

BLUE MOUNTAINS COMMUNITY SERVICES DIRECTORY

NOTE: serviceseeker.com.au is a free website available 24/7 to anyone looking for health, welfare and community services

HELPLINE / HOTLINE

1800 RESPECT 1800 737 732
Alcohol and Drug Information Service Sydney 9361 8000 or 1800 422 599
CARERS NSW 1800 242 636
CHILD PROTECTION HOTLINE 132 111
Domestic Violence Line 1800 656 463
FAMILY RELATIONSHIP ADVICE LINE 1800 050 321
FINANCIAL RIGHTS LEGAL CENTRE 1800 007 007
HEALTH CARE INTERPRETER SERVICE 9912 3800
HEALTHDIRECT 1800 022 222
HIV Information Line 1800 451 600; 9322 9700
LAW ACCESS NSW 1300 888 529
Legal Aid NSW Youth Hotline 1800 101 810
LIFELINE 131 114
LINK2HOME (state-wide service) 1800 152 152
MENSLINE 1300 78 99 78
MENTAL HEALTH LINE 1800 011 511
MY AGED CARE 1800 200 422
National Dementia Helpline 1800 100 500
NSW Needle Clean Up Hotline 1800 633 353
NSW Rape Crisis Centre 1800 424 017
Parent Line NSW 1300 1300 52
Platform Youth Services 4760 0800
Police Assistance Line 131 444
Rural Fire Service Hotline 1800 679 737
Sane Helpline 1800 187 263
Sexual Assault Counselling 1800 211 028
Salvation Army - Emergency Relief 1300 371 288
Salvos Phone Assistance 02 8775 7988
State Emergency Service 132 500 - 4251 6111
Suicide Call Back Service 1300 659 467
The Right Door (emergency accommodation) 1800 760 071
St Vincent De Paul Hotline 1800 606 724

ABORIGINAL AND TORRES STRAIT ISLANDER

BUTUCARBIN ABORIGINAL CORPORATION 98327167
CATHOLIC HEALTH CARE 1800 225 474
DOMESTIC VIOLENCE LINE 1800 656 463
HOME CARE SERVICE of NSW - Wangary Aboriginal Home Care 4734 9422
Lithgow Information & Neighbourhood Centre 63522077
The Right Door - Wentworth Housing 1800 760 071
Lawson Community Health Facility - Aboriginal Liaison 4759 8700
LINK UP NSW 9421 4700 - 1800 624 332
LITHGOW COMMUNITY PROJECTS INC. 63512230
Mount Druitt Aboriginal Legal Advice Service 9832 1356
Nepean Community & Neighbourhood Services 02 4721 8520
Nepean Hospital - Aboriginal Health 4734 3838
Southern Cross Community Healthcare - Nepean 1800 989 000
West Connect Domestic Violence Services 4732 2318

ACCOMMODATION/HOUSING

AFTERCARE (for people impacted by mental illness) 47209780
BREAK THRU 1800 767 212
HOUSING PATHWAYS 4721 6422
INDEPENDENT LIVING VILLAGES (for people with a disability) 1300 951 587
LINK2HOME (state-wide service) 1800 152 152
Lithgow Community Housing 6353 1184 - 0409 021 451
LITHGOW COMMUNITY PROJECTS 63512230
The Right Door - Wentworth Housing 1800 760 071
Nepean Blue Mountains Tenancy Support Service 4777 8041
Platform Youth Services 4760 0800
Salvation Army - Welfare 4782 9251
Wentworth Community Housing 02 4777 8000
WESLEY - Homeless Services 4723 9277
West Connect Domestic Violence Services 4732 2318
Thrive Services (Blue Mountains Family Support Service Inc.) 02 4782 1555

AGED CARE AND DISABILITY - HOME CARE SERVICES

ANGLICARE Carol Allen House 1300 111 278
ANGLICARE Lemongrove Gardens 1300 111 278
ANGLICARE Newmarch House 1300 111 278
Australian Home Care 1300 303 770
BAPTIST CARE 1300 275 227
Belong Blue Mountains (HOME MODIFICATION & MAINTENANCE)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
Blackheath Area Neighbourhood Centre (BANC) 4787 7770

Blackheath Area Neighbourhood Centre - BANC Access 4787 5684
BLUE MOUNTAINS FOOD SERVICES INC. 024759 2811 or MY AGED CARE
CATHOLIC HEALTH CARE 1800 225 474
COMMONWEALTH RESPITE CARELINK CENTRES 1800 052 222
GREAT COMMUNITY TRANSPORT INC. 4722 3083
GREYSTANES DISABILITY SERVICES 4784 1118
HOME CARE SERVICE of NSW - Macquarie Home Care 4734 9433
HOME CARE SERVICE of NSW - Wangary Aboriginal Home Care 4734 9422
JUST BETTER CARE 02 4579 7137
KINCARE - Nepean Community 1300 733 510
KIRINARI- Home Care Services 1300 547 462
LEEP NGO 4721 1866
Lithgow Information & Neighbourhood Centre 63522077
Lithgow Community Health Facility 6350 2750
Appointments: 1800 222 608
MARTYN CLAVER AGED CARE 4784 1281
Springwood Neighbourhood Centre 4751 3033
UnitingCare Community - Nepean 1800 486 484

AGED CARE - HEALTH / LEISURE / LEGAL

BMCC - Aged & Disability Services 4780 5000
Referrals: 4780 5546
Belong Blue Mountains (HOME MODIFICATION, MAINTENANCE, DOMESTIC ASSISTANCE, TRANSPORT, PALLIATIVE SUPPORT SERVICE)
Lower Mountains Neighbourhood Centre 4739 1164
Mid Mountains Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
CATHOLIC COMMUNITY SERVICES 1800 225 474
Commonwealth Ombudsman 1300 362 072
Council on the Ageing NSW (COTA NSW) 1800 449 102
KATOOMBA - LEURA SENIOR CITIZENS CLUB 4782 1174; Emergency 4780 5000
KIRINARI- Home Care Services 1300 547 462
JUST BETTER CARE 02 4579 7137
Lawson Community Health Facility 4759 8700
Appointments: 1800 222 608
Lawson Community Health Facility: 1800 557 178
Lithgow Information & Neighbourhood Centre 63522077
LITHGOW COMMUNITY MENTAL HEALTH 6350 2555
MARTYN CLAVER AGED CARE 4784 1281
MY AGED CARE 1800 200 422
Older Persons Mental Health Service 02 4734 4720
Salvation Army - Welfare 4782 9251
Springwood Hospital 4784 6500
Springwood Neighbourhood Centre 4751 3033
UnitingCare - Edinglassie Emu Plains 1800 864 846
Wentworth Healthcare 4708 8100

MY AGED CARE - RESIDENTIAL (MY AGED CARE account needed to access these services)

ANGLICARE Care Finder Services 1300 111 278
BAPTIST CARE 1300 275 227
MARTYN CLAVER AGED CARE 4784 1281
MY AGED CARE 1800 200 422
Opal Endeavour 4754 6000
Portland Tubulam Health Centre 6359 2666
Salvation Army - Welfare 4782 9251
Treeview Estates 1300 559 672
UnitingCare - Springwood Village 4752 2000
UnitingCare - Edinglassie Emu Plains 1800 864 846
Wesley - Homeless Services 4723 9277

AGED CARE - RESPITE / DAY CARE

Anita Villa Katoomba 4782 6255
Assisted Living Options 0437924490
Belong Blue Mountains (HOME MODIFICATION, MAINTENANCE, DOMESTIC ASSISTANCE, TRANSPORT)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
COMMONWEALTH RESPITE CARELINK CENTRES 1800 052 222
KIRINARI- Home Care Services 1300 547 462
HOME CARE SERVICE of NSW - Macquarie Home Care 4734 9433
HOME CARE SERVICE of NSW - Wangary Aboriginal Home Care 4734 9422
Lawson Community Health Facility 4759 8700
Lithgow Information & Neighbourhood Centre 63522077
LITHGOW COMMUNITY PROJECTS INC. 63512230
Opal Endeavour 4754 6000
Portland Tubulam Health Centre 6359 2666
Springwood Community Health Facility 4751 0100
Appointments: 1800 222 608
Uniting Care Lithgow 6351 4887

BUSHFIRE / DISASTER

BMCC - Bushfire/Disaster Recovery 4780 5000
CatholicCare Springwood Drop-In Centre 8843 2545
FIRE PROTECTION ASSOCIATION AUSTRALIA 03 8892 3131
NSW Rural Fire Service call 000 or 1800 679 737

CARERS SUPPORT

BAPTIST CARE 1300 275 227
CARERS NSW 1800 242 636
CATHOLIC HEALTH CARE 1800 225 474
HOME CARE SERVICE of NSW - Macquarie Home Care 4734 9433
HOME CARE SERVICE of NSW - Wangary Aboriginal Home Care 4734 9422
KINCARE 1300 733 510
KIRINARI- Home Care Services 1300 547 462
LINK UP NSW 94214700
PATH 4721 0866
Springwood Community Health Facility 4751 0100

CHILDREN

Autism Spectrum Australia 1800 277 328
Belong Blue Mountains (FACILITATED PLAYGROUPS, OUT OF SCHOOL HOURS CHILDCARE)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
ANGLICARE Counselling 1300 651 728
Blackheath out of School Hours (BOOSH) 4787 7150
Blaxland Euroka Centre 4739 3688
BLAXLAND PRESCHOOL 47392086
BMCC - CHILDREN AND FAMILY SERVICES 4780 5000
Bridging the gap 9673 1211
CARINYA NEIGHBOURHOOD CHILDREN'S CENTRE 4751 4473
Connect Child & Family Services 4758 9966;
Connect Child & Family Services - Hazelwood Early Childhood Centre 4758 7382
Connect Child & Family Services - Heatherbrae 4759 1462;
Connect Child & Family Services - Possum Patch Early Childhood Centre 4787 1202
Connect Child & Family Services Lapstone Preschool 4739 2606
KIDSHELPLINE 1800 551 800
LAPSTONE PRESCHOOL 4739 2606
Lithgow Information & Neighbourhood Centre (Communities & Kids) 63522077
Mountains Outreach Community Service 02 4758 6811
Nepean Hospital - Women's and Children's Health Services
Antenatal/Gynaecology ward: 4734 2374;
Antenatal Clinic bookings: 4734 2373;
Perinatal Ultrasound appointments: 4734 2578;
Childbirth & Early Parenting Classes: 4734 2373;
Birth Unit enquiries: 4734 2295;
Postnatal Care enquiries: 4734 2311;
Noah's Ark Playgroup 6351 3134
NORTHCOTT 1800 818 286;
Parent Line NSW 1300 1300 52
Parenting Young - Mountains Outreach Community Services 4758 6811 or 0432 143 452

COMMUNITY NEIGHBOURHOOD CENTRE

Belong Blue Mountains (Neighbourhood Centres and Community Hubs)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
Blackheath Area Neighbourhood Centre (BANC) 4787 7770
CatholicCare Springwood Drop-In Centre 8843 2545
Lithgow Information and Neighbourhood Centre 6352 2077
Mountains Outreach Community Service 02 4758 6811
Nepean Community & Neighbourhood Services 02 4721 8520
Penrith Community Health Facility 1800 222 608
Penrith Family Relationship Centre 4720 4999
Springwood Neighbourhood Centre - Tanderra Out of School Hours Care 4751 5215
Thrive Services (Blue Mountains Family Support Service Inc.) 02 4782 1555
Winmalee Neighbourhood Centre Inc. 4754 4050
Springwood Neighbourhood Centre 4751 3033

COUNSELLING - ALCOHOL / DRUGS

BM Counselling for Men 0428 165 487
LITHGOW HOSPITAL 6350 2300

LIVES LIVED WELL 02 47829265
Nepean Hospital - Drug & Alcohol Service 1300 661 050

COUNSELLING - CHILDREN, ADOLESCENTS & FAMILIES

Bridging the Gap 9673 1211
Referrals: 9673 1211
KIDSHELPLINE 1800 551 800
LINC Adolescent & Family Counselling Services 6352 2077
Mountains Youth Services Team 1300 6978
Parent Line NSW 1300 1300 52
CatholicCare Springwood Drop-In Centre 8843 2545

COUNSELLING - CRISIS

1800 RESPECT 1800 737 732
BM Counselling for Men 0428 165 487
KIDSHELPLINE 1800 551 800
LIFELINE 131 114
MENTAL HEALTH LINE 1800 011 511
NSW Rape Crisis Centre 1800 424 017
Suicide Call Back Service 1300 659 467

COUNSELLING - DOMESTIC VIOLENCE / SEXUAL ASSAULT

1800 RESPECT 1800 737 732
BM WOMEN'S HEALTH & RESOURCE CENTRE 02 4782 5133
BM Counselling for Men 0428 165 487
Queen of Hearts Community Foundation 1300 856 737
Sexual Assault Counselling 1800 211 028
Springfield Cottage 4734 2512

COUNSELLING - FINANCIAL

Bridging the Gap 9673 1211 - 9673 1211
CatholicCare Springwood Drop-In Centre 8843 2545
CENTRELINK - Financial Information Service 132 300
FINANCIAL RIGHTS LEGAL CENTRE - Credit & Debt Hotline 1800 007 007
Salvation Army - Moneycare 0401 372 441
Wesley - Counselling 4723 9277

COUNSELLING - GAMBLING

ANGLICARE Penrith Counselling 1300 651 728
Bridging the Gap 9673 1211 Referrals: 9673 1211
CatholicCare Springwood Drop-In Centre 8843 2545
Lithgow Information & Neighbourhood Centre (Gambling Counselling) 6352 2077
Wesley - Counselling 4723 9277

COUNSELLING - INDIVIDUAL / RELATIONSHIP

CatholicCare Springwood Drop-In Centre 8843 2545
KATOOMBA COMMUNITY HEALTH FACILITY 4782 2133
MENSLINE 1300 78 99 78
Penrith Family Relationship Centre 4720 4999
Relationships Australia 1300 364 277

DISABILITY

Ability Options 1300 422 454
BMCC ACCESS ADVISORY COMMITTEE FOR THE DISABLED 4780 5000;
Assisted Living Options 0437924490
Asperger's Syndrome Support Group (Blue Mountains) 4754 4050
Australian Foundation for Disability 1300 233 673
Autism Spectrum Australia 1800 277 328
Autism Support Group Blue Mountains 4758 6671
Belong Blue Mountains (DISABILITY SERVICES & NDIS)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
BEN ROBERTS CAFÉ 0434 314 254
Blackheath Area Neighbourhood Centre (BANC) 4787 7770 - 4787 5684
BLUE MOUNTAINS FOOD SERVICES INC. 024759 2811
Blue Mountains Recreation & Respite Services 4751 9041
Connect Child & Family Services 4758 9966;
Katoomba Office: 4782 4804
Lapstone Office: 4739 2606
DARE DISABILITY 4751 5266
DISABILITY ADVOCATE 1300 365 085
ENABLE NSW 1800 362 253
GREAT COMMUNITY TRANSPORT INC. 4722 3083
GREYSTANES DISABILITY SERVICES 4784 1118
KIRINARI (For People with Disabilities) 4782 9371

Produced by the **Mountains Community Resource Network**, February 2020
Please send any updates to support@mcrn.org.au

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LAPSTONE PRESCHOOL 4739 2606
LIFESTART Nepean Blue Mountains 9623 2100
Lithgow Information & Neighbourhood Centre - Disability Services (NDIS) 6352 2077
MY AGED CARE 1800 200 422
National Disability Insurance Scheme 1800 800 110
National Disability Coordination Officer (Western Sydney Uni) ndco@westernsydney.edu.au
NEPEAN AREA DISABILITIES ORGANISATION 1300 738 229
Northcott 1800 818 286; Penrith: 4720 4400; PATH 4721 0866
Penrith Disabilities Resource Centre 4732 2363
Uniting Local Area Coordination Transition Services 0247239444
VERTO Disability Employment Services 6352 0900
Winmalee Asperger's Syndrome Support Group (Blue Mountains) 4754 4050

DOMESTIC VIOLENCE

1800 RESPECT 1800 737 732
BLUE MOUNTAINS WOMEN'S HEALTH AND RESOURCE CENTRE 02 4782 5133
Domestic Violence Legal Contact Line 1800 810 784; 8745 6999;
Domestic Violence Line 1800 656 463
NBMPHN – Domestic Violence support (Primary Care) 02 4708 8100
Penrith Women's Health Centre 4721 8749
Queen of Hearts Community Foundation 1300 856 737
Springfield Cottage 4734 2512
West Connect Domestic Violence Services 4732 2318
Women's Safety NSW 1800 938 227 Blue Mountains: 6352 2052; Penrith: 4731 5098

DRUG & ALCOHOL

Alcohol & Drug Information Service Sydney 9361 8000 or 1800 422 599
FAMILY DRUG SUPPORT 1800 368 186 / 02 4782 9222
LITHGOW HOSPITAL 6350 2300
LIVES LIVED WELL 02 47829265
Nepean Hospital - Drug & Alcohol Service 1300 661 050

EMERGENCY RELIEF / FINANCIAL SUPPORT

ANGLICARE 8805 0998
ANGLICARE Food and Financial Assistance (FFA) 4782 9318
BAPTIST CARE 1300 275 227
Belong Blue Mountains (No Interest Loan Scheme)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
Blackheath Area Neighbourhood Centre - No Interest Loan Scheme (NILS) 4787 7770
Bridging the Gap 9673 1211
Earth Recovery Australia 0416 221 963
GATEWAY FAMILY SERVICES Blaxland 4739 5963; Katoomba: 4782 5326
Salvation Army - Emergency Relief Assessment Team 1300 371 288
Salvation Army - Welfare 4782 9251
St Vincent De Paul Family Assistance Hotline: 1800 606 724
Thrive Services (Blue Mountains Family Support Service Inc.) 02 4782 1555
Winmalee Neighbourhood Centre - No Interest Loans 4754 4050

EMPLOYMENT / TRAINING

Ability Options 1300 422 454
Blackheath Area Neighbourhood Centre – BANC
Cyber Shed 0458 099 001
BREAK THRU 1800 767 212
Bridging the Gap 9673 1211
LEAD 9620 6172
MAX EMPLOYMENT Springwood 1800 625 350
Nova Employment Katoomba 4780 6600;
Nova Employment Springwood 4752 3000;
Nova Employment Penrith 4726 3900
NEPEAN COMMUNITY COLLEGE – Katoomba 4724 9000
Penrith Personnel 4731 2807
Salvation Army - Employment Plus 136123
Western Sydney University 1300 897 668
Wise Employment 4780 6500

FAMILY SUPPORT

ANGLICARE Counselling 1300 651 728
Bridging the Gap 9673 1211
CatholicCare Springwood Drop-In Centre 8843 2545
Head Office: 8843 2500
Referrals: 0499 077 511
Connect Child & Family Services 4758 9966;

Katoomba Office 4782 4804
Lapstone Office 4739 2606
FAMILY AND COMMUNITY SERVICES 4722 7300;
Faulconbridge: 4752 2600
FAMILY RELATIONSHIP ADVICE LINE 1800 050 321
FAMS - NSW Family Services Inc 0283543799
FOSTER CARE ANGELS 0298996006
GATEWAY FAMILY SERVICES Blaxland: 4739 5963;
Katoomba: 4782 5326
Legal Aid NSW - Penrith Family Law Legal Advice Service 1800 551 589
Parenting Young – Mountains Outreach
Community Services 4758 6811 or 0432 143 452
Springwood Neighbourhood Centre 4751 3033
Thrive Services (Blue Mountains Family Support Service Inc.) 02 4782 1555
Waratah Cottage Community Hub 4782 5326

GOVERNMENT

CENTRELINK - Payments
Recorded Info: 132 468;
Families: 136 150; Newstart
Allowance: 132 850;
Youth Allowance: 132 490;
Migrants, Refugees & Visitors: 132 850;
Older Australians: 132 300;
People with disability: 132 717
CHILD SUPPORT AGENCY 131272
FAIR WORK COMMISSION 1300 799 675
FAMILY AND COMMUNITY SERVICES 4722 7300, 4752 2600
NSW Fair Trading 133 220
NSW Industrial Relations 131 628
Veterans Affairs 1800 555 254 - 9213 7777

HEALTH – ATSI

Lawson Community Health Facility - Aboriginal Liaison 4759 8700, 1800 222 608
Nepean Hospital - Aboriginal Health Unit 4734 3838
Nepean Blue Mountains PHN - Chronic Care Coordinators 4708 8100

HEALTH – AFTER HOURS

For Local Health Services- After Hours, go to www.doctorclosed.com.au

GP2U Telehealth 1300 472866
HealthDirect 1800 022 222
NATIONAL HOME DOCTOR SERVICE 137 425
Penrith After Hours Doctors 4789 0229

HEALTH – COMMUNITY

For help finding local health and lifestyle services, go to www.myhealthconnector.com.au

Belong Blue Mountains (PALLIATIVE SUPPORT SERVICE, SOCIAL SUPPORT)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
KATOOMBA COMMUNITY HEALTH FACILITY 4782 2133 - 1800 222 608
Lawson Community Health Facility 4759 8700, 1800 222 608
Lawson Community Health Facility (Aged Care Assessment Team) 1800 557 178
Lithgow Community Health Facility 6350 2750, 1800 222 608
LITHGOW COMMUNITY MENTAL HEALTH 6350 2555
Nepean Blue Mountains PHN 4708 8100
Penrith Community Health Facility 4732 9400
Penrith Community Health Facility - Community Mental Health 4732 9450, 1800 011 511
Portland Tubulam Health Centre 6359 2666
Springwood Community Health Facility 4751 0100
Appointments: 1800 222 608
STREETMED Homeless Support Team 0475754574

HEALTH – HIV & SEXUALITY

ACON HEALTH 0292062000
Blue Mountains PLWHA Centre 4782 2119
HIV Information Line 1800 451 600; 9322 9700
Nepean Hospital - Nepean Sexual Health & HIV Clinic 47342507 (Kingswood), 47846560, 47846644 (Katoomba)
NSW PEP Hotline 1800 737 669

HEALTH - HOSPITALS

Blue Mountains Hospital 4784 6500; Emergency: 4784 6534
LITHGOW HOSPITAL 6350 2300
Nepean Hospital 4734 2000 Patient Enquiries: 1800 253 511 Emergency: 4734 1880
Springwood Hospital General Enquiries: 4784 6500

HEALTH – WOMEN

Blue Mountains Hospital - Women's & Children's Health Maternity: 4784 6572; Gynaecology: 4784 6552; Paediatric Care: 4784 6572
BLUE MOUNTAINS WOMEN'S HEALTH AND RESOURCE CENTRE 02 4782 5133
Lithgow Hospital 6350 2300
Nepean Hospital - Women's and Children's Health Services
Antenatal/Gynaecology ward: 4734 2374;
Antenatal Clinic bookings: 4734 2373;
Perinatal Ultrasound appointments: 4734 2578;
Childbirth & Early Parenting Classes: 4734 2373;
Birth Unit enquiries: 4734 2295;
Postnatal Care enquiries: 4734 2311;
Penrith Women's Health Centre 4721 8749
Winmalee Bosom Buddies - cancer support group for Women 4754 4050

LEGAL

Commonwealth New South Wales 1800 451 524
COMMUNITY JUSTICE CENTRES 1800 990 777
Domestic Violence Legal Contact Line 1800 810 784; 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
Legal Aid NSW - Lithgow Legal Advice Service 6352 2077
Legal Aid NSW - Penrith Family Law Legal Advice Service 1800 551 589
Legal Aid NSW - Penrith Legal Aid Office 4732 3077
Legal Aid NSW Youth Hotline 1800 101 810
Mount Druitt Aboriginal Legal Advice Service 9832 1356
Penrith Community Corrections Office 4777 8400
Seniors Rights Service 1800 424 079

LGBTQ+

ACON HEALTH 0292062000
CATHOLIC Health Care 1800 225 474
NSW PEP Hotline 1800 737 669
Pink Mountains 4782 2119
QLife 1800 184 527
Rainbow Lithgow 0425 777 338
Southern Cross Community Healthcare- Nepean 1800 989 000
Twenty10 028594 9555

MEDIA

BLUE MOUNTAINS GAZETTE 4751 1955
Radio Blue Mountains 89.1 4782 4891
The Big Fix Inc. 0407 437 553

MENTAL HEALTH

AFTERCARE 47209780
Blue Mountains Hospital - Mental Health 4784 6750
CHILD & YOUTH MENTAL HEALTH SERVICE 4725 9800
FLOURISH AUSTRALIA Katoomba 9393 9345
HAWKESBURY COMMUNITY MENTAL HEALTH 4560 4100
headspace Penrith: 4750 8800
headspace Katoomba: 1800 478 626
headspace Lithgow 02 6352 7600
Head to Health 1800 595 212
KATOOMBA COMMUNITY HEALTH FACILITY - Community Mental Health 4782 2133
LIKEMIND 02 8880 8111
LITHGOW COMMUNITY MENTAL HEALTH 6350 2555
MENTAL HEALTH LINE 1800 011 511
Nepean Hospital - Mental Health 1800 011 511 - 4734 2544
Community Assessment & Liaison Centre: 1800 011 511
Older People Service: 4734 4720
Penrith Community Health Facility - Community Mental Health 4732 9450
Older Persons Mental Health Service 02 4734 4720
Springwood Health Facility - Community Mental Health 4751 0100
St Marys Community Mental Health 1800 011 511; 9833 6800
Uniting 1800 864 846
Vale Street Social and Recreational Centre 47821286

MULTICULTURAL

BAPTIST CARE 1300 275 227
BLUE MOUNTAINS INTERFAITH GROUP (BMIG) bmig3@hotmail.com

Blue Mountains Refugee Support Group secretary@bmrsg.org.au
BLUE MOUNTAINS TOGETHER FOR TIMOR marywaterford2@gmail.com
CATHOLIC HEALTH CARE 1800 225 474
HEALTH CARE INTERPRETER SERVICE 9912 3800
LEEP NGO 4721 1866
MOUNTAINS MULTICULTURAL INTERAGENCY
Multicultural Family Worker 6354 5910
Nepean Hospital - Multicultural Health 4734 1600
Nepean Migrant Access 9833 2416
Southern Cross Community Healthcare- Nepean 1800 989 000
Translating and Interpreter Service 131 450

SECTOR - PEAK AGENCY / INTERAGENCY

Australian Health Promotion Association 1300 857 796
FAMS - NSW Family Services 0283543799
FIRE PROTECTION ASSOCIATION AUSTRALIA 03 8892 3131
LOCAL COMMUNITY SERVICES ASSOCIATION 9660 2044
MOUNTAINS COMMUNITY RESOURCE NETWORK 4759 3599
NCOSS - Council of Social Service of NSW 9211 2599
People with Disability Australia 9370 3100; 1800 422 015
Playgroup NSW 1800 171 882
Western Sydney Community Forum 9687 9669
Western Sydney Regional Organisation of Councils Ltd 9671 4333
Women's Safety NSW 1800 938 227
Youth Action 8354 3700

SECTOR – RESOURCES

Blue Mountains City Council (BMCC) – Community Services 47805513
NSW Department of Family and Community Services 9765 5260
LEAD Professional Development Association Inc 9620 6172
WESTIR Ltd. 9635 7764

SEXUAL ASSAULT

NSW Rape Crisis Centre 1800 424 017
Springfield Cottage 4734 2512

TRANSPORT

Belong Blue Mountains (TRANSPORT)
Lower Mts Neighbourhood Centre 4739 1164
Mid Mts Neighbourhood Centre 4759 2592
Katoomba Neighbourhood Centre 4782 1117
GREAT COMMUNITY TRANSPORT INC. 4722 3083

WOMEN

BLUE MOUNTAINS WOMEN'S HEALTH AND RESOURCE CENTRE 02 4782 5133
LIVES LIVED WELL Dianella Alcohol and Other Drugs Service 02 47829265
Penrith Women's Health Centre 4721 8749
West Connect Domestic Violence Services (Women Only) 4732 2318
Winmalee Bosom Buddies - Breast and all cancer support group for Women 4754 4050;
Women's Safety NSW 1800 938 227
Blue Mountains: 6352 2052
Penrith: 4731 5098

YOUTH

Blacktown Youth College (Lawson Campus) 02 4759 1012
Bridging the Gap 9673 1211
CHILD & YOUTH MENTAL HEALTH SERVICE 4725 9800
headspace Katoomba 1800 478 626
headspace Lithgow 02 6352 7600
headspace Penrith 1800 477 626 / 02 4720 8800
Legal Aid NSW Youth Hotline 1800 101 810
Mountains Youth Services Team 13006978
Parenting Young – Mountains Outreach
Community Services
Family Day Care Playroom 4758 6811 or 0432 143 452
Platform Youth Services 4760 0800
(emergency accommodation for young people in Nepean Blue Mountains)
The Big Fix Inc. 0407 437 553
BMCC YOUTH SERVICES 4780 5000; Referrals: 4780 5545; 4780 5680