

## Family Services: Where to get Help

Child and Family Services	Contact Number	Opening Hours
Port Stephens Family Support Services	4987 4674	
Families and Community Services	4987 1022	
Child Care Access Line	1800 670 305	Monday to Friday- 9am to 5:30pm
Child and Family Health	4924 6400	Monday to Friday – 9am to 4:30pm
Child Protection Helpline	13 21 11	24 hours a day / 7 days a week
Child Support	131 272	Monday to Friday - 8:30am to 4:45pm
Drug and Alcohol Service	1800 422 599	24 hours a day / 7 days a week
Family Planning Hunter	4929 4485	Monday to Friday – 8:30am to 5pm
Family Relationship Advice Line	1800 050 321	Monday to Friday – 8am to 8pm Saturday – 10am to 4pm
Family Relationship Centre Newcastle	4016 0566	Monday & Thursday – 9am to 6pm Tuesday & Wednesday- 9am to 7:30pm Friday – 9am to 5pm
<b>Gan Gan Family Centre</b> We are a free universal service open to any family with a child aged 0 to 8 years. Supported playgroup, parenting programs, transition to school activities, referral hub Anna Bay Public School	02 49821187	Monday to Friday School Hours
<b>Hunter Dental Services &amp; Oral Health</b>	1300 651 625	Monday to Friday – 8:30am to 4:30pm
<b>Hunter Family Referral Service</b>	1300 006 480	Monday to Friday – 9am to 5pm
<b>Hunter Women’s Centre</b>	4968 2511	Monday to Thursday- 9am to 5pm Friday – 9am to 3:30pm
<b>Interrelate Newcastle</b>	4016 0550	Monday & Thursday – 9am to 6pm Tuesday & Wednesday – 9am to 7:30pm Friday- 9am to 5pm
<b>Mensline Australia</b>	1300 789 978	24 hours a day / 7 days a week
<b>Muloobinba Aboriginal Corporation</b> Family Support Young Parents Programs	02 4969 5299	Monday to Friday – 9am to 5pm

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New Horizons	4037 0400	Monday to Friday – 8:30am to 5pm
Nexus Mental Health	4985 5800	Monday to Friday – 3pm to 7:30pm
Parent Line (Centacare)	1300 130 052	Monday to Friday- 9am to 9pm Saturday 4pm to 9pm
Personal Helpers and Mentors	4033 4939	Monday to Friday- 8am to 4:30pm
Reconnect (Samaritans)	4014 9380	Monday to Friday – 9am to 5pm
Relationships Australia	4940 1500	Monday to Friday – 9am to 5pm
The Smith Family Communities for Children	0481 903 952	
Save the Children Play2Learn playgroup Raymond Terrace and Tanilba Bay	0418676132	Mon - Thursday
KU Children's Services Steps to Starting School (Raymond Terrace and Tanilba Bay)	0419200628	Tuesday - Wednesday
Family Action Centre Our Health Rules	0437 459 598	Wednesday-Friday
Unifam	1800 864 846	Monday to Friday- 9am to 5pm
Women's domestic violence court advocacy service Provides information around DV, ADVOs, court proceedings, personal support in court	49408766	Monday to Friday- 9am to 5pm Saturday 9.30pm to 2.30pm
Port Stephens Family and Neighbourhood Centre Youth Counselling, family support		

## Emergency Assistance

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

## Legal

<b>Aboriginal Legal Services</b>	4926 1571
<b>Community Justice Centre</b>	1800 990 777
<b>Family Law Courts</b>	1300 352 000
<b>Hunter Community Legal Centre</b>	4040 9120

## Accommodation:

<b>DV Women's Refuges</b>	1800 656 463
<b>Nova Women's' Accom &amp; Support</b>	4023 5620
<b>Oasis Youth Accom</b>	4969 8066
<b>Samaritans Youth Accom Newcastle</b>	4955 8358
<b>Tenancy Resource Service</b>	1800 786 466

## Crisis:

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

<b>Indigenous Women's Legal Contact</b>	1800 650 073
<b>Legal Aid Newcastle</b>	1800 639 784
<b>Legal Aid Newcastle</b>	4929 5482
<b>Law Access NSW</b>	1300 888 529
<b>University Legal Centre</b>	4921 8666
<b>Victims Support NSW</b>	1800 633 063
<b>Youth Legal Aid Hotline</b>	1800 101 810