

# BLUE MOUNTAINS COMMUNITY SERVICES DIRECTORY

NOTE: [serviceseeker.com.au](http://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  
DV West 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  
DV West 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  
Treview 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  
LAPSTONE PRESCHOOL 4739 2606

Produced by the **Mountains Community Resource Network**, February 2020  
Please send any updates to [support@mcrn.org.au](mailto:support@mcrn.org.au)

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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](mailto: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  
DV West 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](http://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](http://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](mailto:bmig3@hotmail.com)  
Blue Mountains Refugee Support Group [secretary@bmrsg.org.au](mailto:secretary@bmrsg.org.au)

BLUE MOUNTAINS TOGETHER FOR TIMOR [marywaterford2@gmail.com](mailto: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  
DV West 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