



Family Support Reference List

HELPLINES

- Alcohol and Drug Information service 1800 422599
- Child Protection Hotline 13 3627
- Community Carer Respite Centre 1800 059059
- DOCS helpline 132111
- Family Drug Support www.fds.org.au 1300 368186
- Kids Help Line www.kidshelp.com.au 1800 551800
- Kids Kare Help Line (2.30 – 10.45pm – 7 days) 49212800
- Mental Health Line 1800 011 511
- National Pregnancy Support Helpline 1800 422213
- Parentline (24 hour phone counseling) 1300130052
- Suicide Helpline 1800 191 919
- Suicide Prevention 1300 360980
- Teen Challenge Helpline (suicide prevention) www.tc.asn.au 1800889288
- Youthline 13 1114

CENTRELINK

13 1021

CENTRAL COAST HEALTH

- Audiologist Gosford Hospital (Barbara Nubb) 4320 3121
- Central Intake 4320 3500
- Child and Family Help Ph 4328 7988 Fax 4328 7925 M,T,W,F, 9-1
- CYPMHI 4304 7878
- Gosford Hospital 4320 2111
- Lakehaven Health Centre 4393 7777 Fax 4393 7700
- Long Jetty Health Centre 4336 7800
- Occ Therapist Wyong Hospital 4394 8302
- Speech Pathology Intake 4328 7999
- Toukley Health Centre 4396 5111
- Wyong Central 4356 9333
- Wyong Hospital 4394 8000
- Y Central/Headspace 4304 7870 fax 4304 07800
- Youth Health 4356 9333
- Lakehaven Community Centre 4394 2500

NO COST HEALTH CLINICS FOR YOUNG PEOPLE (14-24 years)

Nurse Practitioner Clinic @ Ground floor, 38a Pacific Highway, Wyong, Appts preferred Mon,
Tues arvo, Wed 4356 9333
Youth GP Clinic at Gravity, Lakehaven, Appts not necessary

FAMILY AND PARENTING SUPPORT

- Brighter Futures 4325 9600
- Burnside, Uniting Care 43 52 3222 4325 9600
- Centacare Gosford (Family services) 4324 6403
- Centacare Wyong 4352 1311
- Children in sport 6-12 yrs (free) 4362 3184
- Creche to support Young Parents Learning @ Wadalba 4949 2929
- Family and Community Connections 4351 5008
- Family Referral Service 1300 006480
- Family Support Gosford 4322 4477 4340 1585
- Family Support Kanwal 4393 2383
- Family Support Northern Lakes 4358 3487
- Family Support 4325 9600
- Grandparents raising grandchildren 4340 1585
- Horizons Family Support 4333 5111 or 4334 3377
- Interrelate Family Counselling 4363 8050
- Lifecare Counselling & Family Services 9708 2088 4352 3850
- Living with Teens Groups through Burnside 1800 067967
- Relationships Australia 1300 364277
- Salvo Care Line 24 hr Counselling 1300 363622 9331 6000
- Salvation Army Grief Counselling 0418 633 732
- Unifam (Relationships & Gambling) 4325 9666
- United Care Mental Health Family & Carer Program 4322 1855
- Vision Impaired Support Group Jim 4393 6368
- Warnervale Family & Community Centre Triple P 4392 8734
- Wheeling & Able for Chn with Physical Disabilities 4362 2042
- Wig Wam Wig Library 4320 2587
- Yarran Early Intervention Services 4322 7011 4340 1343
- Yarran Family Playgroup 4332 3981
- Young Parents Playgroup 4340 1585
- ADHC (children with intellectual and physical disabilities) 1800 200 268 or 4946 3722
- Coral Tree Family Services 02 9887 5830
- Family Law Court 4926 1255
- First Steps Parenting Centre (0-5 year-olds) 49855150
- Hunter Child Protection And Family Counseling 49246294
- Refugee Health Unit Wallsend 49246285
- Wallsend Child And Family Health Team (Kaleidoscope) 49246400
- Youth Help Team 620 Hunter St 4925 7804
- Rivendell 9736 2288

COMMUNITY SUPPORT AGENCIES

- Acorn for unemployed 4352 5204
- Bereaved by Suicide Support Group 4320 3170
- Central Coast Tenants Advisory Service 4353 5515
- Central Coast Burns Survivor Support Group meet at Mingara @7pm 1st Th of month
- Coastcare Counselling Wyong 4353 1750
- Coastcare Counselling The Entrance 4332 4545
- Gorokan Schools as Community Centre have playgroups, transition to school, Acorn project (to help unemployed parents set and meet goals,
- Gravity Youth workers @ Lakehaven 4393 9555
- Grief Counselling (need ref from GP) 43 36 7777
- Lakes Food Care 4396 1555
- Learning for Life (Jenny @ Smith Family) 4399 0176
- Lifeline Help & Referrals 13 1114
- Lifecare REACT Anger program 1300 130225
- Salvation Army Women's Crisis Support Gosford 4325 5624
- Samaritans 4351 1922
- Pacu (Wyong Hospital) 4394 7586 Fax 4394 7587
- PALS Playing & Learning Social Skills @ Warnervale 4392 8734
- Play around the world @ Bluehaven 4334 3877
- Play Café @ Kanwal for children needing social skills 4394 2500
- The Haven (ED Catholic Educ) 4367 5196
- REACT Anger Management Courses 1300 130225
- Rose Cottage, Wyong 4351 1152
- San Remo Neighbourhood Centre 4390 7888
- Smith Family (Educ Support Worker, Learn for Life, Tech Pax) 4399 0176
- TRUCE for children of parents with Cancer 1800 243 007
- FACETS/CHAT Direct for Professionals 4328 7900
- Work Ventures (Cheap Computers) 1800 112205
- Newcastle Grandparents Support raisinggrandchildrensw.com.au 49931337
- Newcastle Temporary Care (children with physical and intellectual disabilities) 49264161
- Relationships Australia (individuals, couples, families) Broadmeadow 49401500

ABORIGINAL HEALTH

- Aboriginal Young Parent Linking Worker Project 4351 0633
- Aboriginal Transition to School Project 4355 7500
- Eleanor Duncan Aboriginal Support Centre 4351 1040
- Bungree Aboriginal Association 4397 7700
- Nunyara Aboriginal Health Unit @ Gosford Hospital 4320 2698
- Koori Eye Clinic. Free glasses. Call Anita 4320 2698
- Koori Dental Clinic for adults. Must have HCC. Wed night at Wyong Dental Clinic, 1300 789 404
- Koori Kids Dental Clinic, on Thursday night at Gosford Hospital Dental Clinic 1300 789 404

- Chronic Care for Aboriginal people - for Asthma, Cardiac Disease, COPD, Diabetes, Kidney Disease. 4320 2698
- Stop Smoking program 4320 3155
- Free Flu Vaccine for ATSI aged over 15 at Eleanor Dunanacan AMS 4351 1040
- Awabacal Aboriginal Health Service (free for Aboriginal people)
 - Psychologists, counselors, dentist, hearing, GPs, family health worker, mental health worker, sexual health worker 49692424

YOUTH

- Gravity (Breakthru Cert 2 in Gen Educ) 4392 6530
- Gravity Health Care Clinic (Wed 2-5.30pm) 4353 9555
- Gravity Youth Centre, Lakehaven 4392 4912
- Gravity Youth Workers 4393 9555
- Links Youth Services (11-18 years) 4390 7888
- Oasis Youth Centre (Salvation Army) (Rusty-Anger) 4353 9799
- Pregnancy Counselling 4393 2383
- Pregnancy Support Helpline 1800 422213
- RAPT Reconnecting Adolescents & Parents Together 1800 067967
- Rumbalara Lodge for Homeless youth 4325 7555
- Samaritans Youth Services 4334 4755
- Teen Dreams Resilience & Self-esteem @ Bat Bay PSYC 0411 032 126
- Young Mums Group, Samaritans 4351 1922
- Youth for Christ 4388 9593
- Youth Health Outreach Worker (for homeless or at risk) 4356 9333
- Young Carers of Parents with MH Issues (ARAFMI) 4369 4233
- NG Koori Connect School @ Kariong, pick up from Lakehaven. Need referral. Program run through Youth Connections. For kids imminent risk of expulsion. Runs for 1 term for Years 8,9, & 10. 9-2 Mon & Fri. 1 day at Kariong and other day on Land. 4346 1111

AUTISM, ASPERGERS, ADHD AND DISABILITIES

- Autism/Aspergers Support Group, Banksia Cottage, BBay 4399 1244
- CC Autism Support Group (Catherine) 0410 293175
 - Sue 4367 3210 or Linda 4392 4775
- CC Disability Network 4324 2355
- Kids on the Coast (Cerebral Palsy Alliance) 4388 4999
- NSW Autism Adviser Program 1300 978 611 to discuss
FacHSIA Funding
- RAISE ADHD Support Group 4329 5055 4328 2976
- Autistic Assoc & Info Line 8977 8300

SEXUAL HEALTH & DOMESTIC VIOLENCE

- Biala Sexual Assault Clinic 4320 3175
- Domestic Violence Support Group 4340 1585 4322 4477
- GENQ Regional Youth Support Service 4323 2374 Fax 4323 3796
- Sexual Health Clinic, 69 Holden St, Gosford 4320 2114
- Twenty10 Gay & Lesbian Youth & Family Support 1800 652010
- PFLAG Parents, families, friends of Lesbians & Gays 4977 3271

ALCOHOL, DRUGS, GAMBLING AND EATING DISORDERS

- AA 4323 3890
- ADIS (Alcohol & Drug Info Service) 4356 9412
- ALANON, ALATEEN 4344 6939
- Cannabis Clinic 4394 7999
- CC Drug & Alcohol Intake 4394 4880
- CC Problem Gambling Service 4344 7992
- Eating Disorder Clinic 4356 9418
- NAR ANON 4332 6134
- Narcotics Anonymous 4325 0524
- NCP National Cannabis Prevention Hotline 1800 304050
- Gambling Anonymous 9628 5065

HOUSING AND REFUGES

- Habitat (for families with <18 children at risk of homelessness) 4352 3222
- Outreach Youth Accommodation 4334 4755
- Pacific Link Housing 4324 7617
- Women's Refuge 4396 4263

EARLY INTERVENTION, DEPRESSION AND ANXIETY OR PSYC CLINICS

- Aspect Early Intervention 4367 3210
- Beyond Blue Depression Support 1300 224636
- Brighter Futures Early Intervention 1800 067967
- Centre for Emotional Health @ Macquarie Uni 9850 4084
- Early Learning Outreach Project 4348 4423
- Emotional Health Clinic @ Macquarie Uni 9850 8711
- Northcott Early Start Diagnosis Support 0409 494479
- Uni of Newc Psyc Clinic 4921 5075

PSYCHIATRISTS – CHILD AND ADOLESCENT

- David Butler 4325 5744
- Colin Kable New Lambton Heights 4952 6599
- Geoff Crawford Belmont Hospital 92210211
- Tony Slowiaczek St Leonards 9437 5400

PAEDIATRICIANS

- Pendergast & Erikson 4324 5077 Fax 4325 0629
- Buckmaster 4322 3400 Fax 4323 3800
- De Courcy 4325 1990 Fax 4325 2299
- Hong 4324 6011 Fax 4325 1199
- Pryde 4394 7586 Fax 4394 7587
- Donald Anderson New Lambton Heights 4952 6599
- John Stewart Toronto 0408608286
- Lynn Bana Kaleidoscope 49246280
- Mark Gibbeson Hamilton 49695555
- Michael Lonergan New Lambton Heights 4952 6599
- Murray Weber John Hunter Hospital 49213000

PRIVATE PSYCHOLOGISTS

- Coastwide Psychological Services 4359 1246
- Hope Psychology 4393 3610
- Kathryn Tiffen 4322 7737
- Laura's Place 4385 5587
- Read Clinic 4324 6633
- Anne Sharkey and Associates Lambton/Cardiff 4952 4467
- Educare Warners Bay 49472910
- Gwenda Brownell Speers Point 49657733
- John Waring and Associates Warners Bay 49537111
- Lee Sturgeon Speers Point 49508060
- Matthew Stanton The Junction 49653530
- Tarnya Davis newpsych Newcastle 4926 5005

BEHAVIOURAL OPTOMETRISTS

- Sleeman Optometry 4388 9488
- VisualEyes Optics 4325 0328
- Gabriel Ma Jesmond 49517566
- Kevin O'Brien Singleton 65722934
- Susan Walton Newcastle 49264799

(Means-tested glasses - Vision Care - OPSM Charlestown)

OCCUPATIONAL THERAPISTS FOR CHILDREN

- Coastwide Therapy Services 4388 1110
- Juel Occupational Therapy 4333 6100
- Senseability 4389 1812
- John Hunter Hospital 49213700
- Hunter Occupational Service (Bonnie Boman) East Maitland 49330664
- Newcastle Pediatric OT (Melanie Ward) Adamstown 49577111

SPEECH PATHOLOGIST

- All Areas Speech Pathology 1300 787136
- Michelle Bennett Lake Munmorah 0419 237973
- Jane Beale – Tuggerah 1300 787136
- Canton Beach Speech Pathology 4396 5686
- Jacqui Collins – Toukley 4396 5686
- Selena Craig – Kanwal 49 733809 or 0416 143809
- Michelle Franov – Kanwal 4393 9665 0409 535820
- Robyn Rogers – Wyong 4353 1462
- Sharon Lineham 4388 6854
- Irene Wilson – Wyong 4353 2168 or 0416 042113
- Sign & Speak 0404 838712
- Ruth Davies 49610330