

Mental Health Services

to support children, young people and families

For information about recovering from a natural disaster, please visit nsw.gov.au/emergency/recovery

Diocesan support service

The Catholic Diocese of Maitland-Newcastle stands in prayerful solidarity with all those affected by the devastating floods currently impacting our region.

The Rosewood Centre®

PSYCHOLOGY AND ALLIED HEALTH

Face-to-face and telehealth fee for service counselling and support for the whole family.

1800 613 155 [rosewoodcentre.com.au](https://www.rosewoodcentre.com.au)

headspace

Online support and counselling to young people aged 12 to 25.

1800 650 890

headspace.org.au/eheadspace

Parent Line

Telephone counselling and support for parents and carers with children aged 0 to 18 who live in NSW.

1300 130 052 parentline.org.au

Beyond Blue

24/7 telephone support service and online chat.

1300 224 636

beyondblue.org.au

Suicide Callback Service

24/7 crisis support and suicide prevention services via telephone and online chat.

1300 659 467

suicidecallbackservice.org.au

Lifeline

24/7 crisis support and suicide prevention services.

13 11 14 or text **0477 13 11 14**

lifeline.org.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse.

1800 737 732 1800respect.org.au

13Yarn

24/7 crisis support for Aboriginal and Torres Strait Islander peoples.

13 92 76 13yarn.org.au

Qlife

LGBTIQ+ peer support and referral, 3pm-midnight every day.

1800 184 527 qlife.org.au



mn.catholic.org.au

CatholicCare Social Services Hunter-Manning offers several programs to people who may need ongoing support throughout the year.

Targeted Earlier Intervention

Casework, counselling and parenting support for young people aged 12-17 and their families experiencing vulnerability that impacts wellbeing and safety. Offered in Maitland, Dungog and Gloucester.

02 4979 1120

Renewing Pathways

Case management and coordination for all adults and children experiencing domestic violence or abuse.

02 6539 5900

Staying Home, Leaving Violence

Safety planning, case management and coordination for women and children experiencing domestic violence or abuse.

02 6539 5900

Clinical Care

Support to adults with complex and enduring mental health and psychosocial needs.

02 6539 5900

Connected Recovery

Support to individuals over 18 years whose experience of mental health and/or alcohol and drug misuse has impacted their daily lives.

02 6539 5900

CatholicCare runs Community Kitchens

Individuals and families are welcome for free food assistance in these locations across the Diocese.

- **Taree Community Kitchen**
250 Victoria St, Taree
11.30AM-1PM, Monday to Friday
11AM-12.30PM, Saturday
- **Forster Community Kitchen**
33 Lake St, Forster
12PM-1PM, Monday to Thursday
- **Hamilton South Community Kitchen**
29 Fowler St, Hamilton South
11AM-1PM, every Wednesday
- **Civic Park Community Food Van**
King St, Newcastle
5.30PM-6.30PM, every Saturday
- **Toronto Community Kitchen**
92 The Boulevard, Toronto
5PM-6.30PM, every Thursday