

Blue Mountains Community Services Directory

NOTE: www.hsnet.nsw.gov.au is a free website available 24 hours a day, 7 days a week to anyone looking for a service in NSW.

Helplines/Hotlines

1800 RESPECT 1800 737 732
Carers NSW 1800 424 636
Child Protection Hotline 132 111
Domestic Violence Line 1800 656 463
Family Relationship Advice Line 1800 050 321
Financial Rights Legal Centre - Credit & Debt Hotline 1800 007 007
Gay Men's Info Line 1800 009 448
Health Care Interpreter Service 9912 3800
HealthDirect - After Hours GP Helpline 1800 022 222
HIV Information Line 1800 451 600; 9322 9700
HIV Post Exposure Prophylaxis Hotline 1800 737 660
Kidshelpline 1800 551 800
Law Access NSW 1300 888 529
Legal Aid NSW Youth Hotline 1800 101 810
Lifeline 131 114
Link2home 1800 152 152
Mensline 1300 789 978
Mental Health Line 1800 011 511
My Aged Care 1800 200 422
National Dementia Hotline 1800 100 500
NSW Needle Clean Up Hotline 1800 633 353
NSW Rape Crisis 1800 424 017
Parent Line NSW 1300 1300 52
Platform Youth Services (emergency accommodation for young people in Nepean Blue Mountains) 4760 0800
Police Assistance Line 131 444
Rural Fire Service Hotline 1800 679 737
Salvation Army Emergency Relief 1300 371 288
Sexual Assault Counselling 1800 211 028
Sexual Health Info Line 1800 451 624
State Emergency Service 132 500; General Enquiries 4251 6111
St Vincent De Paul Family Assistance Hotline 1300 606 724
Suicide Call Back Service 1300 659 467
The Right Door (emergency accommodation in Nepean Blue Mountains) 1800 760 071

Community/Neighbourhood Centres

Blackheath Area Neighbourhood Centre 4787 7770
CatholicCare Social Services
- Springwood Drop-in Centre 4751 4956;
- Head Office 8822 2222
Katoomba Neighbourhood Centre 4782 1117
Lithgow Information & Neighbourhood Centre 6352 2077
Lower Mountains Neighbourhood Centre 4739 1164
Mid Mountains Neighbourhood Centre 4759 2592
Mountains Outreach Community Service 4758 6811
Springwood Neighbourhood Centre 4751 3033
Winmalee Neighbourhood Centre 4754 4050

Aboriginal & Torres Strait Islander

Blue Mountains Aboriginal Cultural & Resource Centre 4782 6569
BMCC Aboriginal Community Development 4780 5000
Gilgai - Disability Family Support 9832 3825
Gundungurra Tribal Council Aboriginal Corporation 4782 2413
Lawson Community Health Facility
- Aboriginal Liaison 4759 8700
- Appointments 1800 222 608
Link-Up NSW 9421 4700; 1800 624 332
Mount Druitt Aboriginal Legal Advice Service 9832 1356
Mountains Outreach Community Service - ANTAR 4758 6811
Nepean Blue Mountains PHN
- Aboriginal Support Workers 4708 8100
- Chronic Care Coordinators 4708 8100
- Healthy for Life Program 4708 8300
Nepean Hospital - Aboriginal Health Liaison Worker 4734 3833

Accommodation/Housing

The Right Door 1800 760 071
Aftercare (for people impacted by mental illness) 4720 9780
Housing Pathways 4721 6422;
- Application for Social Housing Assistance 1300 468 746
Independent Living Villages (for people with a disability) 1300 951 587
Kirinari (for people with a disability) 4782 9371
Link2home (statewide service) 1800 152 152
Lithgow Homelessness and Housing Support Service 1800 644 996; 6351 2230
Nepean Blue Mountains Tenancy Support Service 4777 8041
Platform Youth Services 4760 0800
West Connect (women's refuges) 4732 2318

Aged & Disability Home Care Services

Anglican Retirement Villages - Homecare
- Blue Mountains 1300 111 278
- Blaxland: 4739 1454
Anglicare Penrith - Community Options 4731 6467
Australian Home Care 1300 303 770
Baptist Care 1300 275 227
- Nepean CALD Domestic Assistance 4702 1100
Blue Mountains Aboriginal Culture and Resource Centre - Community Transport 4782 6569
Blue Mountains Food Service / Blue Mountains Meals on Wheels 4759 2811
Catholic Community Services - Nepean 1800 255 474
Commonwealth Respite Carelink Centres 1800 052 222
Gilgai - Disability Family Support 9832 3825
Great Community Transport Inc
- Lawson: 4759 2403
- Penrith: 4722 3083
Home Care Service of NSW - Macquarie Home Care Branch 4734 9433; 1800 350 792
Home Care Service of NSW - Wangary Aboriginal Home Care Branch 4734 9422
Just Better Care 4759 7137
Katoomba Neighbourhood Centre
- Blue Mountains Domestic Assistance 4782 1117
- Home Modifications & Maintenance Service 4782 1117
- Volunteer Home Visitors 4782 1117
KinCare - Nepean Community 1300 733 510
Kirinari - Home Care Services 4782 9371
LEEP Inc. (formerly TRI Community Exchange)
- Nepean Community Care Support Care Service 4732 6366
- Nepean Multicultural Access Project 4782 1866
Lithgow Information & Neighbourhood Centre - Home and Community Care 6352 2077
Lower Mountains Neighbourhood Centre
- Medical & Transport Services 4739 1164
- Volunteer Home Visitors 4739 1164
Mid Mountains Neighbourhood Centre - Volunteer Home Visitors 4759 2592
Southern Cross - Domestic Assistance - Nepean 1800 989 000
Springwood Neighbourhood Centre
- Community Visitors Scheme 4751 3033
- Volunteer Home Visitors 4751 3033
UnitingCare Community - Nepean 1800 486 484
Wangary Aboriginal Homecare 4734 9422

Aged Care - Health/Leisure/Legal

Aged Care Assessment Team - Blue Mountains/Nepean 1800 557 178
Katoomba-Leura Senior Citizens Club 4782 1174
- Emergency After Hours 4780 5000
Mid Mountains Neighbourhood Centre
- Broadband for Seniors 4759 2592
- Community Café 4759 2592
National Dementia Hotline 1800 100 500
Nepean Hospital - Mental Health Centre Older People Service: 4734 4720
The Aged Rights Service 1800 424 079

Aged Care - Residential

Anglicare Chesalon Services Kingswood 4560 3700
Anita Villa Katoomba 4782 6255

Baptist Care 1300 275 227
- Merindal Hamlet 4751 6849
- Morven Gardens 4784 4600
- Wangara Hamlet 4751 6849
BMCC Aged & Disability Services 4780 5000
Buckland Springwood 4751 2067
Catholic Community Services - Bodington 0404 821 595
Martyn Claver Aged Care 4784 1281
Milstern Health Care - Ritz Nursing Home 4784 1201
My Aged Care 1800 200 422
Opal Endeavour 4754 6000
Portland Tubulam Health Centre 6359 2666
UnitingCare
- Edinglassie Emu Plains 1300 236 030
- Springwood Village 4752 2000
Wesley - Homeless Services 9837 0106

Aged Care - Respite/Day Care

Anglican Retirement Villages
- Homecare, Blue Mountains 1300 111 278
- Blaxland: 4739 1454
Anita Villa Katoomba 4782 6255
Commonwealth Respite Carelink Centres 1800 052 222
Home Care Service of NSW
- Macquarie Home Care Branch 4734 9433; 1800 350 792
- Wangary Aboriginal Home Care Branch 4734 9422
Lawson Community Health Facility 4759 8700
- Appointments 1800 222 608
Opal Endeavour 4754 6000
Portland Tubulam Health Centre 6359 2666
Springwood Health Facility 4751 0100
- Appointments 1800 222 608
Wangary Aboriginal Homecare 4734 9422

Bushfire/Disaster

BMCC Bushfire/Disaster Recovery 4780 5000
CatholicCare Social Services
- Springwood Drop-in Centre: 4751 4956
- Head Office 8822 2222
NSW Rural Fire Service
- Emergency: 000
- Bushfire Info Line 1800 679 737

Carer Support

Anglicare Penrith
- Community Options 4731 6467
- In Home Disability Support 4731 6467
Baptist Care 1300 275 227
Carers NSW 1800 242 636
Catholic Community Services - Nepean 1800 255 474
Commonwealth Respite Carelink Centres 1800 052 222
Day Centre Service Mondeval Leura
- Intake: 1800 222 608
- Coordinator: 4784 3904
Home Care Service of NSW - Macquarie Home Care Branch 4734 9433; 1800 350 792
Katoomba Neighbourhood Centre 4782 1117
KinCare - Nepean Community 1300 733 510
Link-Up NSW 9421 4700; 1800 624 332
Mid Mountains Neighbourhood Centre - Support for Carers 4759 2592
Path Inc 4721 0866
Springwood Health Facility 4751 0100
- Appointments: 1800 222 608

Children

Blackheath Area Neighbourhood Centre - BOOSH 4787 7150; 0438 099 006
Blaxland Euroka Centre 4739 3688
BMCC Children & Family Services 4780 5000
Bridging the Gap 9673 1211
Carinya Neighbourhood Children's Centre 4751 4473
Connect Child & Family Services
- Head Office: 4758 9966
- Katoomba Office: 4782 4804
- Hazelwood Child Care Centre 4758 7382
- Heatherbrae 4759 1462; 0425 332 122
- Possum Patch Early Childhood Centre 4787 1202

Katoomba Neighbourhood Centre - Katoomba Out of School Hours Service 4782 2533
Kidshelpline 1800 551 800
Lapstone Preschool 4739 2606
Lithgow Information & Neighbourhood Centre - Communities & Kids 6354 5912
Mountains Outreach Community Service - BM Occasional Childcare Services 0412 932 801
Mountains Support 4782 1555
Springwood Neighbourhood Centre - Tanderra Out of School Hours Care 4751 5215

Community Transport

Blue Mountains Aboriginal Culture and Resource Centre - Community Transport 4782 6569
Great Community Transport Inc
- Lawson: 4759 2403
- Penrith: 4722 3083
Lower Mountains Neighbourhood Centre - Medical & Transport Services 4739 1164

Counselling - Alcohol/Drugs

Alcohol and Drug Information Service Sydney 9361 8000 or 1800 422 599

Counselling - Children, Adolescents & Families

Bridging the Gap 9673 1211
Kidshelpline 1800 551 800
Lithgow Information & Neighbourhood Centre - Adolescent & Family Counsellor 6354 5912
Mountains Youth Services Team - Counselling
- Upper Mountains 4782 6562
- Lower Mountains 4751 1611
Parent Line NSW 1300 1300 52

Counselling - Crisis

Lifeline 131 114
1800 RESPECT 1800 737 732
Kidshelpline 1800 551 800
Mental Health Line 1800 011 511
NSW Rape Crisis 1800 424 017
Suicide Call Back Service 1300 659 467

Counselling - Domestic Violence/Sexual Assault

1800 RESPECT 1800 737 732
Blue Mountains Women's Health and Resource Centre 4782 5133
- West Connect Domestic Violence Service: 4732 2318
Queen of Hearts 1300 856 737
Springfield Cottage 4734 2512
- After hours 4734 2000

Counselling - Financial

Bridging the Gap 9673 1211
CatholicCare Social Services
- Springwood Drop-in Centre: 4751 4956
- Head Office: 8822 2222
Centrelink Financial Information Service 132 300
Financial Rights Legal Centre 1800 007 007
Lithgow Information & Neighbourhood Centre & Lifeline - Appointments: 1300 798 258

Salvation Army
- Moneycare 0447 682 715
- Penrith: 4732 4571

Wesley Counselling 4725 9288

Counselling - Gambling

CatholicCare Social Services
- Springwood Drop-in Centre: 4751 4956
- Head Office: 8822 2222
Lithgow Information & Neighbourhood Centre & Lifeline - Appointments: 1300 798 258
Wesley Counselling 4725 9200

Counselling - Individual/Relationships

Anglicare
- Katoomba 1300 651 728
- Penrith 4731 8399
Blue Mountains Counselling For Men 4757 3727
Bridging the Gap 9673 1211
CatholicCare Social Services
- Springwood Drop-in Centre 4751 4956
- Head Office: 8822 2222
Mensline 1300 789 978
Penrith Family Relationship Centre 4720 4999
Relationships Australia 1300 364 277

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Disability

National Disability Insurance Agency 1800 800 110

Anglicare Penrith Community Options 4731 6467

Asperger's Syndrome Support Group (Blue Mountains) 4754 4050

Australian Foundation for Disability 1300 233 673

Autism Support Group Blue Mountains 4758 6671

Blackheath Area Neighbourhood Centre - Community Access Service 4787 5684

Blue Mountains Food Service / Blue Mountains Meals on Wheels 4759 2811

Blue Mountains Recreation & Respite Services 4751 9041

BMCC Access Advisory Committee for the disabled 4780 5000

Connect Child & Family Services - Early Childhood Disability Services 4758 9966

Dare Disability 4751 5266

EnableNSW 1800 362 253

Gilgai - Disability Family Support 9832 3825

Great Community Transport Inc - Lawson 4759 2403 - Penrith 4722 3083

Greystanes Disability Services 1300 853 149; 4784 1118

Katoomba Neighbourhood Centre - Volunteer Home Visitors 4782 1117

Kirinari 4782 9371

Lapstone Preschool 4739 2606

Lifestyle Nepean Blue Mountains 9323 2100

Lithgow Information & Neighbourhood Centre - Disability Services 6354 5912

My Aged Care 1800 200 422

Nepean Area Disabilities Organisation 1300 738 229

Northcott 1800 818 286 - Springwood: 4751 1700 - Penrith (Belmore Street) 4720 4400 - Penrith (Castlereagh Street): 4724 4600

Path Inc 4721 0866

Penrith Disabilities Resource Centre 4732 2363

Uniting 1800 864 846

Domestic Violence

1800 RESPECT 1800 737 732

Blue Mountains Women's Health and Resource Centre 4782 5133

Domestic Violence Line 1800 656 463

Domestic Violence Legal Service 1800 810 784 or 8745 6999

Springfield Cottage 4734 2512 - After hours: 4734 2000

Queen of Hearts 1300 856 737

West Connect Domestic Violence Services Women Only Drop In Space 4732 2318

Women's Domestic Violence Court Advocacy - Blue Mountains 6352 2052 - Penrith 4731 5098

Drug & Alcohol

Nepean Hospital - Drug & Alcohol Service - 1300 661 050 (Available 24 hours, 7 days per week)

- Reception 4734 2129 (8.30am to 5pm, M - F)

Alcohol and Drug Information Service Sydney 9361 8000 or 1800 422 599

Dianella Cottage, Blue Mountains Drug & Alcohol Recovery Services 4782 9265

Western Sydney Drug and Alcohol Resource Centre 4732 1999

Emergency Relief/Financial Support

Salvation Army Emergency Relief 1300 371 288

St Vincent De Paul Family Assistance Hotline 1300 606 724

Anglicare Katoomba & Penrith 8805 0900

Blue Mountains City Church - Mountains Care 4720 6100

Bridging the Gap 9673 1211

Help with Food

- Blackheath Area N'hood Centre 4787 7770

- Gateway Family Services 4739 5963

- Mountains Support 4782 1555

- Springwood N'hood Centre 4751 3033

- Winmalee N'hood Centre 4754 4050

Help with Bills

- Mid Mountains N'hood Centre 4759 2592

- Winmalee N'hood Centre 4754 4050

No Interest Loan Scheme

- Blackheath Area N'hood Centre 4787 7770

- Lower Mountains N'hood Centre 4739 1164

- Mid Mountains N'hood Centre 4759 2592

- Winmalee N'hood Centre 4754 4050

Employment/Training

Blue Mountains TAFE Outreach, TAFE NSW 4753 2039; 131 870

Break Thru 4761 1600

Bridging the Gap 9673 1211

Campbell Page 4780 7377

Katoomba Day & Evening College 4782 3532

Max Employment Springwood 1800 625 350; 4752 2200

Nova Employment

- Katoomba 4780 6600

- Springwood 4752 3000

- Penrith 4726 3900

Penrith Personnel 4731 2807

Western Sydney University

- Penrith: 9852 5222

- Lithgow: 6354 4511

Wise Employment 4782 5199

Family Support

Anglicare 8805 0998

Bridging the Gap 9673 1211

CatholicCare Social Services - Springwood Drop-in Centre 4751 4956 - Head Office: 8822 2222

Gateway Family Services

- Blaxland: 4739 5963

- Katoomba: 4782 5326

Mountains Support 4782 1555

Springwood Neighbourhood Centre - Kinship Carer Regional Project 4751 3033

Springwood Neighbourhood Centre - Kinship Carer Regional Project 4751 3033

Waratah Cottage Community Hub 4782 9158

Government

Centrelink/Medicare Locations: - 33-35 Waratah Street, Katoomba - 107-109 Macquarie Road, Springwood - 598 High Street, Penrith

Centrelink Payments - Recorded Info 132 468 - Families 136 150 - Newstart Allowance 132 850 - Youth Allowance 132 490 - JET 136 150 - Migrants, Refugees & Visitors 132 850 - Older Australians 132 300 - People With Disability 132 717

Child Support Agency 131 272

Fair Work Commission 1300 799 675

Family and Community Services - Penrith 4722 7300 - Faulconbridge 4752 2600

Federal Member for Macquarie - Parliament House 6277 2371 - Electorate Office 4577 2631

NSW Fair Trading 133 220

NSW Industrial Relations 131 628

NSW Member for Blue Mountains - Springwood Office: 4751 3298

Veterans Affairs 133 254 - Regional callers 1800 555 254 - Office 9213 7777

Health – Aboriginal & Torres Strait Islander

Nepean Blue Mountains PHN - Aboriginal Support Workers 4708 8100 - Chronic Care Coordinators 4708 8100 - Healthy for Life Program 4708 8300

Nepean Hospital - Aboriginal Health Liaison Worker 4734 3833

Health – After Hours

GP2U 1300 472 866

HealthDirect 1800 022 222

National Home Doctor Service 137 425

Nepean Blue Mountains PHN - Nepean After Hours GP Clinic 4734 4990

Health – Community

Katoomba Community Health Facility 4782 2133 - Appointments: 1800 222 608

Lawson Community Health Facility 4759 8700 - Appointments: 1800 222 608

Lithgow Community Health Facility 6350 2750 - Appointments: 1800 222 608

Mid Mountains Neighbourhood Centre - Palliative Support Service 4759 3001

Nepean Blue Mountains PHN - Penrith: 4708 8100 - Hazelbrook: 4708 8200

Penrith Community Health Facility 4732 9400 - Appointments: 1800 222 608

Portland Tubulam Health Centre 6359 2666

Springwood Health Facility 4751 0100 - Appointments: 1800 222 608

Health – HIV & Sexuality

ACON Sydney 9206 2000 or 1800 060 060

Blue Mountains Hospital - BM Sexual Health & HIV Clinic 4784 6560; - After hours: General Practitioner 4784 6644

Blue Mountains PLWHA Centre 4782 2119

HIV Info Line 1800 451 600; 9322 9700

Gay Men's Info Line 1800 009 448

Nepean Hospital - Nepean Sexual Health & HIV Clinic 4734 2507

PEP Info Line 1800 737 660 "

Sexual Health Info Line 1800 451 624

Health – Hospitals

Blue Mountains Hospital - Main Hospital: 4784 6500 - Emergency: 4784 6534

Lithgow Hospital - Main Hospital & Emergency: 6350 2339

Nepean Hospital - Main Hospital: 4734 2000 - Patient Enquiries: 1800 253 511 - Emergency: 4734 1880

Springwood Hospital 4784 6500

Health – Women

BM Hospital Women's & Children's Health - Maternity: 4784 6572 - Gynaecology: 4784 6552 - Paediatric Care: 4784 6572

Blue Mountains Women's Health and Resource Centre 4782 5133

Lithgow Hospital Women's and Children's Health Services 6350 2300

Nepean Hospital Women's and Children's Health - Antenatal/Gynaecology ward: 4734 2374 - Birth Unit enquiries: 4734 2295 - Neonatal Intensive Care: 4734 2850 - Paediatric ward 4734 2208

Legal

Community Justice Centre 1800 990 777

Domestic Violence Legal Service 1800 810 784 or 8745 6999

Elizabeth Evatt Community Legal Centre 4782 4155

Financial Rights Legal Centre 1800 007 007

Katoomba Local Court 4782 5500

Law Access NSW 1300 888 529

Legal Aid NSW - Katoomba Criminal Law Advice Service 4732 3077

- Lithgow Legal Advice Service 6352 2077

- Penrith Family Law Legal Advice Service 1800 551 589

- Penrith Legal Aid Office 4732 3077

- Youth Hotline 1800 101 810

Mount Druitt Aboriginal Legal Advice Service 9832 1356

Penrith Community Corrections Office 4777 8400

The Aged Rights Service 1800 424 079

LGBTI

ACON Sydney 9206 2000 or 1800 060 060

Pink Mountains 4782 2119

QLife 1800 184 527

Media

Blue Mountains Gazette 4751 1955

Radio Blue Mountains 89.1 - Office: 4782 9286 - Studio: 4782 2490

Mental Health

Aftercare 4720 9780

BM Hospital Mental Health 4784 6750

Child & Youth Mental Health Service 4732 2388

Katoomba Community Health Facility - Community Mental Health 4782 2133

- Mental Health Assessment & Acute Care Team 4782 2133

Lithgow Community Health Facility - Mental Health 6354 0600

Mental Health Line 1800 011 511

Nepean Hospital - Mental Health - Mental Health Centre: 4734 2544

- Community Assessment & Liaison Centre: 1800 011 511; - Older People Service: 4734 4720

Penrith Community Health Facility - Community Mental Health 4732 9450 - Intake: 1800 011 511

Springwood Health Facility - Community Mental Health 4751 0100

Multicultural

Health Care Interpreter Service 9912 3800

LEEP Inc. (TRI Multicultural Access Project 4782 1866 (Ext 28)

Lithgow Information & Neighbourhood Centre - Multicultural Support Service 6354 5912

Mountains Multicultural Interagency 4759 3599

Nepean Hospital Multicultural Health 4734 1600

Nepean Migrant Access 9833 2416

Translating and Interpreter Service 131 450

Sector Peak Agencies

Australian Health Promotion Association 1300 857 796

FamS - NSW Family Services Inc 9692 9999

Local Community Services Association 9660 2044 or 1800 646 545 (from non-metro regions)

Mountains Community Resource Network 4759 3599

NCOSS - Council of Social Service of NSW 9211 2599

People with Disability Australia 9370 3100; 1800 422 015; TTY: 9318 2138; 1800 422 016

Playgroup NSW 1800 171 882; 9684 9500

Western Sydney Community Forum 9687 9669

Western Sydney Regional Organisation of Councils Ltd 9671 4333

Women's Domestic Violence Court Advocacy Program 9219 5791

Youth Action 8218 9800

Sector Resources

BMCC Community Outcomes 4780 5000

Family Worker Training & Development Programme 9620 6172

LEEP Inc. (formerly TRI Community Exchange) 4721 1866

WESTIR 9635 7764

Human Services Network 9765 5260

Sexual Assault

NSW Rape Crisis Centre 1800 424 017

Springfield Cottage 4734 2512; - After hours: 4734 2000

Women

Blue Mountains Women's Health and Resource Centre 4782 5133

Dianella Cottage, Blue Mountains Drug & Alcohol Recovery Services 4782 9265

Penrith Women's Health Centre 4721 8749

Women's Domestic Violence Court Advocacy - Blue Mountains 6352 2052 - Penrith 4731 5098

Youth

Platform Youth Services 4760 0800

The Glue Factory 4782 4436

Blacktown Youth College - Lawson 4759 1012

BMCC Youth Services 4780 5000

Bridging the Gap 9673 1211

Child & Youth Mental Health Service 4732 2388

Legal Aid NSW Youth Hotline 1800 101 810

Mountains Youth Services Team - Springwood Youth Centre 47551 1611 or: 0421 389 790

- Upper Mountains Youth Centre 4782 6562

Nepean Blue Mountains Young People's Homelessness and Housing Support Service 4760 0800

Parenting Young 4758 6811