am and 3:15pm.

Address: Level 1, 193-195 Morgan Street Wagga Wagga NSW 2650

Locked Bag 10 Wagga Wagga NSW 2650

Free call: 1800 249 645

Ph: 02 5943 2391

Web: <https://www.mlhd.health.nsw.gov.au>

Email: submit message through website

Support and Counselling contact numbers for Aboriginal people:

Services: research reunions, social and emotional wellbeing services for Aboriginal people who have been separated from families and culture.

Free Call: 1800 624 332

Marungbai Aboriginal Service

Supports Aboriginal young people who have been in care.

Free call: 1800 422 555

Mental Health Access Line

Providing the opportunity for people to call one single number within NSW and directly link with their local Mental Health Service.

24 hour hotline

Free Call: 1800 011 511

Web: <https://www.facs.nsw.gov.au/families/support-programs/aboriginal-families/help-and-support>

NATIONAL ORGANISATIONS:

Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Relationships Australia NSW has over 20 centres across metropolitan and rural NSW offering a range of services, including relationship counselling, individual counselling, family mediation, family counselling and group programs.

Ph: 1300 364 277 for nearest branch

Web: <https://www.relationshipsnsw.org.au>

Email: enquiries@ransw.org.au

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

National service:

Ph: 13 11 14

Lifeline Service NSW:

Call [13 77 88](tel:137788) from Monday to Friday between 7:00am and 7:00pm (Sydney time).

For translation and interpreter services, please call [13 14 50](tel:131450) and ask the interpreter to phone [13 77 88](tel:137788).

For Speak and Listen (Speech to Speech Relay), please call [1300 555 727](tel:1300555727).

If you can't call 1300 numbers, please call [+61 2 8894 1555](tel:61288941555).

Web: <https://www.lifeline.org.au/>

Email: reception@lifelinewa.org.au

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Ph: 1300 224 636

Web: <https://www.beyondblue.org.au>

Email: Accessible through website

Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through eheadspace.

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

Email: accessible through website

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>