

Resource Directory

ABORIGINAL SPECIFIC SERVICES

Central Coast Aboriginal Hospital Liaison Officer	4320 2698
Aboriginal Chronic Care	4320 2698
Darramulen	4320 4115
Bungree Aboriginal Association Inc	4397 7700
Elandra Women's & Children's Service	
- Toukley Women's Refuge For Domestic Violence	4396 4263
Awabakal Dental and Medical Service	4969 2505
Central Coast Health - Aboriginal Youth Health Worker	4356 9333
Eleanor Duncan Aboriginal Health Centre	4351 1040
Mingaletta Aboriginal and Torres Strait Corporation	4342 7515
Nunyara Aboriginal Health Unit	4320 2698
Maya Young Women's Refuge	4323 1636
Muru Aboriginal Inc	4355 1511
Aboriginal Community Liaison Officers - Central Coast	4348 9100
Aboriginal Student Support Officer - Gosford TAFE	4348 2286
Gibalee Aboriginal Learning and Development Centre	4349 4500
Regional Aboriginal Education Team	4348 9100
TAFE Purrimaibahm Aboriginal Education and Training Unit	4350 2388
Aboriginal Employment Strategy	4939 4500
NAI SDA Dance College	4340 3100
Darkinjung Local Aboriginal Land Council	4351 2930
Aboriginal Legal Service (NSW/ACT) Ltd	4926 1571
Aboriginal Women's Legal Centre (Wurringa Baiya)	9569 3847
Linkup	4759 1911
Koori Connect Programme	4350 2600

For further information regarding any of the above services please go into
<http://www.gaduma.com.au/health.aspx>

ACCOMMODATION

Dept of Housing	http://www.housing.nsw.gov.au/	
Gosford Area		4323 5211
Wyong Area		4352 4400
Pacific Link Community Housing	http://www.pacificlink.org.au	4324 7617
Compass Housing Services Co. Ltd		4351 1911
Coastal Community Tenancy Scheme	http://www.communityhousing.org.au/	4396 5222
Transitional Enterprises		4384 8555
Coast Shelter	http://coastshelter.org.au	4325 3540
24 hour accommodation enquiries		4324 7239
Central Coast Tenants Advice & Advocacy Service		4353 5515

AGED CARE

ACAT (In Patient)		4304 0777
Central Coast Aged Care Assessment Team (ACAT)		4304 0700
Community Aged Aged Care Assessment Team (ACAT) - Westmead		9845 6903
Care Packages - (CACP)		4304 0700
Meals on Wheels		4382 9444
Peninsula Community Centre, Ageing and Disability -		4343 1888
Hammondcare - Extended Aged Care at Home Program		4337 5801
Legacy Aged Care Norah Head		4397 1122
Red Cross		43243411
Extended Aged Care at Home Program & Dementia		
- Sue Mann's Nursing & Community Care		4365 3200

ADVOCACY

Mental Health Carers (ARAFMI)		4369 4233
Carers NSW Inc Head Office		9280 4744
For carer information, support and counselling		1800 242 636
For carers wanting emergency respite		1800 052 222

CHILD & ADOLESCENT SERVICES

Accommodation Youth Hotline	1800 424 830
Aunties and Uncles	4369 1020
Central Coast Youth Health Service	4356 9333
Central Coast, Children and Youth People Mental Health (CYPMH - Y Central)	4304 7878
Commonwealth Respite & Carelink Centre - Young Carers program	1800 052 222
Department of Community Services	132 111
Emergency Youth Accommodation	1800 424 830
Gravity Youth Centre – Lakehaven, Wed 2:00 – 6:00pm	4392 4912
Headspace Central Coast	4304 7870
Kids Helpline (National)	1800 551 800
Kincumber Youth Centre – Kincumber, Wed 3:00 – 6:00pm	4369 5633
RAPT (Reconnecting Adolescent & Parents Team)	4325 9600
Salvo Youth Line	9360 3000
Wyong Central	
Young Carers NSW	9280 4744
Youth GP Clinics are held at:	
Youth Health	4356 9333
Youth Suicide Help Line	1800 191 919
YPPI	4304 7878

Youth health resources and contact

<http://www.caah.chw.edu.au/resources/gp-section4.pdf>

COMPLAINTS

Central Coast Health Service (incorporating Gosford, Wyong, Long Jetty and Woy Woy hospitals and community health)

Health Care Complaints Commission - Complaints Manager	4320 3920
Telephone:	9219 7444
Toll Free in NSW:	1800 043 159
TTY service for the hearing impaired:	9219 7555
Fax:	9281 4585

COUNSELLING SERVICES

Coast Care Counselling

Gosford Area	4340 1724
Wyong Area	4353 1750

Centacare

Gosford Area	4324 6403
Wyong Area	4352 1311

Unifam

4324 4387

Women's Health Centre

Wyoming	4324 2533
Peninsula	4342 5905
Rose Cottage (Wyong)	4351 1152

Narara Counselling Centre

4329 5050

Lifeline

131114

Interrelate

1800 449 118

Family Relationship Centre – Central Coast

4363 8000

Financial Counselling

Lifeline Central Coast	4323 6105
Gosford City Community & Information Service	4329 4477
San Remo Neighbourhood Centre	4390 7888
CreditLine Helpline	1800 808 488
NSW Financial Counsellors Association	0500 888 079

Homeless Persons Counselling

Wesley Mission - Head office	9263 5555
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Homeless Persons Information

9265 9081

Newcastle	4961 1661
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GLine (Gambling)

1800 633 635

DOMESTIC VIOLENCE

Central Coast Domestic Violence Court Assistance Scheme

Gosford:	4304 6941
Wyong:	4350 3064
Domestic Violence & Sexual Assault Helpline (24 hrs)	1800 200 526
Domestic Violence Homeless Line	1800 15 21 52
DVIRT – CC Domestic Violence Intervention Team	4323 5524
Protection & Family Crisis Services (24 hrs)	1800 066 777
Staying Home Leaving Violence – Wyong	4350 1730 or 0448 888 972
The Salvation Army Women’s Crisis Support	4325 5624

DRUG & ALCOHOL SERVICES

Central Coast Drug & Alcohol Services	4394 4880
Maruma-li Unit – Detox Unit Wyong	4394 4880
Kullaroo Clinic	4320 2637
Family Drug Support (FDA)	1300 368 186
Alcohol & Drug Information Service	1800 422 599
Cannabis Information & Help Line	1800 30 40 50
Central Coast Cannabis Clinic	4394 7999
Cannabis Information & Helpline	1800 30 40 50
Smoking Quitline	131 848

EMERGENCY & SELF HELP

Emergency - Police/Ambulance/Fire 000

AI – Anon	1300 252 666
Alcoholic Anonymous	4323 3890
ASCA (Advocates for Survivors of Child Abuse)	1300 657 380
Central Coast Problem Gambling Service:	4344 7992
Community Legal Centre http://www.clcnsw.org.au	4353 4988
Gosford City Financial Counselling Service	4329 4477
Grow NSW	1800 558 268
Learning for Life Program – Gosford	4322 2900
Learning for Life Program – Lake Haven	4392 7472
Incest Counselling Resource Centre	1800 654 119

Legal Aid		1300 888 529
Lifeline Financial Counselling		4323 6105
Nar – Anon		9418 8728
Narcotics Anonymous	nswcentralcoast@na.org.au	4325 0524
Police		
Gosford		4323 5599
Terrigal		4384 4822
The Entrance		4333 2999
Toukley		4390 1299
Woy Woy		4379 7399
Wyang		4352 4899
Redfern Legal Centre		9698 7277
San Remo Financial Counselling Services		4390 7888
Smith Family		4334 7844
St Vincent De Paul		43236080
Suicide Safety Network	www.suicidesafetynetwork.com.au	4392 7522
Wesley Gambling Counselling Service		4351 0116

EMPLOYMENT

Progressive Employment Personnel		4324 4333
CRS Australia – Employment Opportunities for people with disabilities		
Gosford		4336 8100
Wyang		4336 8100

FAMILY SUPPORT SERVICES

Central Coast ARAFMI		4369 4233
Central Coast Family Support		4340 1585
Horizons - Wyong		4333 5111
Central Coast Multi-Cultural Family Support		4334 3877
Supported Playgroups/Family Day Care		4340 1111
Burnside		4352 3222

FINANCIAL – CENTRELINK SERVICE & PAYMENTS

Services and payments	Phone number	About number
ABSTUDY	13 2317	Find out how ABSTUDY may help you stay at school or go on to further studies. TTY is available.
Assistance for Isolated Children	13 2318	Enquiries about Assistance for Isolated Children Scheme payments.
Assurance of Support	13 2850	Find out if you need an Assurance of Support to receive your visa grant.
Australian Apprenticeships	13 3633	Find out more about the Australian Apprenticeships Initiative .
BasicsCard Balance	FreeCALL™ 1800 057 111	Find out how much money you have available on your BasicsCard . For all other BasicsCard enquiries please call the Income Management Line.
Centrelink's Business Hotline	13 1158	Find out more about Centrelink's Business Hotline. Send fax information to 13 2115.
Centrelink Multilingual Call	13 1202	Assistance and information in languages other than English.
Centrelink International Services	13 1673	Enquiries about moving or travelling outside Australia, claiming payments while outside Australia, or receiving payments from other countries.
Customer Relations	FreeCALL™ 1800 050 004	Use this number to offer compliments, complaints and suggestions. TTY is available.
Debt Recovery	13 6330	Talk to us about repayment of a Centrelink debt .
Disability, Sickness and Carers	13 2717	Enquiries about Disability Support Pension, Mobility Allowance, Carer Payment, Carer Allowance, and Sickness Allowance.

Drought Assistance	13 2316	Find out about Drought Assistance payments and services.
Employment Services	13 2850	Enquiries about Newstart Allowance, Widow Allowance, Farm Help, Exceptional Circumstances Relief Payment, Partner Allowance, Special Benefit, and Employment Services Providers, including Job Services Australia.
Family Assistance Office	13 6150	Family Tax Benefit Part A and B, Child Care Benefit, Parenting Payment, Double Orphan Pension, Health Care Cards, Baby Bonus, Maternity Immunisation Allowance, and Jobs, Education and Training (JET) enquiries.
Farm Assistance	FreeCALL™ 1800 050 585	Find out more about Drought Assistance .
Financial Information Service booking service	13 6357	Make a booking for a financial information service seminar .
Foreign Income Exchange Rate Line	FreeCALL™ 1800 050 041	For Information about Foreign Income Exchange Rates.
Fraud Tip-off Line	13 1524	Report a suspected fraud against Centrelink, Medicare, the Pharmaceutical Benefits Scheme or the Child Support Agency.
Income Management	13 2594	Use this number if you are a customer on Income Management and would like to enquire about your Income Management or your BasicsCard.
Indigenous Call Centre	13 6380	Indigenous Australians living in regional and remote areas can talk about Centrelink payments and services.
Indigenous Debt Recovery	FreeCALL™ 1800 138 193	Indigenous Australians can find out more about repayment of a Centrelink debt.
Online Services support	13 2307	Get help using Centrelink's Online Services .

Phone Self Service	13 6240	Find out about Centrelink's Phone Self Service .
Report Employment Income	13 3276	Find out about how to report your employment income and activity test details.
Seniors	13 2300	Age Pension, Pensioner Concession Cards, Bereavement assistance, and Widow B Pension, Wife Pension, and Commonwealth Seniors Health Card enquiries.
Youth and Student Services	13 2490	Enquiries for Youth Allowance, Austudy, Pensioner Education Supplement and Low Income Health Care Card.

HELP LINES

Accommodation Youth Hotline	1800 424 830
Alcohol & Drug Information Service	1800 422 599
Child Abuse Prevention Service	1800 688 009
Child Protection and Family Crisis Service	1800 066 777
Credit & Debt Hot Line	1800 808 488
Crime Stoppers	1800 333 000
Community Services (formally DoCS) Helpline	1800 65 64 63
Domestic Violence Hotline (24hrs)	1800 656 463
G - Line: 24 Hours / 7 Days	1800 633 635
Gay & Lesbian Youth and Family Support	1800 652 010
I'M OK LINE	1800 424 730
Legal Aid Hotline (under 18's)	1800 101 810
Life Line (24 Hours)	131114
Mental Health association of NSW	1300 794 991
Mental Health Info service - Mental Health Line	1800 011 511
NSW Quit Line	13 7848
Ombudsman	1800 451 524
Parent Line NSW	130 1300 52

Police Assistance Line (pal)		13 14 44
Rape Crisis		1800 424 017
Salvation Army	http://salvos.org.au/	13 72 58
Salvation Army Care Line		1300 36 36 22
Salvation Army Youth Line		9360 3000
Samaritans Crisis Line		1800 198 313
Suicide Help Line		1800 191 919
Translating & Interpreting Service		13 14 50
Victims Support Line		1800 633 033
Youth Suicide Help Line		1800 191 919

INFORMATION SERVICES

Central Coast ARAFMI		4369 4233
Schizophrenia & Bipolar Fellowship of NSW Inc		9878 2053
Central Coast Contact:		4368 2214 or 4344 7989
Mental Health Association NSW		1300 794 991
Carers NSW		1800 242 636

LEGAL SERVICES

Gosford Courthouse		4304 6922
Woy Woy Courthouse		4341 1450
Wyong Courthouse		4350 3010
Central Coast Community Legal Centre		4353 4988
Central Coast Domestic Violence Court Support		
Gosford		4304 6941
Wyong		4350 3064
Chamber Magistrate - Gosford Courthouse		4325 6922
Chamber Magistrate - Wyong Courthouse		4350 3010
Legal Aid Commission of NSW		4324 5611
Legal Information Access Centre (LIAC)		4348 9906
Law Access Line		1300 888 529
TARS (The Aged Care Rights Service)		1800 424 079

MENTAL HEALTH SERVICES

Public

Gosford Hospital	4320 2111
Wyong Hospital	4394 8000
Mental Health Line	1800 011 511

Gosford Mental Health Unit 4320 2728 or 4320 2727

Wyong Mental Health Clinics:

Gunya	4394 7804
Miri Miri	4394 7832
Tamarind	4394 7818
PECC Unit	43948178

Community Health Centres

Gosford (Citigate)	4324 5600
Kincumber	4369 2355
Woy Woy	4344 8432
Toukley	4396 5111
Long Jetty	4336 7800
Wyong	4393 8229
Lake Haven	4393 7777

Private

St John of God

Burwood	1300 656 273
Richmond	4570 6173

Northside Group

Greenwich Clinic	9433 3555
Cremorne Clinic	1300 556 559
West (Wentworthville) Clinic	1800 233 393

South Pacific Private Hospital Curl Curl	General Inquiries	9905 3667
	(24 hrs)	1800 063 332
Sydney Clinic – Bronte	(24 hrs)	9389 8888

RECREATION

Central Coast ARAFMI	4334 3666
New Horizons – Day to Day Living Program	4322 8799

REHABILITATION**Commonwealth Rehabilitation Service**

Gosford	4323 2798
Wyong	4351 1855
New Horizons – Personal Helpers & Mentoring Program	4322 8799
The Glen (Drug and Alcohol)	4388 6360

RESPIRE FOR CARERS

Central Coast - Commonwealth Carer Respite Centre	1800 059 059
Coastlink	4321 1022
Schizophrenia Fellowship Inc	
Sanctuary Respite Centre	9907 6191
Gundair Rural Homestead Respite Centre	9879 2600
Burwood Respite House	9747 8616

SEXUAL ABUSE

Biala Cottage - Sexual Assault Service	4320 3175
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