

Carers: Where to Get Help

Carer Services	Contact Number	Opening Hours
Aged Care Assessment Team (ACAT)	4985 5700	Monday to Friday – 8am to 8pm
ARAFMI Hunter	4961 2842	Monday to Friday - 9am to 5pm
Beyond Blue	1300 224 636	24 hours a day / 7 days a week
Carer Advisory & Counselling Service	1800 242 636	Monday to Friday - 9am to 5pm
Carers NSW/ Young Carers	1800 242 636	Monday to Friday - 9am to 5pm
Commonwealth Respite & Carelink Centre	1800 052 222	Monday to Friday - 8am to 8pm Saturday - 10am to 2pm
Dementia Helpline (24hr)	1800 100 500	Monday to Friday - 9am to 5pm
Dept of Ageing, Disability & Home Care	1300 205 268	Monday to Friday - 9am to 5pm
Disability Advocacy NSW	1300 365 085	Monday to Friday - 9am to 5pm
Edu CARE Support	4943 4444	Monday to Friday - 9am to 5pm
GP Access After Hours	1300 130 147	Monday to Friday - 5:30pm to 8am Weekend 12pm Saturday to 8am Monday
National Disability Insurance Scheme	1800 800 110	Monday to Friday - 9am to 5pm
NSW Community Transport Organisation	1300 679 286	Monday to Friday - 9am to 5pm
NSW Elder Abuse Helpline	1800 628 221	Monday to Friday - 8:30am to 5pm
Samaritans Kinship Care Support	4014 9387	Monday to Friday - 9am to 5pm

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Hunter Mental Health 24hrs	1800 011 511
Lifeline	13 11 14

Accommodation:

DV Women's Refuges	1800 656 463
Matthew Talbot	4961 1411
Nova Women's' Accom & Support	4023 5620
Oasis Youth Accom	4969 8066
Samaritans Youth Accom Newcastle	4955 8358
Tenancy Resource Service	1800 786 466

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Link2Home	1800 152 152

Legal

Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777
Family Law Courts	1300 352 000
Hunter Community Legal Centre	4040 9120 1800 650 073
Indigenous Women's Legal Contact	1800 639 784
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
University Legal Centre	4921 8666
Victims Support NSW	1800 633 063
Youth Legal Aid Hotline	1800 101 810

No Interest Loan Schemes (NILS)

BaptistCare (Windale and Mayfield)	1300 275 227
Hunter Region NILS	4987 7666
Newcastle Care (Hamilton)	4969 2799
Southlake Community Centre (Morisset)	4973 7000

Additional Notes