



# Call CCareline 13 18 19

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

The CCareline team knows how to connect you with professional care services. CCareline helps Sydneysiders navigate the maze of social services and makes referrals to counsellors, social workers, therapists and case managers across Sydney.

- Family and parenting support
- Counselling and relationship services
- Specialist services for domestic and family violence
- Help with addictions and mental health concerns
- Therapies and allied health services
- Guidance through the government's My Aged Care system

**Call CCareline on 13 18 19**  
**8 am – 8 pm Monday to Friday**  
**[connect@catholiccare.org](mailto:connect@catholiccare.org)**

Help people in your community facing crisis or disadvantage by referring them to CCareline. Download the CCareline app now.



*Privacy Policy and Data Collection Notice*

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

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🕒 8am - 8pm Monday - Friday

**For help finding help, call**

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