

# Mental Health & Wellbeing Resource List - Central Coast

## Central Coast Mental Health Service

The Central Coast Mental Health Service (CCMHS) sees people experiencing moderate to severe mental illness, including people at risk of suicide. Both Gosford and Wyong hospitals have inpatient units that provide specialist mental health care for people who are acutely unwell. Community mental health services provide support in the community across the Central Coast. These community services are aged based:

- Child & Adolescent Mental Health Service
- Adult Mental Health
- Older People's Mental Health Service

### Mental Health Line - 1800 011 511 (available 24/7)

Call the Mental Health Line to make contact with the CCMHS. The Mental Health Line will link people into the most appropriate part of the CCMHS **OR** provide information about other specialised services that are more suitable.



**NOTE: The Mental Health Line is not a telephone counselling service or an emergency service. If an emergency response is needed, call 000.**

## Mental Health & Wellbeing Services, Groups, Helplines & Websites.

### Crisis Support

Lifeline Crisis Support

- Phone (24/7)
- Text the mobile number (from 12pm – 2am)
- Chat via the website (available 12pm – 2am)

13 11 14

0477 13 11 14

[lifeline.org.au/crisischat](http://lifeline.org.au/crisischat)

Suicide Call Back Service

1300 659 467

### Alcohol & Other Drugs

Al-Anon Family Groups

1300 252 666

Alcoholics Anonymous (AA)

1300 222 222 or 4323 3890

Alcohol and Drug Information Service (ADIS) NSW

1800 250 015

Drug & Alcohol Services (CCLHD)

4394 4880

Family Drug Support: for families affected by alcohol & drug use

1300 368 186

Narcotics Anonymous Australia

1300 652 820 or 4325 0524

### Carers & Family

Carer Connection Helpline: information, referrals and support for mental health carers. (Mon to Fri, 9.00am to 4.30pm)

1300 554 660

[www.mentalhealthcarersnsw.org](http://www.mentalhealthcarersnsw.org)

Carer Gateway: find local services & supports (Mon to Fri, 8am to 6pm)

1800 422 737

[www.carergateway.gov.au](http://www.carergateway.gov.au)

Carer Gateway Counselling Service: a free service for carers. (Mon to Fri, 8am to 6pm)

Call 1800 422 737 & Select Option 2

[counselling.carergateway.gov.au/s](http://counselling.carergateway.gov.au/s)

Carer Retreat: Gosford Hospital (CCLHD)

4320 5556

Family & Carer Mental Health Program, Parramatta Mission

4322 1855

[fcmhinfoc@parramattamission.org.au](mailto:fcmhinfoc@parramattamission.org.au)

Mental Health & More (ARAFMI Central Coast)

4323 7731

### Counselling Services

Lifeline Central Coast - Personal & Relationship Counselling

- face to face or telehealth appointments available. Call to book an appointment (Mon – Fri, 9am-5pm).
- community (video) counselling service which can be accessed via the website. (Mon – Fri, 9am-5pm)

1300 152 854

[www.lifeline.org.au/community-counselling](http://www.lifeline.org.au/community-counselling)

Open Arms - Veterans & Families Counselling (24/7)

1800 011 046

Qlife: provides LGBTI peer support & referral. 3pm to midnight, every day. Webchat available on the website.

1800 184 527

[qlife.org.au](http://qlife.org.au)

Relationships Australia

1300 364 277

Uniting Counselling & Mediation Central Coast

1800 864 846

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<b>COVID-19 Supports</b>	
Coronavirus Mental Wellbeing Support Service (Beyond Blue)	1800 512 348 <a href="https://coronavirus.beyondblue.org.au">coronavirus.beyondblue.org.au</a>
Health Direct	<a href="https://www.healthdirect.gov.au/covid-19-and-mental-health">www.healthdirect.gov.au/covid-19-and-mental-health</a>
Head to Health	<a href="https://www.headtohealth.gov.au/covid-19-support/covid-19-support">www.headtohealth.gov.au/covid-19-support/covid-19-support</a>
National Coronavirus Helpline	1800 020 080
<b>Gambling</b>	
Gamble Aware (Gambling Help): support and information around gambling	1800 858 858 <a href="https://www.gambleaware.nsw.gov.au">www.gambleaware.nsw.gov.au</a>
Gambling Help Online	<a href="https://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a>
Gambling Solutions (Coast Community Connections)	4344 7992
Multicultural Problem Gambling Service	1800 856 800
Parramatta Mission Counselling Services (Mon/Tue: 8am – 4pm; Wed: 10am – 6pm; Sat: 9am – 1pm)	0428 535 967
Wesley Gambling Counselling	1300 827 638
<b>Financial</b>	
ASIC's Money Smart	<a href="https://www.moneysmart.gov.au">www.moneysmart.gov.au</a>
Lifeline Central Coast: access to free financial counselling to Central Coast residents. Call or email to book an appointment. <b><i>This service is currently only available in the Central Coast region.</i></b>	9498 8805 <a href="mailto:csappointments@lifelineh2h.org.au">csappointments@lifelineh2h.org.au</a>
National Debt Hotline: free financial counselling	1800 007 007
NILS (No Interest Loan Scheme)	<a href="https://www.nils.com.au">www.nils.com.au</a>
Salvation Army Financial Assistance	1300 371 288
Moneycare Financial Counselling (Salvation Army)	1800 722 363
Wesley Financial Counselling	1300 827 638
<b>Food and Meal Services</b>	
Coast Shelter Community Centre, North Gosford - 11am – 1pm and 6.30pm – 7.30pm	4346 1263
Mary Macs, Woy Woy - 11am – 1pm (free meals)	4341 0584
Meals on Wheels Central Coast	4357 8444
St Vincent De Paul, Wyong - 9.30am – 2pm (food hampers)	4356 6700
Toukley Neighbourhood Centre - 9am – 2pm (frozen meals)	4396 1555
Other Crisis Relief Food Services can be found at: <a href="https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/hardship-and-homelessness-services">https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/hardship-and-homelessness-services</a>	
<b>Homelessness &amp; Housing Assistance</b>	
Coast Shelter	4325 3540
Link2Home: link to homelessness services and support (24/7).	1800 152 152
Link2Home Veterans and Ex-Service	1800 326 989
Pacific Link Housing	4324 7617
UnitingCare Doorways (CC Homelessness Coordination Service)	1800 067 967
<b>Legal</b>	
Disaster Response Legal Service NSW - legal help for victims of natural disasters. (Mon to Fri: 9am-5pm)	1800 801 529
Central Coast Community Legal Centre	4353 4988
Law Access NSW (Mon to Fri: 9am and 5pm)	1300 888 529
Legal Aid NSW	4324 5611 or 1300 888 529
Seniors Rights Service	1800 424 079 <a href="https://seniorsrightsservice.org.au">seniorsrightsservice.org.au</a>
<b>Men</b>	
Mensline Australia	1300 78 99 78 <a href="https://mensline.org.au">mensline.org.au</a>
Men's Shed	<a href="https://mensshed.org/find-a-shed">mensshed.org/find-a-shed</a>
MATES Helpline is available 24/7 – click the red button or dial.	24/7 support 1300 642 111

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<b>Mental Health &amp; Wellbeing</b>	
Beyond Blue Support Service	1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Butterfly Foundation: support for eating disorders & body image issues	1800 33 4673
Mental Health Information Line (WayAhead) <ul style="list-style-type: none"> <li>Support line for general mental health enquiries</li> <li>Support line specifically for anxiety disorders</li> </ul>	1300 794 991 1300 794 992
Head To Health – lots of great online mental health resources	<a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a>
PANDA (Perinatal Anxiety & Depression Aust) (M-F: 9am – 7.30pm)	1300 726 306
QPR (Question, Persuade, Refer) – 1 hour online training on early warning signs for suicide & having a conversation.	<a href="http://suicidepreventioncentralcoast.org.au">suicidepreventioncentralcoast.org.au</a>
SANE Australia: Phone and online counselling support (Mon to Fri: 10am - 10pm)	1800 18 7263 <a href="http://www.sane.org/counselling-support/sane-support-services">www.sane.org/counselling-support/sane-support-services</a>
WayAhead Directory – information about services and supports	<a href="http://directory.wayahead.org.au">directory.wayahead.org.au</a>
<b>Older People</b>	
Dementia Support Australia (DSA)	1800 699 799 <a href="https://dementia.com.au/">https://dementia.com.au/</a>
My Aged Care (Mon to Fri: 8am - 8pm, Sat: 10am - 2pm)	1800 200 422 <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
National Dementia Helpline (Dementia Australia) (M-F: 8am - 8pm)	1800 100 500
<b>Domestic Violence, Abuse &amp; Neglect</b>	
Ageing & Disability Abuse Helpline (Mon to Fri: 9am – 5pm)	1800 628 221
Domestic & family violence, sexual assault or child abuse	1800RESPECT or 1800 737 732
Domestic Violence Impact Line	1800 643 539
LGBTIQ+ Violence Service	1800 497 212
NSW Domestic Violence Line	1800 65 64 63
NSW Rape Crisis	1800 424 017
Rape & Domestic Violence Services Australia	<a href="http://www.rape-dvservices.org.au">www.rape-dvservices.org.au</a>
Sexual Assault Counselling Australia	1800 211 028
<b>Physical Health</b>	
Get Healthy (Mon to Fri: 8am - 8pm)	1300 806 258 <a href="http://www.gethealthynsw.com.au">www.gethealthynsw.com.au</a>
HealthDirect – Registered Nurses available 24/7 for advice	1800 022 222
Quitline (Mon to Fri: 7am – 10.30pm / Sat, Sun: 9am – 5pm)	13 7848
I Can Quit	<a href="http://www.icanquit.com.au">www.icanquit.com.au</a>
<b>Self Help/Support Groups</b>	
Central Coast Support Groups and Services Directory	<a href="http://www.cclhd.health.nsw.gov.au/patients-and-visitors/carer-support">www.cclhd.health.nsw.gov.au/patients-and-visitors/carer-support</a>
Central Coast Schizophrenia & Bipolar Fellowship	4344 7989 or 4368 2214
Grow - A 12-step program for people experiencing mental illness	9633 1800 or 1800 558 268
Wyoming Anxiety Support Group – meets every 3 <sup>rd</sup> Saturday of the month, 9am – 11am. Register to attend by phone or email.	9339 6013 <a href="mailto:supportgroups@wayahead.org.au">supportgroups@wayahead.org.au</a>
<b>Women</b>	
CC Community Women's Health Centres	Wyong 4351 1152 / Wyoming 4324 2533 / Woy Woy 4342 5905
Women's Health Service (CCLHD)	4367 9600
<b>Young People</b>	
Child and Family Health Service (CCLHD)	4328 7900
headspace Gosford - Suite 1, Level 2, Gateway Centre, Gosford	4304 7870
headspace Lakehaven - 70 Chelmsford Road, Lake Haven	4394 9100
Kids Helpline (for ages 5 to 25)	1800 55 1800
Youth Health Service (CCLHD)	4356 9333

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