



Crisis lines

24/7

Emergency 000

Police Assistance Line 131 444

Crime Stoppers NSW 1800 333 000

Kids Helpline 1800 551 800

Alcohol and drugs

Alcohol Drug Information Service (ADIS) NSW
- 1800 250 015

For people who are having issues with alcohol or drugs, or are concerned about someone else's alcohol or drug use

Family Drug Support - 1300 368 186

Supporting families impacted by alcohol and drugs

Child safety

Child Protection Helpline - 132 111

To report suspected abuse or neglect of a child or young person or those at risk of harm from abuse or neglect

Gambling

Gambling Help NSW - 1800 858 858

Counselling to help manage gambling

Homelessness

Link2home - 1800 152 152

For people who are homeless or at risk of becoming homeless

Mental health

beyondblue - 1300 22 4636

Counselling help for anxiety, depression, suicide and other mental health concerns

NSW Mental Health Line - 1800 011 511

Professional advice for people dealing with a mental health problem

Suicide Prevention:

Lifeline 13 11 14

Suicide Call Back Service

1300 659 467

Men's specific

MensLine Australia - 1300 78 99 78

Counselling for men with family and relationship concerns

Men's Referral Service - 1300 766 491

Confidential telephone helpline that offers counselling to men and family with relationship or parenting issues.

Parenting

Health Direct - 1800 022 222

Speak to a registered nurse over the phone

Sands National Support Line - 1300 072 637

For people affected by the death of a baby

Sexual, family or domestic violence

1800RESPECT - 1800 737 732

Counselling for people who have been sexually assaulted, impacted by domestic or family violence and abuse

NSW Domestic Violence Line - 1800 65 64 63

Crisis counselling for women who are experiencing or have experienced domestic violence

NSW Rape Crisis Centre - 1800 424 017

For people who have experienced or are at risk of sexual, family or domestic violence

Privacy Policy and Data Collection Notice

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

✉ connect@catholiccare.org

🕒 8am - 8pm Monday - Friday

For help finding help, call

 **CCareline 13 18 19**