

Men's Services: Where to Get Help

Men's Groups		
Newcastle Family Support	4926 3577	Monday to Friday 9am to 4pm
Port Stephens Family Support	4987 4674	Monday to Friday 9am to 5pm
Raymond Terrace Men's Shed 17G, Irrawang St, Raymond Terrace	4983 2580	Contact Windale Men's Shed for specific times
Men's Services		
Mensline Australia	1300 789 978	24 hours a day / 7 days a week
Family Drug Support (24hrs)	1300 368 186	24 hours a day / 7 days a week
Family Relationship Advice Line	1800 050 321	Monday to Friday - 8am to 8pm Saturday - 10am to 4pm
Interrelate Newcastle	4016 0550	Monday to Friday 9am to 5pm After hours appointments are available
Oasis Hunter (18 -25 year olds)	4969 8066	Monday to Friday - 9am to 5pm
Parent Line (Centacare)	1300 130 052	Monday to Friday - 9am to 9pm Saturday and Sunday - 4pm to 9pm

Emergency Assistance

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

Family Support Services

Eastlakes	4943 9255
Newcastle	4926 3577
Morisset (Southlakes)	4970 5596
Northern Settlement Services	4969 3399

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
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

Child and Family Services

Family Relationship Centre	4016 0566
Parent Line (Centacare)	1300 130 052
Hunter Family Referral Service	1300 006 480
Relationships Australia	4940 1500
Child Support Agency	13 11 07
Interrelate	1300 736 966
Child Care Access Line	1800 670 305

Neighbourhood Centres

Belmont	4947 0031
Jesmond	4979 8555
Maryland	4955 8111
Morisset (Southlakes)	4973 7000
Raymond Terrace	4987 1331
West Wallsend (Sugar Valley)	4953 1667

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