

Western NSW Emergency, Crisis & Support Contacts

For life-threatening emergencies, call 000 (triple zero)

WHEN IT'S AN EMERGENCY

Emergency

000 (triple zero)
All life-threatening emergencies

NSW Police Force

000 (triple zero)
Police Assistance Line: 131 444

NSW Fire & Rescue

000 (triple zero)
Helps during building fires, car accidents, rescues & accidents involving hazardous material

NSW Rural Fire Service (RFS)

000 (triple zero)
Info Line: 1800 679 737
Helps during bush, grass & building fires, and car accidents

NSW State Emergency Service (SES)

132 500
For general help in a flood or storm

Translating Interpreting Service (TIS)

13 14 50
If you do not speak English well, you can call TIS who provide access to phone and on-site interpreting services in over 150 languages (this is not an emergency service).

WHEN IT'S A CRISIS

Lifeline

13 11 14 or Text: 0477 13 11 14
24 hour telephone counselling service

13YARN

13 92 76
24 hour confidential telephone counselling service for Aboriginal & Torres Strait Islander people.

Suicide Call Back Service

1300 659 467
Nation-wide service providing 24/7 telephone & online counselling to people affected by suicide

Kids Helpline

1800 55 18 00
Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25.

MensLine Australia

1300 78 99 78
A telephone and online counselling service offering support for Australian men.

Beyond Blue

1300 22 46 36
Information and referral to relevant services for depression and anxiety related matters.

Mental Health Line

1800 011 511
Professional help and advice as well as referrals to local mental health services

WHEN YOU NEED SUPPORT

Head to Health

1800 595 212
When you need some mental health support, but you don't know where to start.

Rural Youth Mental Health Service

1800 236 762
Early intervention service for young people (12-25) with, or at risk of, mental illness.

Headspace

Dubbo: (02) 5852 1900
Orange: (02) 6369 9300
Bathurst: (02) 6338 1100
Cowra: (02) 6341 5800
Broken Hill: (02) 9393 9699
Helping young people (12-25 years) with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support.

Strong Minds Western NSW

(02) 6826 5271
Short-term counselling service for people with diagnosable mild to moderate mental health difficulties

GP After Hours Clinics

Dubbo: (02) 6884 2100
Bathurst: (02) 6333 2888
Orange: Bloomfield Medical Centre (walk in clinic)
When it's urgent, but not an emergency

phn
WESTERN NSW

An Australian Government Initiative

FIND THE SERVICE YOU NEED VIA
National Health Services Directory <https://about.healthdirect.gov.au/nhsd>