



# Counselling help

If you have an emergency call 000 or  
if you are distressed call Lifeline on 13 11 14

Other 24/7 crisis line:  
NSW Mental Health Line 1800 011 511

Connect with professional counselling services to help individuals, couples and families with relationships, family violence and substance use.

**Child and youth counselling:**

Services to help children and young people who may be experiencing a crisis.

**Domestic and family violence:**

Counselling and group programs for those affected by domestic and family violence.

**Financial counselling:**

Information, guidance and advocacy for people in financial distress who are at risk of or not able to pay bills or make repayments.

**Mental health support:**

Assistance for people to work through their mental health conditions and help for people applying for an NDIS funding plan.

**Men and family relationships:**

Individual, family and relationship counselling for men and their families. Education programs for men who are separated or for men who have difficulty managing emotions. Education for men who have perpetrated violence against their partners. Specialist courses also available.

**Alcohol, drugs and gambling counselling:**

Group and individual counselling for family members, including children, impacted by someone else's alcohol, drug or gambling use or for young people using alcohol or drugs. Individual counselling for people over 16 years seeking advice for gambling concerns.

**Counselling for employees of the Archdiocese of Sydney and Sydney Catholic Schools:**

Professional counselling services are available through [AccessEAP](#).

**HIV/AIDS support:**

Emotional, spiritual and practical support for people living with HIV/AIDS and their families, carers and loved ones.

**Chaplaincy services:**

Pastoral care in hospitals and prisons.

*Privacy Policy and Data Collection Notice*

*CCareline is here to help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.*

For help finding help, call

 **CCareline 13 18 19**

✉ [connect@catholiccare.org](mailto:connect@catholiccare.org)

🕒 8am - 8pm Monday - Friday