

DEVELOPMENTAL SUPPORT AND DISABILITY ORGANISATIONS

NDIS (National Disability Insurance Scheme)

Ph. 1800 800 110 www.ndis.gov.au

Early Childhood Early Intervention (ECEI)

Ph. 1300 888 378 NDIS for children under 7

Ability Links

Ph. 9685 0293 www.abilitylinksnsw.org.au
Connecting people with disability, families and carers in the community.

EarlyEd

Ph. 9923 2727 www.earlyed.com.au
A family-centred early childhood intervention service for children with disabilities or developmental delays, and their families.

Lifestart

Ph. 1800 953 390 www.lifestart.org.au
Early intervention programs to families who have a child with a disability.

Northcott

Ph. 1800 818 286 www.northcott.com.au
Works with clients with disabilities from early childhood to adulthood.

SDN Children's Services

Ph. 1300 831 445 www.sdn.org.au
Provides children's therapies, family support and access to preschools.

ASPECT - AUTISM SPECTRUM AUSTRALIA

Ph. 1800 277 328 www.autismspectrum.org.au
Services for people with autism and their families. Schools program, assessments, behaviour and family support, and adult programs.

Cerebral Palsy Alliance

Ph. 1300 888 378 www.cerebralpalsy.org.au
Family-centred therapies, life skills programs, equipment and support for people and their families living with a disability.

Riverlink

Ph. 9638 0999 www.riverlink.org.au
Provides support for people with disabilities, through community access programs, camps, social activities and in-home support.

Northern Sydney Intellectual Disability Health - Cremorne Clinic

Ph. 8968 3400 www.cds.org.au
A multidisciplinary consultancy health service for children and adults with an intellectual disability. Referral required.

CARER SUPPORT

Carer Gateway

Ph. 1800 422 737 www.carergateway.gov.au

Carers NSW

Ph. 9280 4744 www.carersnsw.org.au

Young Carers NSW

Ph. 9280 4744 www.youngcarersnsw.org.au

HELPFUL CONTACTS

Department of Communities and Justice	www.dcj.nsw.gov.au	
Child Protection Helpline		132 111
Lifeline (24 Hours)	www.lifeline.org.au	13 11 14
Poisons Information Service (24 hours)	www.poisonsinfo.nsw.gov.au	131 126
Telephone Interpreter Services (TIS)		131 450
Domestic Violence Line (24 Hours)		1800 656 463
GP Line (After Hours)		1800 022 222
Beyondblue	www.beyondblue.org.au	1300 224 636
Breastfeeding Helpline (24 Hours)	www.breastfeeding.asn.au	1800 686 268
Get Healthy	www.gethealthynsw.com.au	1300 806 258
Karitane Careline	www.karitane.com.au	1300 227 464
Kids Helpline	www.kidshelpline.com.au	1800 551 800
Parent Line NSW	www.parentline.org.au	1300 130 052
Tresillian Parent Help Line	www.tresillian.org.au	1300 272 736
North Sydney Drug, Alcohol and Gambling Service		1300 889 788
Childcare Finder	www.childcarefinder.gov.au	
Fatherhood Foundation	www.fatherhood.org.au	
Government Schools	www.education.nsw.edu.au	
Raising Children Network	www.raisingchildren.net.au	
Resourcing Parents	www.resourcingparents.nsw.gov.au	

LOCAL GOVERNMENT - INFORMATION

Your local council & library has information and service directories on local services, such as child care services & schools as well as local community and neighbourhood centres.

Lane Cove Council	www.lanecove.nsw.gov.au
Ph. 9911 3555	
Mosman Council	www.mosman.nsw.gov.au
Ph. 9978 4000	
North Sydney Council	www.northsydney.nsw.gov.au
Ph. 9936 8100	
Willoughby City Council	www.willoughby.nsw.gov.au
Ph. 9777 1000	

**For all Emergencies, Police, Ambulance, Fire Brigade
Phone 000 (112 for mobiles only)**

An initiative of



**LOWER NORTH SHORE
CHILD & FAMILY
INTERAGENCY**

LOWER NORTH SHORE

**child +
family
SERVICES**

**Family Referral Service
1800 066 757**

For families in Lane Cove, Mosman,
North Sydney and Willoughby Local
Government Areas

Updated November 2019

FAMILIES FROM MULTICULTURAL BACKGROUNDS

A Migrant Welcome Pack produced by the Lower North Shore Multicultural Network. Available from Councils & The Crows Nest Centre: www.bit.ly/2HIUJKF

Translation and Interpreting Service (24 Hours)

Ph. 131 450 www.tisnational.gov.au

Sydney Multicultural Community Services

Ph. 9955 3952 www.sydneymcs.org.au

Transcultural Mental Health Centre

Ph. 1800 648 911 www.dhi.health.nsw.gov.au

Korean Lifeline- Phone counselling (Korean)

Ph. 9858 5900 www.koreanlifeline.com.au

MULTICULTURAL INFORMATION, SUPPORT SERVICES, AND GROUPS

Armenian Community Welfare Centre

Ph. 9419 6394 www.armenianchurchsydney.org.au

Australian Chinese Community Association

Ph. 9412 3488 www.acca.org.au

CASS Care Ltd. (Chinese, Korean, Vietnamese & Indonesian)

Ph. 9789 4587 www.casscare.org.au

NSW Spanish and Latin American Association for Social Assistance (SLASA)

Ph. 9610 0288 www.nswslasa.com.au

GOVERNMENT

Centrelink & Medicare

www.humanservices.gov.au
Centrelink (Family Payment / Child Care Benefit) Ph. 136 150
Centrelink Multilingual (languages) Ph. 131 202
Centrelink Indigenous Call Centre Ph. 1800 136 380

Medicare General Inquiries

Ph. 132 0111

Child Support Payment Hotline

Ph. 1800 241 272

HOSPITALS

Royal North Shore Hospital (24 hour emergency services)

Reserve Rd, St Leonards, NSW 2065 Ph. 9926 7111

Mater Hospital

26 Rocklands Rd, Crows Nest NSW 2065 Ph. 9900 7300

North Shore Private Hospital

Westbourne Street, St Leonards NSW 2065 Ph. 8425 3000

NORTH SHORE POLICE AREA COMMAND

North Sydney Police Station

273 Pacific Highway, North Sydney Ph. 9956 3199

Chatswood Police Station

63 Archer Street, Chatswood Ph. 9414 8499

Mosman Police Station

96 Bradleys Head Rd, Mosman Ph. 9969 1933

COMMUNITY HEALTH SERVICES

NSLHD Child and Family Health Nursing www.nslhd.health.nsw.gov.au/CYFH

Free service for families with children from birth to 5 years. Offer children's health and brain development checks; family support; education; groups; & information on all aspects of parenting.

Other NSLHD Child Youth and Family Health Services include: Child Youth Mental Health (CYMHS) • Speech Therapy, Occupational Therapy, Physiotherapy • Oral Health • Community Paediatrics • Child Protection • Youth Health • See our website for information and contact details.

MENTAL HEALTH SUPPORT

Radiant

www.myradiant.com.au
Mental health service directory based on your unique needs.

Mental Health Line

Ph. 1800 011 511

Beyond Blue

Ph. 1300 22 4636 www.beyondblue.org.au
Provides information and support to help everyone in Australia achieve their best possible mental health.

Relationships Australia NSW

Ph. 1300 364 277 www.relationshipsnsw.org.au
Relationship support courses & counselling for individuals, couples and families.

Gidget Foundation

Ph. 1300 851 758 www.gidgetfoundation.org.au
Supports the emotional wellbeing of expectant and new parents.

Mensline Australia

Ph. 1300 789 978 www.mensline.org.au
A telephone and online counselling service for men with emotional health and relationship concerns.

Headspace (30 Devonshire Street, Chatswood)

Ph. 8021 3668 www.headspace.org.au
Mental, physical health, work, study, alcohol & other drug support for young people.

Emerging Minds

Ph. 08 8367 0888 www.emergingminds.com.au
Emerging Minds develops interventions, training, programs and resources.

HOUSING SUPPORT

Link Housing

Ph. 9412 1499 www.linkhousing.org.au

SGCH

Ph. 8974 9797 www.sgch.com.au

Mission Australia Homelessness Support Service

Ph. 02 9902 5100 northernsydney@missionaustralia.com.au
174–176 Old Pittwater Road, Brookvale, NSW, 2100

Taldumande Youth Services

02 9460 3777 www.taldumande.org.au

Link 2 Home

1800 152 152
A statewide information and referral service to assist homeless people and those at risk of homelessness.

SUPPORT SERVICES FOR FAMILIES

Family Referral Services

Ph. 1800 066 757 www.familyreferralservice.com.au
Brings together families, support services and community resources. Works with all services to find what will best support young people and families and their children.

CatholicCare – Naremburn Family Centre

Ph. 8425 8700 www.catholiccaredbb.org.au
Parenting & relationship programs, supported playgroups, family support, counselling – relationship/pregnancy/financial, Women's Domestic Violence Support, DAYSS, Emergency Financial Relief & Mediation Services.

Playgroup NSW

Ph. 1800 171 882 www.playgroupnsw.org.au
An informal group where parents & caregivers, children & babies meet up in a relaxed and friendly environment.

Family Relationship Centre Macquarie Park

Ph. 1300 364 277 www.familyrelationships.gov.au
Programs for families at all stages of life, including people starting relationships, resolving relationship difficulties & those affected by family separation.

Mum for Mum NCJWA

Ph. 9363 0257 www.mumformum.org.au
Weekly visits by trained volunteers to mums with babies under 12 months who are struggling with challenges of new motherhood.

North Shore Play Therapy

Ph. 0433 113 390 www.northshoreplaytherapy.com.au
Play Therapy is a form of healing for children (3-12 years) who are experiencing emotional or behavioural challenges.

The Northern Centre

Ph. 0433 113 390 www.thenortherncentre.org.au
Case work support for families at risk of becoming homeless. Women's Legal Clinic – for family law issues.

DOMESTIC AND FAMILY VIOLENCE SERVICES

NSW Domestic Violence Line (24 hours)

Ph. 1800 656 463
Advice, emergency accommodation and telephone counselling.

National Domestic Violence Line: 1800 RESPECT

Ph. 1800 737 732 www.1800respect.org.au

Women's Domestic Violence Court Advocacy Service (WDVCAS)

Ph. 8425 8707 www.wdvcasnsw.org.au
Holistic service which assists women and children to obtain effective legal protection and access to a network of professional services.

Lower North Shore Domestic Violence Network

www.northshoredomesticviolence.org.au

Women's Legal Service

Ph. 9745 6988 www.wlsnsw.org.au

Daisy (Mobile App)

www.1800respect.org.au/daisy
Connects those experiencing abuse to local services and information, also provides incognito access to emergency services.

Men's Referral Service

Ph. 1300 766 491 www.ntv.org.au
A men's family violence telephone counselling, information and referral service.