

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.

Carers NSW

Ph. 1800 242 636 www.carersnsw.org.au
Information, resources, carer support and program, mental health respite, education and training.

Young Carers NSW

Ph. 1800 242 636 www.youngcarersnsw.org.au
A carer support program for carers aged 25 years and under.

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.

HELPFUL CONTACTS

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

Mental Health Access Line 1800 011 511

Mental Health Triage 1300 782 391

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

Men's Line Australia www.mensline.org.au 1300 789 978

Parent Line NSW www.parentline.org.au 1300 130 052

Tresillian Parent Help Line www.tresillian.org.au 1300 272 736

Community Services www.community.nsw.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.

Lane Cove Council
Ph. 9911 3555 www.lanecove.nsw.gov.au

Mosman Council
Ph. 9978 4000 www.mosman.nsw.gov.au

North Sydney Council
Ph. 9936 8100 www.northsydney.nsw.gov.au

Willoughby City Council
Ph. 9777 1000 www.willoughby.nsw.gov.au

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 March 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

MOSAIC Multicultural Centre

Ph. 9777 7952 www.willoughby.nsw.gov.au/community/Facilities

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

Translation and Interpreting Service (24 Hours)

Ph. 131 450 www.tisnational.gov.au

Australian Chinese Community Association

Ph. 9412 3488 www.acca.org.au

Chinese Australian Services Society (CASS)

Ph. 9789 4587 www.cass.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

Child Support Payment Hotline Ph. 132 0111
Ph. 1800 241 272

Housing NSW

Ph. 1800 422 322 www.housing.nsw.gov.au

Link Housing

Ph. 9412 5111 www.linkhousing.org.au

St George Community Housing

Ph. 9585 1499 www.sgch.com.au

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

COMMUNITY HEALTH SERVICES

CHILD & FAMILY HEALTH NURSING SERVICE

A community based service for parents with children newborn to 5 years of age. Offer health and development checks for children, support, education, groups and information on all aspects of parenting.

Chatswood

Ph. 9926 4640 57 Hercules St, Chatswood NSW 2067

Cremorne

Ph. 9926 5955 108 Parraween Street, Cremorne NSW 2090

Crows Nest

Ph. 9926 5990 2 Ernest Place, Crows Nest NSW 2065

Lane Cove

Ph. 9926 5940 172 Longueville Rd, Lane Cove NSW 2066

Royal North Shore Community Health Centre

Ph. 9462 9200 Level 2, 2C Herbert St, St Leonards NSW 2065
Specialist multidisciplinary services for children with complex needs including medical, developmental, speech and behavioural disorders. Referral required.

Child Development Service

Ph. 9462 9288
A diagnostic and assessment service for children under 6 years who have a significant developmental delay. Referral required.

Child & Youth Mental Health Service

Ph. 9462 9222
Specialist mental health for children and young people 0-17 years with severe and complex mental health problems.

MENTAL HEALTH SERVICES

Gidget Foundation

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

Relationships Australia NSW

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

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.

Headspace (30 Devonshire St, Chatswood)

Ph. 8021 3668 www.headspace.org.au
Mental health, physical health, work and study support, alcohol and other drug services for young people aged 12-25 years.

Emerging Minds

Ph. 08 8367 0888 www.emergingminds.com.au
Emerging Minds develops interventions, training, programs and resources in response to the needs of healthcare professionals, children and their families.

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 - Nareburn Family Centre

Ph. 8425 8700 www.catholiccarebb.org.au
Parenting & relationship programs, supported playgroups, family support, counselling - relationship/ pregnancy/ financial, Women's Domestic Violence Support, 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 in home visits by trained volunteers to new mums with babies under 12 mths who are struggling with issues such as post-natal depression, anxiety, social isolation and other challenges of motherhood.

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.wdvcasnw.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

POLICE

North Sydney Police Station

Ph. 9956 3199 273 Pacific Highway, North Sydney

Chatswood Police Station

Ph. 9414 8499 63 Archer Street, Chatswood