<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal and Torres Strait Islander People</td>
<td>5</td>
</tr>
<tr>
<td>• Health and Community Services</td>
<td>5</td>
</tr>
<tr>
<td>• Advocacy Services</td>
<td>7</td>
</tr>
<tr>
<td>Acquired Brain Injury</td>
<td>8</td>
</tr>
<tr>
<td>Addictions</td>
<td>9</td>
</tr>
<tr>
<td>Aged Care</td>
<td>10</td>
</tr>
<tr>
<td>Alzheimer’s Disease and Dementia</td>
<td>11</td>
</tr>
<tr>
<td>Asperger’s and Autism Spectrum Disorder</td>
<td>12</td>
</tr>
<tr>
<td>Children</td>
<td>14</td>
</tr>
<tr>
<td>Culturally and Linguistically Diverse Communities</td>
<td>15</td>
</tr>
<tr>
<td>Developmental and Intellectual Disability</td>
<td>15</td>
</tr>
<tr>
<td>General Carer Information</td>
<td>19</td>
</tr>
<tr>
<td>Grandparents and Kinship Carers</td>
<td>14</td>
</tr>
<tr>
<td>Medical Conditions</td>
<td>22</td>
</tr>
<tr>
<td>• Bone and Joint Conditions</td>
<td>22</td>
</tr>
<tr>
<td>• Bowel and Intestinal Diseases</td>
<td>22</td>
</tr>
<tr>
<td>• Cancer</td>
<td>22</td>
</tr>
<tr>
<td>• Cardiovascular Disease</td>
<td>23</td>
</tr>
<tr>
<td>• Diabetes</td>
<td>23</td>
</tr>
<tr>
<td>• Genetics</td>
<td>23</td>
</tr>
<tr>
<td>• Haemophilia</td>
<td>24</td>
</tr>
<tr>
<td>• Huntington’s Disease</td>
<td>24</td>
</tr>
<tr>
<td>• Kidney Disease</td>
<td>24</td>
</tr>
<tr>
<td>• Lung Diseases</td>
<td>24</td>
</tr>
</tbody>
</table>
• Lupus and Sjogren’s Syndrome 26
• Meniere’s Disease 26
• Motor Neurone Disease 26
• Multiple Sclerosis 26
• Muscular Dystrophy 26
• Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS) and Fibromyalgia Syndrome (FMS) 27
• Osteoporosis 27
• Pain 27
• Parkinson’s Disease 27
• Post-Polio 27
• Scleroderma 28
• Stroke 28
• Thyroid Diseases 28

Mental Health 29
Palliative Care 32
Physical 33
Sensory 35
Veterans 36
Young People 37

Note:

This information aims to assist carers to navigate the complex system of information and support services available across Lake Macquarie and Newcastle. The information presented was current at February 2014.

Please notify the Carer Resource Worker of any changes and/or additions by telephoning 4921 0333 or email council@lakemac.nsw.gov.au.
ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Health and Community Services

Awabakal Primary Health Care Centre
Services include the treatment of acute illnesses, emergency care, management of chronic conditions, crisis intervention and referral, sexual health, drug and alcohol problems, mental health, hearing health, dental services as well as a range of population health activities.

Monday to Friday 9.00am to 5.00pm (closed between 1.00pm - 2.00pm)
Phone: 4907 8555       Website: http://www.awabakal.org/services/medical-services

Aboriginal Community Services
Links Aboriginal people with relevant service providers, by providing contact, referral, advocacy and support. Also, has Elders, disability, and transport services.

Phone: 4962 2822                                                 Website: http://www.awabakal.org

Accommodation during hospitalisation
- Yallarwah Uncle Bob’s Place, John Hunter Hospital
For relatives of Indigenous in-patients, accommodation is available while their family member is in hospital.

Phone: 4921 3650

Child and Youth
- Aboriginal Child and Youth Counselling Team Newcastle
  Phone: 4969 2477

- Muloobinba Aboriginal Corporation Aboriginal Parenting Support Project supports young Aboriginal families up to the age of 25 with children between the ages of 0 to 5. There is a particular emphasis on parents under 18 years of age.
  Phone: 4969 5299

Chronic Pain
- Integrated Chronic Care for Aboriginal People Program (ICCAP)

The program aims to increase access to health services and reduce the incidence of chronic disease for Aboriginal people from 15 years of age with diabetes, respiratory, kidney and heart disease.

Phone: 49246186
Domestic Violence
• Aboriginal Family Violence Worker
• Family violence and assault service
Phone: 4924 6175

Family Support
• Newcastle Family Support Services
Provides a range of services to Aboriginal families caring for children, including centre based counselling, parenting support information, and supported playtime group.
Phone 4926 3577

Hunter New England Area Health Service
• Aboriginal Health Unit
• Aboriginal Hospital Liaison Officers
  John Hunter Hospital
  Calvary Mater Hospital
Phone: 4924 6067
Phone: 4922 3190
Phone: 4033 5116

Home Care
• Daramulen Aboriginal Home Care Branch
Provides domestic assistance, personal care, in-home respite, and help with food preparation, shopping, social support, and minor home maintenance.
Phone: 4941 5500

Maternal and Infant Health
• Birra-li Aboriginal Maternal and Child Health Services
Phone: 4924 6595

Medicare
• Medicare Access Line for Aboriginal and Torres Strait Islander people.
The Access Line is supported by the Medicare Liaison Officers for Indigenous Access, who are culturally aware of conditions that may affect Indigenous people.
Phone: 1800 556 955

Mental Health
• Mental Health Aboriginal Liaison Officer
Phone: 4033 5116
• Aboriginal Mental Health Worker  
Phone: 4969 2424

• The Housing Accommodation & Support Initiative (HASI)
Brings people home, free from psychiatric institutions, homelessness or out-of-area placements. A key component is voluntary participation in the program.
Phone: 4963 9700

• Personal Helpers and Mentors (PHaMs)
Provided by Mission Australia - outreach support to assist people whose ability to live independently is impacted by mental illness.
Phone: 4033 4917

Advocacy Services

Aboriginal Disability Network
Aboriginal Disability Network NSW is an organisation of and for Aboriginal people with disability living in New South Wales. It aims to improve the social, cultural and economic status of Aboriginal people with disability in NSW.
Phone: (02) 9519 5005  
Website: [http://www.adnnsw.org.au](http://www.adnnsw.org.au)

AbSec (Aboriginal Child Family and Community Care State Secretariat)

Provides a carer support line, culturally appropriate advice and information to Aboriginal and non-Aboriginal carers of Aboriginal children.
Phone: 1800 888 698

Community Justice Centre

Can help resolve disputes involving families, neighbours and clans, schools, workplace and more. Ask to speak to an Aboriginal member of staff.
Phone: 1800 990 777

First People’s Disability Network Australia

The national peak disability organisation representing Aboriginal people with disabilities and their families.
Phone: (02) 9519 5005  
Website: [http://www.fpdn.org.au](http://www.fpdn.org.au)
Legal Aid NSW Child Support Service

This service is not part of the Child Support Agency (CSA) or Centrelink. It provides free advice and assistance to parents and carers who should be receiving financial support for the care of children.


If you are hearing or speech impaired, you can phone the National Relay Service on 133 677 or TTY 9219 5126

Stolen Generation

- Link-Up NSW

The services provided include counselling and support reunions, support services for Aboriginal foster carers and children and young person in out-of-home care. Also support for possible kinship options when a child or young person has been removed from their birth parents and family trees for Aboriginal and Torres Strait Islander children and young persons, in out of home care.

Phone: 1800 624 332

Wandiyali

- Community Support Service - referral, liaison and advocacy for Indigenous people of any age.

- Disability Support

- The Brighter Futures Program - an early intervention program to assist and support families

Phone: 4957 5900

ACQUIRED BRAIN INJURY

Hunter Brain Injury Respite Options

Flexible respite packages to people who have sustained a brain injury.

Phone: 4965 8111               Website: [http://www.hunterbiro.org.au](http://www.hunterbiro.org.au)

Hunter Brain Injury Service

A rehabilitation service for people who have sustained a brain injury within the last 10 years (18 to 65 years old; 16 years old if left school).

Phone: 4924 5600
**Hunter Brain Injury Unit**
A comprehensive, multidisciplinary, community-based, rehabilitation service for people who have an acquired brain injury. Referrals are required.
Phone: 4929 3100

**Paediatric Brain Injury Rehabilitation Team**
The assessment and management of the rehabilitation needs of children and young people, with an acquired brain injury.
Phone: 4925 7963 Website: [http://www.kaleidoscope.org.au/site/pbirt](http://www.kaleidoscope.org.au/site/pbirt)

**The Brain Injury Association of NSW**
Information and support for people with an acquired brain injury, their family members, carers, friends and service providers.
Phone: 1800 802 840 Website: [http://www.biansw.org.au](http://www.biansw.org.au)

**ADDICTIONS**

**Al-Anon**
- Family Groups provide support for families and friends of someone whose drinking is a problem.
- **Alateen** provides support for teenagers affected by the problem drinking of a parent or other family member.
Phone: 1300 ALANON (252 666) Website: [http://www.al-anon.org](http://www.al-anon.org)

**Family Drug Support**
- Telephone support for families in crisis due to drug and alcohol issues.
- Family Support Meetings provide opportunities to talk and listen to others.
Phone: 1300 368 186 Website: [http://www.fds.org.au](http://www.fds.org.au)

**Gam-Anon**
Support for relatives or friends who have been affected by the gambling problem of others.
Phone: (02) 9728 4983 Website: [http://www.gansw.org.au/GamAnon](http://www.gansw.org.au/GamAnon)

**Gambling Help**
Phone, face-to-face and online help with gambling issues. Crisis-counselling, information and referral service for problem gamblers, families and others operating 24 hours daily.
Phone: 1800 858 858  Website: http://www.gamblinghelp.nsw.gov.au

• Multicultural Problem Gambling Service  Phone: 1800 856 800

**Gambling help, counselling and support services**

• Mission Australia
  Phone: 4033 4927  Website: https://www.missionaustralia.com.au/

• Wesley Mission
  Phone: 4963 9200  Website: http://www.wesleymission.org.au/

• Lake Macquarie Financial & Gambling Counselling Service
  Phone: 4950 5108  Website: http://www.fcan.com.au/?page_id=371

• Lifeline Crisis Line: 131 114
  Phone: 4940 2000  Website: http://www.lifelinehunter.org.au

**McAuley Alcohol and Other Drug Family Services**

• Support groups for families and friends of people with alcohol or other drug or gambling issues.

• Holy Oak – Changing Focus Group.
  Phone: 4961 2686  Website: http://www.mercyservices.org.au

**The Salvation Army**

Hunter Region Recovery Services – Drugs and Alcohol provides individual, group and/or family counselling and life skills training.

Phone: Lake Macquarie  4973 1495  Website: http://www.salvos.org.au
  Newcastle  4961 1257

**AGED CARE**

**Commonwealth Respite Centre**

To arrange respite care in community and residential facilities.

Phone: 1800 052 222 (during business hours), 1800 059 059 (after hours)

**Community Care Access Point**

Provides information on and accepts referrals to local organisations for support services to assist people to remain in their own homes including housekeeping,
personal care, respite care, home maintenance and modification, assistance with shopping, meals and transport.

Phone: 1300 731 556 (during business hours)

Website: http://www.adhc.nsw.gov.au/individuals/help_at_home

Hunter New England Health

• Referral and Information Centre
To arrange assessment of older people for services to assist them to remain at home, or for residential care.

Phone: 4924 2590

• Hunter Aged Care Assessment Team
Carries out assessments and reassessments for residential care and community care services.

Phone: 4985 5700

ALZHEIMER’S DISEASE AND DEMENTIA

Alzheimer’s Australia

• National Dementia Advisory Service
Operating 24 hours daily, provides information on dementia and its symptoms; phone advice and assistance in assessing reasons for behaviours of concern, and development of strategies to address behaviours of concerns.

National Dementia Helpline: 1800 100 500

Website: http://www.fightdementia.org.au

• Hunter Dementia and Memory Resource Centre
Information, support, education, counselling and resources to family members, friends and those affected by dementia.

Phone: 4962 7000

Newcastle/Lake Macquarie Dementia Advisory Service

• Living With Memory Loss Program
Individual counselling, information, support and education also information and support for people living with early stage dementia and their family members or carers.

• Carer support groups
Individuals get together on a regular basis to share information and build on skills that can assist when caring for a friend or relative living with dementia.
Located at: Belmont; Cardiff; Charlestown: Rankin Park; Hamilton; Toronto; Wallsend.

Phone: 4985 5715  
Website:  

**NSW Dementia Behaviour Management Advisory Service**

Advice for family members, carers or friends of people with dementia who have behaviours which are causing risk to themselves and their carers.

Phone: 1800 699 799  
Website:  

---

**ASPERGER’S AND AUTISM SPECTRUM DISORDER**

**Aspect Hunter School**

Supports families of children with Autism Spectrum Disorder. Also supports the ongoing integration of young people in mainstream schools.

Phone: 4922 5900  
Website: http://www.austismspectrum.org.au

**Autism Spectrum Australia (ASPECT)**

Provides a range of services, support and resource options for families and carers of people with Autism Spectrum Disorder.

Phone: 1800 277 328  
Website: http://www.austismspectrum.org.au

**First Chance**

A family centred program that supports families who live in the Lake Macquarie Area who have a school-aged child with a diagnosed disability.

Phone: 4921 6275  
Website: http://www.firstchance.org.au

**Hunter Connect Autism Spectrum Support**

Supports families that have children suffering from neurological development disorders such as Autism, Aspergers, ADHD and others.

Phone 4982 9123  
Website: http://www.hunterconnect.org.au

**Lifespan Occupational Therapy Service**

A paediatric occupational therapy assessment and rehabilitation service for children aged 0 – 7 years with a diagnosis or Autism Spectrum Disorder, Cerebral Palsy,
Down Syndrome, Fragile X syndrome, vision or hearing impairments. This service may be free or eligible for Medicare rebate.

Phone: 4959 6711 Website: http://www.lifespanot.com.au

**Mercy Community Services**

McAuley Outreach Services - parenting support and advice on behaviour management.

Phone 4961 2686 Website: http://www.isthisyou.org.au

**Newcastle Temporary Care**

- Respite and support for families of children and young adults with autism in the Newcastle/Lake Macquarie area.
- Parent Support Groups - giving parents the opportunity to make new friendships, share ideas and information, and give and receive emotional support. Each group is supported by a facilitator who organises guest speakers, outings, or whatever parents decide will meet their needs.

Phone: 4957 5008 Website: http://www.newcastletempcare.com.au

**Northcott**

- Early Childhood Autism Services
- Therapy services
- Support for Parents or Carers of Children with Autism Spectrum Disorder.

Phone: 1800 004 957 Website: http://www.northcott.com.au

**Play Connect Playgroups**

Help families with children with Autism Spectrum Disorder connect with other families and carers and share experiences.

Phone: 1800 171 882 Website: http://www.playconnect.com.au

**Raising Children Network**

- Discussion forum for parents and carers of children with Autism Spectrum Disorder.

Website: http://www.raisingchildren.net.au

**Samaritans**

Disability Services - assessment and support of children with autism.

Phone: 1300 656 336 Website: http://www.samaritans.org.au
Support Classes – Early Intervention
For pre-school children from 3 years to school entry age who have an identified disability.
Phone: 4904 3900 Website: http://www.det.nsw.edu.au/contactus/index.htm

Teens Place
Asperger’s Youth Group – a group for High School Aged children with High Functioning Autism and Asperger’s
Phone: 0408 473 136

CHILDREN

Kaleidoscope
Acts as an umbrella organisation that integrates a range of health care services designed to meet the ever-changing health needs of babies, children, young people and their families.
Phone: 4921 3844 Website: http://www.kaleidoscope.org.au

Paediatric Pain Service
A service specifically for children and young people with complex or chronic pain including those associated with acute or chronic medical or surgical conditions, cancer, cancer treatments, and persisting pain of unknown cause.
Phone: 4921 3000 Website: http://www.kaleidoscope.org.au/site/pain

Paediatric Palliative Care Service
Provides support to children and young people with life-threatening or life-limiting illness and their families/carers. Also provides education, advice and support to health care professionals providing care to these young patients.
Phone: 4921 3387 Website: http://www.kaleidoscope.org.au/site/palliative-care

Ronald McDonald House Newcastle
Located in the grounds of the John Hunter Hospital, provides a ‘Home away from Home’ to families of seriously ill or injured children.
Phone: 4921 4733 Website: http://www.rmhc.org.au
CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES

Ethnic Communities Council of Newcastle and Hunter Region
Support for ethnic and culturally and linguistically diverse communities providing health, wellbeing and social support services.
Phone: 4960 8248 Website: http://www.eccnewcastle.org.au

Northern Settlement Services
- A service for migrants, refugees and people of a non-English speaking background.
- Hunter Multicultural Respite Service - respite care for frail older people or people with dementia from non English speaking backgrounds.
Phone: 4969 3399 Website: http://www.nsservices.com.au

Translating and Interpreting Services (TIS)
For people speaking a language other than English - TIS can translate more than 100 languages and is available 24 hours a day.
Phone: 131 450 Website: http://www.tisnational.gov.au

DEVELOPMENTAL AND INTELLECTUAL DISABILITY

Ageing Disability and Home Care
Early intervention programs for children and young people with a disability.
Phone: 1300 205 268 Website: http://www.adhc.nsw.gov.au

Association of Children with a Disability NSW
Provides support and information to all parent, carers and families of children with any type of disability.
Phone: 1300 851 603 Website: http://www.acdnsw.org.au

Better Start for Children with Disability
Funding for early intervention services. Children must be registered before they turn 6 years old.
Phone: 1800 242 636 Website: http://www.betterstart.net.au
Community Disability Alliance Hunter
A user-led organisation, run by and for people with a disability and their families, to assist them to get the support they need.
Phone: 0409 053 454 Website: http://www.cdah.org.au

ConnectAbility Australia
Supporting people with high to very high support needs overcome barriers to achieving their goals and dreams.
Phone: 4962 1000 Website: http://www.connectabilityaus.org.au

Crossroads Christian Fellowship
A Christian-centred organisation for people with disabilities and their carers.
Phone: 4951 8106 Website: http://www.crossroadsfellowship.org.au

National Disability Insurance Agency
The National Disability Insurance Agency (NDIA) provides information and referral to existing mainstream and community services in launch areas for people aged under 65 years with moderate/severe disabilities.
Phone: 1800 800 110 Website: http://www.ndis.gov.au

Disability Advocacy NSW
Helps people of all ages with any type of disability or mental illness get fair treatment.
Phone: 4927 0111 Website: http://www.da.org.au

Down Syndrome NSW
Support and information to people with Down syndrome and their family members, carers and service providers.
Phone: (02) 9841 4444 Website: http://www.downsyndromensw.org.au

Kaleidoscope
- Early Childhood Information Team provides early childhood intervention information, coordination and/or interim support to families who have young children, birth to school entry age, with a developmental delay or disability. This is a free service.
Phone: 4925 7847 Website: http://www.kaleidoscope.org.au/site/ecit
- A specialist community health service for families with children aged 2 to 12 years, who are experiencing difficulties in two or more developmental areas, with or without behavioural problems.
Phone: 49246 400 or 4924 6190 Website: http://www.kaleidoscope.org.au
Family Advocacy
An independent, disability advocacy organisation that works across NSW with families in which there is a child or an adult with developmental disability. Offers a range of resources for families to help them be better equipped to speak up for the best interests of their family member with disability.
Phone: 1800 620 588 Website: http://www.family-advocacy.com

First Chance
Strengthening Families is a family-centred program that supports families of children and young people with disabilities, through information, support, case management and referral.
Phone: 4921 6275 Website: http://www.firstchance.org.au

House With No Steps
A broad range of support services to people with intellectual, mental health, sensory and physical disabilities.
Phone: 4941 8100 Website: http://www.hwns.com.au

Intellectual Disability Rights Service
A specialist legal advocacy service for people with an intellectual disability in NSW.
Phone: 1800 666 611 Website: http://www.idrs.org.au

Lifestyle Solutions
A not-for-profit organisation providing person centred, flexible and responsive support services to people with disability, children, young people and adults across Australia.
Phone: 4014 7800 Website: http://www.lifestylesolutions.org.au

Life Without Barriers
Assisting people living with a disability, people living with a mental health issue, children and young people, and other vulnerable persons to live safer and more enriched lives.
Phone: 4033 4500 Website: http://www.lwb.org.au

LeapFrog Ability
Provides rapid response and flexible support services to people and families living with a disability or who are disadvantaged.
Phone: 4979 7777 Website: http://www.leapfrog.org.au
New Lake Peer Support
A range of flexible and innovative services to people with a disability and their primary carers, including day programs and information and referral services.
Phone: 4963 6420 Website: http://www.newlake.com.au

Newcastle Temporary Care
- Parent Support Groups - giving parents the opportunity to make new friendships, share ideas and information, and give and receive emotional support. Each group is supported by a facilitator who organises guest speakers, outings, or whatever parents decide will meet their needs.
- Respite care – for families caring for a child or young adult with a primary diagnosed intellectual, physical or sensory disability, in receipt of either the Carers Allowance or the Disability Support Pension.
Phone: 4957 5008 Website: http://www.newcastletempcare.com.au

Northcott
- EarlyStart Diagnosis Support Service - parent/carer support groups, sibling support groups, online support groups, playgroups, family fun days/night.
- Leaving Care Program Mentoring Service - aimed at helping young people to develop the confidence and skills they need to make informed choices and lead fulfilling and productive lives.
- Support Networks Program - provides support to children and young people with a disability and their families by facilitating social and support network activities and events.
Phone: 4935 0400 Website: http://www.northcott.com.au

NSW Council for Intellectual Disability
A peak body representing people with intellectual disability in NSW.
Phone: 1800 424 065 Website: http://www.nswcid.org.au

Prader-Willi Syndrome Association of Australia
Support to people with Prader-Willi syndrome.
Website: http://www.pws.org.au/nsw

Samaritans
Provides disability, youth, family mental health and community support.
Phone: 1300 656 336 Website: http://www.samaritans.org.au

St Vincent de Paul - Ability Links
Works with people with a disability, their families and carers to plan for their future, and help people to achieve their goals and access support services.
Support Classes
Early Intervention for children aged 3 years to school entry age who have an identified disability.
Phone: 4904 3900 Website: http://www.det.nsw.edu.au/contactus/index.htm

TAD Disability Services
Technical Aid for the Disabled designs and builds personalised custom equipment to enable people with disabilities to lead lives that are more independent.
Phone: (02) 9912 3400 Website: http://www.tadnsw.org.au

The Fragile X Association of NSW
Support to families living with Fragile X.
Phone: 1300 394 636 Website: http://www.fragilex.org.au

GENERAL CARER INFORMATION

Carers Action Network (CAN)
Information and support for carers in the local area.
Phone: 0411 779 560

Carers NSW
Provides information, counselling, education programs and support networks for carers.
Phone: 1800 242 636 (during business hours) Website: http://www.carersnsw.org.au

Commonwealth Respite and Carelink Centre
Centres provide information on many types of assistance, from personal care and domestic help to accommodation in nursing homes and hostels.
Phone: 1800 052 222 (business hours) 1800 059 059 (after hours) Website: http://www9.health.gov.au/ccsd

Community Care Access Point
Provides information and accepts referrals for services to maintain people in their own homes.
Phone: 1300 731 556 (during business hours)
Disability Advocacy NSW
Helps people of all ages with any type of disability or mental illness get fair treatment.
Phone: 4927 0111 Website: http://www.da.org.au

NSW Companion Card
Enables eligible people with lifelong disability to participate at venues and activities without incurring the cost of a second ticket for their companion.
Phone: 1800 893 044 Website: http://www.companioncard.org.au

National Disability Insurance Agency
The National Disability Insurance Agency provides linkages and individualised support and clinical services for eligible people with permanent and significant disability under the age of 65 years.
Phone: 1800 800 110 (during business hours) Website: http://www.ndis.gov.au

EDuCARE - Carer Support Service
Provides information and education sessions for carers.
Phone: 4921 4895 Website: http://www.hnehealth.nsw.gov.au/educare_support_service

Lifeline
Phone: 13 11 14 (24 hours daily) Website: http://www.lifeline.org.au

Mental Health Line
Phone: 1800 011 511 (24 hours daily) Website: http://www0.health.nsw.gov.au/mhdao/contact_service.asp

National Dementia Advisory Service

Salvo Care Line
Phone: 1300 363 622 (24 hours daily) Website: http://www.salvos.org.au
GRANDPARENTS AND KINSHIP CARERS

Connecting Carers NSW
Carer support line for foster, kinship and relative carers operating 24 hours daily.
Phone: 1300 794 653  Website: http://www.connectingcarersnsw.com.au

Foster Care Association NSW Inc.
Advocacy, education, friendship and support for foster carers.
Phone: 0427 631 316  Website: http://www.fcansw.org.au

Grandparents as Parents (GAPs)
Information on legal or financial issues and advice on where to seek help for the children in your care.
Phone: 0429 914 553  Website: http://www.samaritans.org.au

Grandparents, Relatives and Kinship Carers (GRaKCA) Hunter Inc.
Support meetings for grandparents, relatives and kinship carers.
Website: http://www.grackahunter.weebly.com

GRANDS Raising Kids NSW Inc.
Providing information and support to kinship carers and children in their care.
Phone: 4998 1549 or 4973 5016
Website: http://www.grands-raising-kids.org.au

My Time
My Time for Grandparents and Kinship Carers provides an online forum for peer support on the Raising Children Network website.
Website: http://www.raisingchildren.net.au/forum

Samaritans
Kinship Carers - support and information for grandparents who are raising their grandchildren. Peer support groups and community forums.
Phone: 4922 1527  Website: http://www.samaritans.org.au
MEDICAL CONDITIONS

BONE AND JOINT CONDITIONS

• **Arthritis NSW**
  Information, education, support and community groups.
  Phone: 1800 011 041  Website: [http://www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)

• **Osteoporosis Australia**
  Services and information to the community and health professionals.
  Phone: 1800 242 141  Website: [http://www.osteoporosis.org.au](http://www.osteoporosis.org.au)

BOWEL and INTESTINAL DISEASES

• **Crohn’s & Colitis Australia**
  Provides confidential support programs including education, advocacy, counselling and increasing awareness.
  Phone: (03) 9815 1266  Website: [http://www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au)

• **Inflammatory Bowel Disease Clinic**
  A comprehensive online health service offering information and assessment for individuals with Inflammatory Bowel Disease.
  Phone: 1800 138 029  Website: [http://www.ibdclinic.org/ibd](http://www.ibdclinic.org/ibd)

CANCER

• **Cancer Council NSW**
  Free telephone support group  Phone: 1300 755 632
  Life Circle provides free mentors to carers  Phone: 1300 364 673

• **CanTeen**
  A peer support network for 12 to 24 year olds, who have an immediate family member who has been diagnosed with cancer, or is bereaved.
  Phone: 4906 1122  Website: [http://www.canteen.org.au](http://www.canteen.org.au)

• **Make Today Count**
  A mutual support organisation for those persons confronting a life-threatening illness so they may gain help in learning to live life in a positive, meaningful manner.
  Phone: 4943 8462  Website: [http://www.maketodaycount.org.au](http://www.maketodaycount.org.au)
CARDIOVASCULAR/CORONARY HEART DISEASE

- **Australian Heart-Lung Transplants Association**
  Supports and informs pre-heart and lung transplant patients and post-heart and lung transplant patients, their carers and families.
  
  Phone: 0429 534 334

- **Heart Support-Australia (HS-A)**
  Provides an organised approach to the enhancement of quality of life for the more than 2 million Australians and their families affected by cardiovascular disease and heart conditions.
  
  Website: [http://www.heartnet.org.au](http://www.heartnet.org.au)

- **The Heart Foundation**
  Provides cardiovascular research, guidelines for health professionals, information for the public, and assisting people with cardiovascular disease.
  
  Phone: 4922 1546
  Website: [http://www.heartfoundation.org.au](http://www.heartfoundation.org.au)

DIABETES

- **Diabetes Australia**
  Provides practical assistance, information and subsidised products to Australians diagnosed with diabetes or at risk.
  
  Phone: 1300 136 588

GENETICS

- **Health Centre for Genetics Education Specialty Services**
  The GOLD Service provides genetic services to NSW families with fragile X syndrome and families who have two or more male relatives with intellectual disability.
  
  Phone: 4985 3136
  Website: [http://www.genetics.edu.au/Genetics-Services/speciality-services](http://www.genetics.edu.au/Genetics-Services/speciality-services)

- **Hunter Genetics**
  Services include consultations with specialist geneticists, genetic counselling and testing, inpatient consultations, and multidisciplinary clinics including psychiatric support.
  
  Phone: 4985 3100
  Website: [http://www.genetics.edu.au](http://www.genetics.edu.au)

- **The Centre for Genetics Education**
  Produces fact sheets about common genetic conditions.
  
  Phone: (02) 9462 9599
  Website: [http://www.genetics.edu.au](http://www.genetics.edu.au)
HAEMOPHILIA

- Haemophilia Foundation NSW
  Support programs and advocacy for the NSW bleeding disorders community, their families and carers.
  Phone: (02) 9249 7302
  Website: http://www.hfnsw.org.au

HIV and AIDS

- Hunter ACON
  Assistance for gay, lesbian, bisexual and transsexual (GLBT) people and people with HIV, sex workers and drug users to improve their health and wellbeing by providing a range of services, resources, support groups and events; as well as information and training to mainstream service providers and community groups.
  Phone: 4962 7700
  Website: http://www.acon.org.au

HUNTINGTON’S DISEASE

- Huntington’s NSW
  A team of health professionals which is experienced in all aspects of the effects of Huntington’s disease on the individual and the family.
  Phone: 1800 244 735
  Website: http://www.huntingtonsnswnsw.org.au

KIDNEY DISEASE

- Kidney Health Australia
  Information from on-site health professions for people with kidney disease or on dialysis, their carers and families.
  Phone: 1800 543 639
  Website: http://www.kidney.org.au

LUNG DISEASES

- Asbestos Diseases Foundation of Australia (ADFA)
  Support to people with asbestos related diseases, family members, and carers.
  Phone: 1800 006 196
  Website: http://www.adfa.org.au

- Asbestos Disease Society (NHADS) Newcastle & Hunter
  Phone: 4952 9936
  Website: http://www.adfa.org.au/supportgroup.html

- Asthma Australia
  Information, education, advocacy and promoting research.
  Phone: 1800 278 462
  Website: http://www.asthmaaustralia.org.au
• **Asthma Foundation**  
  Education and advocacy for people with asthma and linked conditions  
  Phone: 1800 645 130  
  Website: [http://www.asthmafoundation.org.au](http://www.asthmafoundation.org.au)

• **Australian Heart-Lung Transplants Association**  
  Supports and informs pre-heart and lung transplant patients and post-heart and lung transplant patients, their carers and families.  
  Phone: 0429 534 334  

• **Australian Mesothelioma Registry**  
  A database containing information about people with mesothelioma, monitoring new cases of mesothelioma diagnosed from 1st July 2010 in Australia. Information about asbestos exposure is collected from people with mesothelioma through a postal survey and telephone interview.  
  Phone: 1800 378 861  
  Website: [http://www.mesothelioma-australia.com](http://www.mesothelioma-australia.com)

• **Cystic Fibrosis Federation NSW**  
  A wide range of support services, education and research that helps people with Cystic Fibrosis both now and into the future.  
  Phone: 1800 650 614  
  Website: [http://www.cysticfibrosis.org.au](http://www.cysticfibrosis.org.au)

• **Cystic Fibrosis NSW Newcastle/Hunter**  
  A home visiting service, that includes a range of counselling services as well as practical support and treatment in the home of families caring for a child or young person with Cystic Fibrosis. They have a Peer Support Program and a Country Outreach service.  
  Phone: 4960 2922  
  Website: [http://www.cysticfibrrosisnsw.org.au](http://www.cysticfibrrosisnsw.org.au)

• **Lung Foundation Australia**  
  Information and support centre  
  Phone: 1800 654 301  

• **Pulmonary Hypertension Australia**  
  Provides hope, support and education, and promotes awareness and advocacy for the pulmonary hypertension community.  

• **Sarcoidosis Lyme Australia**  
  Support and informational resources to sufferers of Sarcoidosis and Lyme disease, carers and families of patients, medical and health professionals.  
  Website: [http://www.sarcoidosisaustralia.com/](http://www.sarcoidosisaustralia.com/)
LUPUS DISEASE AND SJOGREN’S SYNDROME

• The Lupus Association of NSW
Information and counselling support service for those who have recently been diagnosed, as well as those who have been living with Lupus and Sjogren’s for some time.
Phone: 1800 802 088  Website: http://www.lupusnsw.org.au

MENIERE’S DISEASE

• Meniere’s Australia
Promotes and facilitates the development of services and support for those living with Meniere’s disease and other vestibular conditions.
Phone: (02) 9580 7117  Website: http://www.menieres.org.au

• Meniere’s Support Group of NSW Inc.
Help through telephone counselling, newsletter, brochures and e-mail.
Website: http://www.menieresnsw.org.au

MOTOR NEURONE DISEASE

• Motor Neurone Disease (MND) Association of NSW
Support for people living with MND, their family and friends.
Phone: 4921 4157  Website: http://www.mndnsw.asn.au

MULTIPLE SCLEROSIS

• MS Australia
Aims to help you understand a recent diagnosis, to learn practical ways to manage your treatment and MS symptoms, and make healthy choices for living well with MS. Services are for people with MS, family members, friends and carers.
Phone: 1800 042 138  Website: http://www.mssociety.org.au

MUSCULAR DYSTROPHY

• Muscular Dystrophy NSW
Access to a wide range of services and programs such as respite, information and referral, social groups, seminars, advocacy, weekend retreats, equipment funding, and camps.
Phone: 1800 635 109  Website: http://www.mdnsw.org.au
MYALGIC ENCEPHALOMYELITIS (ME), CHRONIC FATIGUE SYNDROME (CFS) AND FIBROMYALGIA SYNDROME (FMS)

- ME/CFS Society of NSW Inc.
  Information and support and to promote accurate awareness of ME/CFS within medical and scientific communities and the wider public, and to support research into the treatment of ME/CFS.
  Phone: (02) 9904 8433  
  Website: [http://www.me_cfs.org.au](http://www.me_cfs.org.au)

OSTEOPOROSIS

- Osteoporosis Australia
  Information about maintaining better bone health and managing osteoporosis which is easy to access and download.
  Phone: (02) 9857 3300  
  Website: [http://www.osteoporosis.org.au](http://www.osteoporosis.org.au)

PAIN

- Chronic Pain Australia
  Provides public forums, e-bulletins, educational resources, and advocacy.
  Website: [http://www.chronicpainaustralia.org.au](http://www.chronicpainaustralia.org.au)

- Hunter Integrated Pain Service (HIPS)
  A multidisciplinary pain management team based in the public hospital system in Newcastle.
  Phone: 4922 3435  

PARKINSON’S DISEASE

- Parkinson’s NSW
  Information, counselling and support to people living with Parkinson's disease, their partners, carers and families.
  Phone: 1800 644 189  
  Website: [http://www.parkinsonsnsw.org.au](http://www.parkinsonsnsw.org.au)

POST-POLIO

- Post-Polio Support Group
  A self help group for people who have had polio and their families.
  Phone: 4957 5254
SCLERODERMA OR SYSTEMIC SCLEROSIS

- **Scleroderma NSW**
  Support, assistance and resources for those suffering from scleroderma and their friends and families.
  Phone: 1800 068 061 Website: [http://www.sclerodermansw.org](http://www.sclerodermansw.org)

STROKE

- **National Stroke Foundation - Strokeline**
  Information and support to prevent stroke, live with stroke, and work effectively in stroke health services.
- **Stroke Connect Program**
  Connects stroke survivors and carers with information, services and each other.
- **Stroke and Disability Information (Hunter) Inc.**
  Links people to services, information and friendship.
- **Stroke Recovery Association NSW**
  Aims to maximise the recovery of individuals who have suffered a stroke and reduce the impact on their family and carers.
  Phone: 1300 650 594 Website: [http://www.strokensw.org.au](http://www.strokensw.org.au)

THYROID DISEASES

- **The Australian Thyroid Foundation Ltd**
  Support and education with the most up-to-date, research, treatment and medications.
  Phone: (02) 9890 6962 Website: [http://www.thyroidfoundation.com.au](http://www.thyroidfoundation.com.au)
- **Thyroid Australia Ltd**
  Information, telephone support, and support groups.
  Website: [http://www.thyroid.org.au](http://www.thyroid.org.au)
MENTAL HEALTH

Beyondblue

- Beyondblue’s work is aimed at achieving an Australian community that understands depression and anxiety, empowering all Australians, at any life-stage, to seek help.
- “Guide for Carers – caring for others, caring for yourself” includes helpful information for carers and relatives of people who have either just been diagnosed, are recovering, or are in the early stages of depression/anxiety.

Phone: 1300 224 636 (24 hrs) Website: http://www.beyondblue.org.au

Black Dog Institute

Research, clinical expertise and national education programs teaching people to recognise the symptoms of mood disorders in themselves and others.

Phone: (02) 9382 4530 Website: http://www.blackdoginstitute.org.au

Carer Assist

Provides information, support, advocacy, education and training for carers and families of someone with a mental illness.

Phone: 4968 9268 Website: http://www.carerassist.org.au

Consumer Activity Network

CAN (Mental Health) provides local & national peer support services and recovery activities for consumers by consumers.

Phone: 1300 135 846 Website: http://www.canmentalhealth.org.au

First Steps Parenting Centre

Post-natal depression group.

Phone: 4924 6550 Website: http://www.kaleidoscope.org.au/site/first-steps

GROW

A national organisation that provides a peer supported program for growth and personal development for people with a mental illness and their carers.

Phone: 1800 558 268 Website: http://www.grow.net.au
Headspace

Early intervention mental health services to young people aged 12 -25 years. Provides information and support regarding a wide range of issues for young people and their families living in the Newcastle, Lakes and Port Stephens areas.

Phone: 4929 4201 Website: http://www.headspace.org.au/newcastle

Hunter New England Health Mental Health Services

- Mental Health Family Workers have some capacity to provide direct family work for families with complex needs.

Phone: 4904 9000 (weekdays) Mater – Phone: 4033 5383 (on weekends)

- Kaleidoscope - Child and Adolescent Mental Health Service (CAMHS) - provides specialist mental health services in community and inpatient settings for children and young people (0-17 years). The service provides assessment and treatment of children and their families where a child is exhibiting, is suspected of having, or is at risk of developing, emotional and psychological problems.

Phone: Newcastle 4925 7800 Lake Macquarie 4924 6200

Lifeline

Telephone Crisis Support Service staffed by trained volunteers who take calls 24 hours a day, any day from anywhere in Australia, for any ages.

Phone: 13 11 14 Website: http://www.lifelinehunter.org.au

ARAFMI Hunter

ARAFMI offers families, carers, relatives and friends of people with an mental illness and emotional disorders counselling, educational programs and workshops, telephone support, support groups, fact sheets and information.

Support Lines: 49616717 or 49612842 Website: http://www.arafmihunter.org

Mental Health Association NSW

Information about services offered locally for families and carers, as well as about mental illness and treatment. Information can be mailed to you. Also monthly support groups for people with generalised anxiety disorder, social phobia, panic attacks/disorder and obsessive compulsive disorder. Family and friends are also welcome to attend.

Phone: 1300 794 992 Website: http://www.mentalhealth.asn.au

Mental Health Line

Anyone with a mental illness can use the 24 hour daily mental health line and speak to a mental health professional and be directed to the right care for them. Carers, health professionals and emergency health workers can also use the mental health
line for advice about a person’s clinical symptoms, the urgency of the need for care and local treatment options.

Phone: 1800 011 511 (24 hours)


**Mindhealthconnect**

The site is your trusted gateway to issues surrounding mental health care and your first step to finding relevant support and resources to meet your needs. All numbers are open 24 hours daily.

Phone: 1800 011 511 - State crisis number
1300 78 99 78 - MensLine Australia (for men of any age)
1300 659 467 - Suicide Call Back Service
1800 551 800 - Kids Helpline (for young people 5-25 years)

Website: http://www.mindhealthconnect.org.au

**NEAMI NATIONAL**

Provides rehabilitation and recovery support to people with a serious mental illness who require assistance in areas of skill development, social contact and housing.

Phone: 4969 5755

Website: http://www.neaminational.org.au

**New Horizons**

Personal Helpers and Mentors Program (PHaMs) - direct, personalised outreach support to assist people whose ability to live independently is impacted by mental illness.

Phone: 4037 0400

Website: http://www.newhorizons.net.au/mental-health/personal-helpers-mentors

**Partners in Depression**

Partners in Depression is an education and support group program for people who love, live with or support someone experiencing depression.

Phone: 4940 1500

**Post & Antenatal Depression Association**

National Telephone Helpline - offers counselling, support, information, referrals to local support groups, services and playgroups.

Phone: 1300 726 306

Website: http://www.panda.org.au
Post Natal Puerperal Psychosis
A Carer’s Survival Guide - a new booklet for partners of women with post-natal puerperal psychosis, a condition much rarer than the blues or post-natal depression.


Richmond PRA
Assists families and carers of people who have a psychological disadvantage or psychiatric disability, to access information, support and respite, as well as providing connection to other people and groups.
Phone: 4963 9700 Website: http://www.richmondpra.org.au

Schizophrenia Fellowship of NSW Inc.
A group of people that get together and share experiences, problems, solutions, ideas & friendship. Some support groups are for carers only, while other groups are open to everyone.
Phone: 4925 2611 Website: https://www.sfnsw.org.au/

The Navigator’s Guide for Families and Friends
Developed to help families and friends negotiate their way through mental health services within the Hunter New England region.
Website: http://www.arafmihunter.org/navguide.html

The Shedonline
A public health initiative developed by beyondblue, Movember and the Australian Men’s Shed Association. A website designed to create a safe and supportive online social community where older men can meet, socialise, network, make friends and learn and share skills.
Website: http://www.theshedonline.org.au

PALLIATIVE CARE

Calvary Mater Palliative Care
Palliative Care can be provided for people of all ages who have a life limiting illness and for whom the primary treatment goal is quality of life.
Calvary Mater Newcastle Palliative Care provides patient care services, education and research, referrals, and bereavement support.
Phone: 4921 1211 Website: http://www.calvarymater.org.au
CareSearch
A website to help patients and their families find quality information about palliative care. Website: http://www.caresearch.com.au

Make Today Count
A mutual support organisation for those persons confronting a life-threatening illness so they may gain help in learning to live life in a positive, meaningful manner.
Phone: 4943 8462  Website: http://www.maketodaycount.org.au

Palliative Care New South Wales
The peak body in NSW representing palliative care providers and those with an interest in palliative care. The website contains useful information for families and carers.
Phone: (02) 9206 2094  Website: http://www.palliativecarensw.org.au

PHYSICAL

Ageing Disability and Home Care (ADHC) Intake Line
For respite and other ADHC services contact the Information, Referral and Intake Officer.
Phone: 1300 205 268  Website: http://www.adhc.nsw.gov.au

Amputees
Assists amputees in finding helpful and current information on support and assistance available to amputees in New South Wales.
Phone: 1800 810 969  Website: http://www.amputeesnsw.org.au

Amputees & Associates Newcastle & Northern Region Inc
Amputee Support Groups provide emotional support and education.
Phone: 4958 1443

Arthritis NSW
Information, education, support and community groups.
Phone: 1800 011 041  Website: http://www.arthritisnsw.org.au

Cerebral Palsy Alliance
Provides services to people with cerebral palsy and their families
Phone: 4979 4333  Website: http://www.cerebralpalsy.org.au
Cerebral Palsy Australia
The national peak body of organisations that work with people with cerebral palsy and people with similar disabilities and their carers.
Phone: 1800 818 286 Website: http://www.cerebralpalsyaustralia.com

Home Maintenance and Modification Services
Home maintenance and modification services may support you to stay in your own home by making your home safer and more secure. Services may include changing light bulbs, installing an emergency alarm or doing repairs.
Phone: 4950 4275 Website: http://www.nswhmms.org.au/service/hunter

House With No Steps
A broad range of support services to people with intellectual, mental health, sensory and physical disabilities.
Phone: 4941 8100 Website: http://www.hwns.com.au

Lifestyle Solutions
A not-for-profit organisation providing person centred, flexible and responsive support services to people with disability, children, young people and adults across Australia.
Phone: 4014 7800 Website: http://www.lifestylesolutions.org.au

Life Without Barriers
Assisting people living with a disability, people living with a mental health issue, children and young people, and other vulnerable persons to live safer and more enriched lives.
Phone: 4033 4500 Website: http://www.lwb.org.au

National Disability Insurance Agency
The national disability insurance scheme - providing community linking and individualised support for people with permanent and significant disability, their families and carers.
Phone: 1800 800 110 Website: http://www.disabilitycareaustralia.gov.au

Northcott Disability Services
Information, support, education and preventative health strategies to individuals with spina bifida and their family members and carers.
• Disability Services - over 100 different programs and services.
• EarlyStart Diagnosis Support Service
Parent/carer support groups, sibling support groups, online support groups, playgroups, family fun days/night.

- Spina Bifida Resource Team
  Phone: 4935 0400  

**Paraquad**

A not-for-profit member-based association that provides niche services including vital care, accommodation, support and clinical services to people with a spinal cord injury, their families and carers at every stage of life.

Phone: 4969 6388  
Website: [http://www.paraquad.org.au](http://www.paraquad.org.au)

**Physical Disability Australia**

A national disability peak organisation acting as a change agent for the rights, views and beliefs of all Australians with a physical disability.

Phone: 1300 781 786  
Website: [http://www.pda.org.au](http://www.pda.org.au)

**Physical Disability Council NSW (PDCN)**

PDCN is the peak body in NSW representing people with life-long physical disability across NSW.

Phone: 1800 688 831  
Website: [http://www.pdcnsw.org.au](http://www.pdcnsw.org.au)

**Spinal Cord Injuries Australia**

- Promoting independence and providing consumer based support and rehabilitation services to people with physical disabilities.
- Provides services in the areas of advocacy, information, accommodation, community & personal support, regional services, injury prevention, employment & intensive exercise recovery.

Phone: 1800 819 775  
Website: [http://www.scia.org.au](http://www.scia.org.au)

**SENSE**

**Aussie Deaf Kids**

Aims to empower parents raising a child with hearing loss through online support, information and advocacy.

Website: [http://www.aussiedeafkids.org.au](http://www.aussiedeafkids.org.au)

**Better Hearing Australia**

The national organisation for people with hearing impairment, enhancing well-being and developing good communication and life solutions by the provision of education, support and advocacy.
Phone/TTY: 4968 8050  Website:  http://www.betterhearingaustralia.org.au

Deaf Society NSW
The leading provider of specialist services for Deaf and hard-of-hearing people and their families in New South Wales as well as deaf people with additional needs.

Phone/TTY: 4929 7494  Website:  http://www.deafsocietynsw.org.au

Glaucoma Australia
The peak glaucoma awareness, education and support association in Australia.

Phone: 1800 500 880  Website:  http://www.glaucoma.org.au

Itinerant Support Service for Deaf and Hearing Impaired Children
Provides support for families with children, who are deaf or hearing impaired.

Phone: 4904 3900  Website:  http://www.det.nsw.edu.au/contactus/index.htm

Vision Australia
- Provides one-on-one telephone support to people who request to talk to someone who is blind or has low vision about coping with vision loss.
- Support is also available for parents and carers who would like to speak to other parents and carers.
- Support groups, self-help groups and group programs for people with vision impairment and their carers.

Phone: 1300 847 466 or 4927 3300 - Newcastle

Website:  http://www.visionaustralia.org.au

VETERANS

Department of Veteran Affairs
- Provides support and information for veterans and their dependants, Australian Defence Force personnel, war widows/widowers and students, teachers and historians.

Phone: 1800 555 254

- Counselling Service provides counselling and group programs to Australian veterans, peacekeepers and their families. It is a specialised, free and confidential Australia-wide service.

Phone: 1800 011 046 (24 hours)  Website:  http://www.dva.gov.au
Legacy
Provides services to Australian families suffering financially and socially after the incapacitation or death of a spouse or parent, during or after their defence force service.
Phone: 4968 9501 – Newcastle  1800 534 229 – General Enquiries
Website: http://www.legacy.com.au/newcastle

Vietnam Veterans Association of Australia
Provides information of special or current interest to Australian Vietnam veterans,
Website: http://www.vvaa.org.au/index.htm

YOUNG PEOPLE

Alateen
Provides support for teenagers affected by the problem drinking of a parent or other family member. Alateens are welcome to attend Al-Anon meetings if there is no Alateen meeting in their area.
Phone: 0417 429 036  Website: http://www.al-anon.alateen.org/australia

Carers NSW
Young Carers Program – Support for young carers aged up to 25 years, who help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.
Website: http://www.youngcarersnsw.asn.au

COPMI - Children of Parents with a Mental Illness
Group activity days every school holidays and alternating after school programs during the school terms.
Phone: 4925 7800  Website: http://www.copmi.net.au

Educare - Hunter Support Services
Provides carer education programs and workshops throughout the year to young carers within the Hunter, at no cost.
Phone: 4921 4895 or 1300 887 776
Website: http://www.hnehealth.nsw.gov.au/educare_support_service
Headspace
For young people aged 12-25 years. You can drop in or call about mental health, alcohol and other drugs, relationships, education and training, social activities, school and work hassles, or bullying.
Phone: 4929 4201 Website: http://www.headspace.org.au/newcastle

Kaleidoscope
- NSW Agency for Clinical Innovation Transition Program assists young people with chronic and complex health conditions as they move from child to adult health services. This is a free service.
Phone: 4925 7866 Website: http://www.kaleidoscope.org.au/site/transition
- Youth Health Team provides a range of outreach services to young people affected by homelessness, or at risk of homelessness, stressful life situations, physical and emotional concerns, relationship issues including domestic violence, at risk behaviours, sexuality concerns and chronic illness. This is a free service.
Phone: 4925 7804 Website: http://www.kaleidoscope.org.au/site/yht

Kids Helpline
- Ring to chat with a counsellor for free, anytime of the day or night, for any reason. 24 hour counselling service for kids, teens and young people aged 5 to 25 years.
- You can also have a web counselling session or counselling by email by visiting the website.
Phone: 1800 551 800 Website: http://www.kidshelp.com.au

Schizophrenia Fellowship of NSW
ON FIRE for ages 8 to 17 years - regular fun days and annual camps, peer support, mental health & well-being groups, life skills and respite.
Phone: 4968 9307 Website: http://www.sfnsw.org.au

Young Carers Australia
If you are a young carer the information on this website will give you tips on how to look after yourself and the person you are caring for.
Phone: 1800 242 636 Website: http://www.youngcarers.net.au

Young Carers NSW
- Carers NSW can offer 4-6 sessions with a counsellor in your local area to talk about the challenges and good parts of helping to care for a family member.
- Young Carers NSW also provides Talk-Link (Telephone group counselling).
Phone: 1800 242 636 Website: http://www.youngcarersnsw.asn.au