

General & Mental Health Services: Where to Get Help

Counselling and Support Services		
Lifeline Crisis Counselling	12 11 14	24 hours a day / 7 days a week
1800 Respect	1800 737 732	24 hours a day / 7 days a week
Hunter Sexual Assault Services	4924 6333	Monday to Friday - 9am to 5pm
Sexual Assault Hotline	1800 424 017	
Gambling Help Service	1800 858 858	24 hours a day / 7 days a week
Kids Helpline	1800 551 800	24 hours a day / 7 days a week
Northern Settlement Services	4969 3399	Monday, to Friday 9am-5pm
Mental Health Raymond Terrace	4939 2444	
Marter Hospital Mental Health Emergency	4033 5357	
Mensline	1300 789 978	24 hours a day / 7 days a week
Women's Info & Referral Service	1300 134 130	Monday to Friday - 9am to 5pm
Youth Health Team (Kaleidoscope)	4925 7804	Monday to Friday / 8am to 4:30pm
Hunter Mental Health 24hrs	1800 011 511	24 hours a day / 7 days a week
Sids and Kids Hunter Region Bereavement and Support Services	49693171	24 hours a day / 7 days a week
Port Stephens Family Support	4987 4674	
Beyond Blue	1300 224 636	24 hours a day / 7 days a week
CAMHS (Referral)	1800 011 511	24 hours a day / 7 days a week
Hunter ARAFMI	4961 6717	Monday to Friday - 9am to 5pm
Domestic Violence Line	1800 656 463	
Lake Macquarie Mental Health	4904 9000	Monday to Friday - 9am to 5pm

Newcastle Community Mental Health	4964 7000	Monday to Friday - 9am to 5pm
New Horizons	4037 0400	Monday to Friday - 8:30am to 5pm
Personal Helpers and Mentors	4033 4939	Monday to Friday - 8am to 4:30pm
Suicide Call Back Service	1300 659 467	24 hours a day / 7 days a week
SANE Australia Helpline	1800 187 263	Monday to Friday - 10am to 10pm
Hunter Women's Centre	4968 2511	
Victims Services NSW	1800 633 063 Aboriginal Contact 1800 019 123	
General Health		
Vision Care NSW	1800 806 851	
GP Access	1300 130 147	
Raymond Terrace Community Health Centre	4987 2078	
Drug and Alcohol Services		
Alcohol & Drug Info Service	1800 422 599	8:30am to 10pm
WHOS 6 week day program for Opioid Substitution Treatment (OST)	02 49119009	Monday to Friday 9.30am – 4.30pm
Port Stephens Community Drug Action Team All Saints Anglican Church Hall, 25 Church Street, Nelson Bay	0478 129 121	Monday's Weekly 10:30am – 12:30pm
Cancer Support Services		
Port Stephens Women's Cancer Support	0427 767 388	
Hunter Breast Cancer Support	0419 658 875	
Tomaree Breast Cancer Support Group	0431 864 788 0423 602 243	
Tomaree Prostate Cancer Support Group	0407 252 566	