

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
 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

Blue Mountains Aboriginal Culture & Resource
 Centre 4782 6569
 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
 Koolyangarra Aboriginal Family Centre – NCNS
 – 4729 3907
 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. 6351 2230
 Mount Druitt Aboriginal Legal Advice Service
 9832 1356
 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
 Blue Mountains Tenancy Advice and Advocacy
 Service 4782 4384; Advice Line: 4704 0201
 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 6351 2230
 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 4777 8000
 Wesley - Homeless Services 4723 9277
 West Connect Domestic Violence Services
 4732 2318
 Thrive Services (Blue Mountains Family Support
 Service Inc.) 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
 4787 7770
 Blackheath Area Neighbourhood
 Centre – BANC Access 4787 5684
 Blue Mountains Food Services Inc. 4759 2811
 or through 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 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 Mts Neighbourhood Centre 4739 1164
 - Mid Mts 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 4579 7137
 Lawson Community Health Facility 4759 8700
 Appointments: 1800 222 608
 Lawson Community Health Facility: 1800 557
 178
 Lithgow Information & Neighbourhood Centre
 6352 2077
 Lithgow Community Mental Health 6350 2555
 Martyn Claver Aged Care 4784 1281
 My Aged Care 1800 200 422
 Older Persons Mental Health Service
 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 Carol Allen House 1300 111 278
 Anglicare Lemongrove Gardens 1300 111 278
 Anglicare Newmarch House 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 0437 924 490
 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
 6352 2077
 Lithgow Community Projects Inc. 6351 2230
 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
<https://www.bmcc.nsw.gov.au/recovery#RecoveryInfo>
 CatholicCare Springwood Drop-In Centre 8843 2545
 Lifeline Bushfire Recovery 13 43 57
 Fire Protection Association Australia 03 8892 3131
 NSW Rural Fire Service call 000 or 1800 679 737
 Service NSW – Bushfire Customer Care 13 77 88

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
 Kinicare 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 4739 2086
 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;
 – Hazelwood Early Childhood Centre 4758 7382
 – Heatherbrae 4759 1462;
 – Possum Patch Early Childhood Centre 4787 1202
 – Lapstone Preschool 4739 2606
 Kidshelpline 1800 551 800
 Lapstone Preschool 4739 2606
 Lithgow Information & Neighbourhood Centre (Communities & Kids) 6352 2077
 Mountains Outreach Community Service 4758 6811
 Mountains Outreach Community Service – BM Occasional Childcare 0412 932 801
 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 4787 7770
 CatholicCare Springwood Drop-In Centre 8843 2545
 Lithgow Information and Neighbourhood Centre 6352 2077
 Mountains Outreach Community Service 4758 6811
 Nepean Community & Neighbourhood Services 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.) 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 4782 9265
 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 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 0428 469 942; 0435 965 015
 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 0437 924 490
 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. 4759 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

DISABILITY (cont'd)

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 4723 9444
 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 4782 5133
 Domestic Violence Legal Contact Line 1800 810 784; 8745 6999;
 Domestic Violence Line 1800 656 463
 Elizabeth Evatt Community Legal Centre 4782 4384; Legal Advice Line: 4704 0207
 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
 Lithgow Hospital 6350 2300
 Lives Lived Well 4782 9265
 Nepean Hospital - Drug & Alcohol Service 1300 661 050

EMERGENCY RELIEF / FINANCIAL SUPPORT

Anglicare 8805 0998
 Anglicare Food and Financial Assistance 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.) 4782 1555
 Winmalee Neighbourhood Centre - No Interest Loans 4754 4050

EMPLOYMENT / TRAINING

Ability Options 1300 422 454
 Blackheath Area Neighbourhood Centre 4787 7770
 Blue Mountains Pluriversity 0407 437 553
 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;
 - Springwood 4752 3000;
 - Penrith 4726 3900
 Nepean Community College – Katoomba 4724 9000
 Penrith Personnel 4731 2807
 Salvation Army - Moneycare 0428 469 942; 0435 965 015
 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 4782 4804
 - Lapstone 4739 2606
 Family and Community Services 4722 7300;
 Faulconbridge: 4752 2600
 Family Relationship Advice Line 1800 050 321
 FAMS - NSW Family Services Inc 8354 3799
 Foster Care Angels 9899 6006
 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.) 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 131 272
 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 – ABORIGINAL & TORRES STRAIT ISLANDER

Closing the Gap – Nepean Community & Neighbourhood Services 4706 0299
 Lawson Community Health Facility - Aboriginal Liaison 4759 8700, 1800 222 608
 Nepean Hospital - Aboriginal Health Unit 4734 3838

HEALTH – AFTER HOURS

GP2U Telehealth 1300 472866
 HealthDirect 1800 022 222
 National Home Doctor Service 137 425
 Nepean Blue Mountains PHN - Nepean After Hours GP Clinic 4789 0229

HEALTH – COMMUNITY

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 0475 754 574

HEALTH – HIV & SEXUALITY

ACON Health 9206 2000
 Blue Mountains PLWHA Centre 4782 2119
 HIV Information Line 1800 451 600; 9322 9700
 Nepean Hospital - Nepean Sexual Health & HIV Clinic 47342507 (Kingswood), 4784 6560, 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 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 4384;
 - Legal Advice Line: 4704 0207;
 - Tenancy Advice Line: 4704 0201
 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
 - Penrith Family Law Legal Advice Service 1800 551 589
 - Penrith Legal Aid Office 4732 3077
 - Youth Hotline 1800 101 810
 Lithgow Legal Advice Service 6352 2077
 Mount Druitt Aboriginal Legal Advice Service 9832 1356
 Penrith Community Corrections Office 4777 8400
 Seniors Rights Service 1800 424 079

LGBTQ+

ACON Health 9206 2000
 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 8594 9555

MEDIA

Blue Mountains Gazette 4751 1955
 Radio Blue Mountains 89.1 4782 4891
 The Big Fix Ltd. 0407 437 553

MENTAL HEALTH

Aftercare 4720 9780
 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 Lithgow 6352 7600
 Katoomba Community Health Facility - Community Mental Health 4782 2133
 Likemind 8880 8111
 Lithgow Community Mental Health 6350 2555
 Mental Health Line 1800 011 511
 Neami Nepean-Penrith – Optimal Health program 8416 1190
 Nepean Hospital - Mental Health 1800 011 511; 4734 2544
 New Access Coaching – Marathon Health 6333 2838
 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 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 4782 1286

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 4782 5133
 Lives Lived Well Dianella Alcohol and Other Drugs Service 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) 4759 1012
 Bridging the Gap 9673 1211
 Child & Youth Mental Health Service 4725 9800
 Headspace 4750 8800 – Lithgow 0263527600
 Legal Aid NSW Youth Hotline 1800 101 810
 Mountains Youth Services Team 13006978
 Parenting Young – Mountains Outreach Community Services 4758 6811 or 0432 143 452
 Platform Youth Services 4760 0800 (emergency accommodation for young people in Nepean Blue Mountains)
 The Big Fix Ltd. 0407 437 553
 Blue Mountains Pluriversity 0407 437 553
 BMCC Youth Services 4780 5000; Referrals: 4780 5545; 4780 5680