**EMERGENCY CONTACTS**

**INFORMATION**

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| **Organization** | **Contact Number** | **Website** |
| **If you are experiencing a crisis situation and need to speak to a professional, please DO NOT leave a message with our service. Please contact one of the numbers listed below.** |
| **http://www.psychchoices.com.au/images/tzlogo1.jpg** | **000** | If you are feeling unsafe or suicidal, or fearful of someone else inflicting harm on themselves please call an ambulance or present to the emergency department at your local hospital. |
| **http://www.psychchoices.com.au/images/imgres.jpg** | **13 11 14** | [https://www.lifeline.org.au](https://www.lifeline.org.au/) |
| **http://www.psychchoices.com.au/images/imgres-3.jpg** | **1800 011 511** | [nnswlhd.health.nsw.gov.au](http://nnswlhd.health.nsw.gov.au/) |
| **Domestic Violence** | **1800 737 732****1800 656 463** | [https://www.1800respect.org.au](https://www.1800respect.org.au/) |
| **Hunter New England Emergency Mental Health Phone Line**  | **1800 655 085** |  |
| **Sexual Assault** | **1800 737 732****4921 3888** | [https://www.1800respect.org.au](https://www.1800respect.org.au/) |
| **Rape Crisis Centre** | **1800 424 017** | [http://www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au/) |
| **http://www.psychchoices.com.au/images/imgres-1.jpg** | **1800 551 800** | [http://www.kidshelp.com.au](http://www.kidshelp.com.au/) |
| **Parent Helpline (24hrs)**  |  **1300 1300 52** |  |
| **AHPRA** | 1300 419 495     | <https://www.ahpra.gov.au> |
| **Australian Psychological Society** | 1800 333 497 | [http://www.psychology.org.au](http://www.psychology.org.au/) |
| **Medicare** | 132 011 | <http://www.humanservices.gov.au/?utm_id=9> |
| **Victims of Crime**  | 1800 633 063 | [http://www.victimsservices.justice.nsw.gov.au](http://www.victimsservices.justice.nsw.gov.au/) |
| **Australian Government Department of Health & Ageing**  |  |  [www.health.gov.au](http://www.health.gov.au/) |
| **Department of Social Services**  |  | www.dss.gov.au |
| **Veterans and Veterans Families Counselling Service** | 1800 011 046  | [http://www.vvcs.gov.au](http://www.vvcs.gov.au/) |
| **Mental Health Association NSW** | 02 9339 6000  | [http://www.mentalhealth.asn.au](http://www.mentalhealth.asn.au/) |
| **Phoenix Australia – Centre for Posttraumatic Mental Health** | 03 9035 5599 | [http://www.phoenixaustralia.org](http://www.phoenixaustralia.org/) |
| **Beyond Blue** | 1300 22 4636  | [http://beyondblue.org.au](http://beyondblue.org.au/) |
| **NAPCAN – preventing child abuse** |  | [www.therightmix.gov.au](http://www.therightmix.gov.au/) |
| **Black Dog** | 02 9382 2991 | [http://www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au/) |
| **Mens Line Australia** | 1300 78 9978 | [https://www.mensline.org.au](https://www.mensline.org.au/) |
| **Translating or Interpreting Service** | 13 14 50 | [https://www.tisnational.gov.au](https://www.tisnational.gov.au/) |
| **Beyond Blue:**  |  | [www.beyondblue.org.au](http://www.beyondblue.org.au/) |