

JNC Crisis Directory

July 2024

JNC Community Hubs

Maroubra: Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library)
Maroubra NSW 2035

Bondi Junction: 59 Newland Street (next to Clementson Park)
Bondi Junction NSW 2022



9349 8200

contact@jnc.org.au

www.jnc.org.au

Table of Contents

Emergency Assistance & Community Support	Page 3
Family and Youth Support	Page 6
Aged Services	Page 8
Emergency Accommodation and Tenancy Issues	Page 9
Emergency Telephone Support	Page 10

This directory was last updated June 2024.

JNC has compiled this directory of local services that support people with emergency assistance and crisis situations. These services change often, and we will keep this directory up to date.

Please note that details may change regularly, so please call first or check our website. If you have any other enquiries, you can call our office on 9349 8200 so we can assist you.

If you have an enquiry about services or need support, please don't hesitate to contact us.

For service providers: We are updating this information constantly and adding to it. If your information is not included or changes, please email contact@jnc.org.au

Emergency Assistance & Community Support

Organisation	Type of Assistance	Hours & Location
Addison Rd Community Centre Ph: 9569 7633 Email: info@addiroad.org.au www.addiroad.org.	<ul style="list-style-type: none"> • Low-cost in person shopping • Food Pantries • Food Relief hampers 	142 Addison Rd, Marrickville: M,T,Th,F: 12pm– 4 pm W: 12pm-7pm 31 Pyrmont Bridge Rd Camperdown: M-F: 12pm-4 pm
South Eastern Community Connect (SECC) Office ph: (02) 7903 0607 Head office: (02 8338 856)	<ul style="list-style-type: none"> • Drop in • The People’s Pantry • Family Support • Services for Seniors • Support young people 	1007 Botany Road Mascot: M-F: 9:30am-4pm
Asylum Seekers Centre Ph: 9078 1900 For Interpreter Ph: 131 450	<ul style="list-style-type: none"> • Health support • Housing & Finance • Work & Training • Food Support • Education & Family support • Community activities 	43 Bedford Street, Newtown: M-F: 10am to 4pm
BaptistCare Hope Street Ph: 8061 1500	<ul style="list-style-type: none"> • Homelessness • Domestic violence • Women’s spaces • Affordable food • Fair finance • Families support 	174 Cathedral Street, Woolloomooloo Community Café: M-F: 9am-1pm Opportunity Shop: M,W,F:9am-1pm
Mobile Community Pantry Ph: 9311 0309	<ul style="list-style-type: none"> • Van stocked- non-perishables. • \$12 to fill bag (max: 2 bags \$24) 	1 Gregory Street South Coogee Every 2nd Th: 3:30pm-4:30pm Cnr Franklin St & Victoria Lane Malabar Every 2nd F: 10am-11am
Bill Crews Foundation Ph: 8752 4600	<ul style="list-style-type: none"> • Free meals • Welfare and community support • Healthcare opens every day. Call phone (02) 8752 4602 to make appointment. 	180 Liverpool Street Ashfield M,T,W,Th,F,S,Su Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm Dinner: 7:30pm- 8:30pm
Glebe Assistance Partnership Program (GAPP) Ph: 9552 4164	<ul style="list-style-type: none"> • Emergency assistance-food parcels • Financial assistance • Check website for additional services. 	138a Glebe Point Rd Glebe (Beside Church, opposite Commonwealth Bank) Food Parcel collection – M: 10am-1pm & W: 10am-12.30pm
Kingsford Legal Centre Ph: (02) 9385 9566	<ul style="list-style-type: none"> • Can advise on matters such as domestic violence. • Credit and debt • Victim’s compensation • Criminal law • Employment law • Aboriginal Access Program • Healthy- Justice Partnership at Prince of Wales Hospital 	Law Building (F8), University Mall, UNSW Sydney, Kensington NSW 2052 M-F: 9am-1pm & 2pm-5pm Advice Night: M,T,W,Th: From 6pm
Kooloora Community Centre Ph: (02) 9661 9160	<ul style="list-style-type: none"> • EAPA vouchers – Tuesdays 9:30-12:30pm. Call for details. • Community Centre that is open to all. • Food parcels • Fresh Fruit, vegetable, and baked bread. \$15.00 once per fortnight 	167 Bilga Crescent Malabar M-F: 9am-4pm <i>Second Bite:</i> M,W,F: 1pm <i>Veget Out:</i> Every 2 nd F: 10:30am (School Term)

Organisation	Type of Assistance	Hours & Location
	<ul style="list-style-type: none"> Supported playgroup, family & senior's activities, English classes. 	
Jesus Cares Ministry Charity	<ul style="list-style-type: none"> Food Relief 	Times and Locations: Th: 8:30am - Belmore Park (Eddy Avenue) F: 7:45pm - Surry Hill (Eddie Ward Park) F: 9pm – Belmore Park (Eddie Avenue) Sat: 7:45pm – Martin Place (Phillip Street) Sat: 9pm – Belmore Park (Eddy Avenue)
Lou's Place Ph: 02 9358 4553 Women Only	<ul style="list-style-type: none"> Meals, Shower, laundry, emergency clothing, and toiletries Crisis intervention, referral, trauma informed program, legal advice, support court appearances/medical appointments & case management. Activities and therapeutic classes. 	67 Renwick St Redfern M,W,Th,F: 8:30am-3:3pm T: 8:30am-2:30pm Breakfast: 8:30am-9:30am Lunch: 12:30pm
Mission Australia Ph: 02 9357 1144	<ul style="list-style-type: none"> Emergency relief for certain areas. If you live outside these suburbs, they can offer other options. Offer support solely to people unable to pay their bills or who are at a high risk of not being able to do so 	31 Roslyn St Rushcutters Bay/Kings Cross M-F: 9am-5pm
Mission Beat (Mission Australia) Free Call: 1800 306 461 Ph: (02) 9356 0714	<ul style="list-style-type: none"> Provides rapid response crisis intervention, street support, welfare assistance, case management. Provides immediate on street support to access food, shelter, and medical care. Ongoing support to stabilise people into housing and their new community. Referrals 	M-F: 8am-9pm Sat: 10am-6pm
Newtown Neighbourhood Centre Ph: (02) 9564 7333	<ul style="list-style-type: none"> Information and referral Counselling Community programs Homelessness Families support Boarding houses Aged Care 	11/13 Darley St, Newtown M,W,Th,F: 10.00am - 4.00pm T: 10.00am - 1.00pm
One Meal Makes a Difference Ph: 0413 873 880	<ul style="list-style-type: none"> Not-for-profit, community organisation that helps to feed the vulnerable and at-risk members of our local communities 	301 Victoria St, Darlinghurst Sat,Sun: 6:15pm – 7pm Belvoir St Surry Hills Sat: 7.15pm-8pm
OzHarvest Market Ph: 1800 108 006	<ul style="list-style-type: none"> For individuals who need food relief. 	95 Wellington St, Waterloo. T,W,Th,F,Sa: 10am-2pm
Prosper (Project Australia)'s Ph: 0402 787 571	<ul style="list-style-type: none"> Provides emergency relief to eligible families experiencing financial hardship. Provided clothing, food, toiletries, nappies, and household item. Items will depend on availability. 	See website or call for information on Help Hub events and programs.
Red Cross Australia Ph: 1800 733 276	<ul style="list-style-type: none"> Emergency relief Community services Migration support 	M-F: 9am-5pm

Organisation	Type of Assistance	Hours & Location
Rough Edges Café Ph: 9360 6844	<ul style="list-style-type: none"> • Creating a safe place for people to come together. • Rough Edges is a cafe-style service where meals are provided free of charge for anyone who needs them. 	120 Darlinghurst Rd, Darlinghurst, NSW 2010 M: 7:30pm-9:00pm T: 7:30pm - 9:00pm W: 7:30pm - 9:00pm Th: 7:30pm - 9:00pm Office: M-F: 9:00 am-5:00pm
St Vincent de Paul Community Support Centre Ph: 9690 5600	<ul style="list-style-type: none"> • Advocating and Referral, Form assistance, Use of a compute, Assistance with bills • Food parcels and material aid • NILS • Linking people in with the Society's home visitation teams 	317 Cleveland St Redfern M-F: 9:30am-1pm, 1:30pm-3:30pm Phone hours: 8.30am - 4.30pm
Vinnies Vans Ph: 13 18 12	Vinnies Vans provide <ul style="list-style-type: none"> • meals and snacks • blankets • toiletries • hot beverages • referrals to other services • companionship 	Waterloo Green Housing estates: 7pm- 8pm Ward Pk Northcott Hosing Estates: M,T,Th,Sun: 8pm-9pm Belmore Park Haymarket: W: Sat 8.10pm - 9.10pm Laggan Ave, Balmain: F - 8.10pm to 8.30pm Slattery Place Eastlakes M,W,Sat: 8.05pm- 8.35pm Maloney St: M,W,Sat: 8.40pm- 9.10pm Namatjira Pl (cul de sac) Chifley: T: 6pm-6:30pm 5 Elphinstone Rd, South Coogee Basketball Court: T: 6.45pm- 7.15pm 5 Elphinstone Rd, South Coogee Basketball Court: Sun: 6.15pm- 6.45pm 3-7 Lexington Pl, Maroubra: Sun: 7pm-7:30pm Namatjira Pl (cul de sac) Chifley: 7.45pm- 8.15pm
The Salvation Army Assistance Line Ph: 1300 371 288	<ul style="list-style-type: none"> • For emergency relief assistance 	M-F: (9am-5pm)
The Salvation Army Maroubra Ph: (02) 9314 2166	<ul style="list-style-type: none"> • Financial or material assistance • Oz Harvest Monday 12.30pm • Free Breakfast Tuesday 9am • Free Lunch Wednesday 12pm 	100 Boyce Road, Maroubra M-W 10am-1pm
The Salvation Army Street Level Café Ph: 9360 1321	<ul style="list-style-type: none"> • Surry Hills Hope café – is a low-cost café that is open to everyone in the community. • 2 course lunch \$2.00 12.00pm- 1.30pm 	339 Crown Street (enter from Derby Lane off Albion) Surry Hills M-F: 9.45am-1pm Cnr Philip & Cope Street Waterloo M-W 9.45am-1:45pm
The Station Ltd Ph: 9299 2252	<ul style="list-style-type: none"> • A drop-in centre for men and women (over 21) • Food • Shower • Laundry • Self-care- including haircuts. • Mental health support • Housing support • Drug & alcohol support • Medical & legal services 	82 Erskine Street Sydney NSW 2000 M,T,W,Th,F,S,S: Food: 7:30am-9am & 12pm-12:30pm Shower: 7:30am- 10am
Wayside Chapel, Bondi Beach Ph: (02) 9581 9104	<ul style="list-style-type: none"> • Community Services Centre • Op shop • Wayside- low-cost Café 	77 Roscoe Street Bondi Beach M-F: 9am-3pm

Organisation	Type of Assistance	Hours & Location
Wayside Chapel, Kings Cross Ph: (02) 9581 9100	<ul style="list-style-type: none"> Community Services Centre Wayside- low-cost Cafe Aboriginal Cultural Centre- Homelessness Hub (based on operating hours) Pathway program Op shop 	29 Hughes Street, Potts Point M-F: 9am-9pm, Sat: 9am-4pm, Sun: 9am-3pm
Welfare Rights Centre Ph: 02 9211 5300	<ul style="list-style-type: none"> Advice is provided over the phone. Provides free legal advice on Centrelink and social security matters to people in NSW. 	M-W:9:30 am - 12:30 pm
Will2Live Food Trucks Ph: 0449 924 221	<ul style="list-style-type: none"> Food, tea/coffee & essentials 	470 Pitt St Haymarket- M,T,W,Th,F: 6.45pm. Cnr Fig & Wattle St Glebe -Sat,Sun: 10am TJ Hickey Park Waterloo- Sat: 12pm Crn Catherine St & Lilyfield, Lilyfield - T: 6pm
Metro Assist Ph: (02) 9789 3744	<ul style="list-style-type: none"> Family service Settlement Services Tenancy advice and advocacy Financial inclusion (NILS) Employment support Dress for work Community and family events – skills development and parenting support 	Level 2, 59-63 Evaline St Campsie NSW 2194 M-F: 9am-5pm
B Miles Women Foundation Edgecliff PH: 1800 274 984	<ul style="list-style-type: none"> Supports women. Housing, support, recovery Link in with relevant cultural services and support Navigating complex systems of support 	Intake hotline: M-F: 9am-4:30pm
Our Big Kitchen Ph: (02) 8084 2729	<ul style="list-style-type: none"> Prepare and distribute meals please contact Kitchen before attending to ensure meals are available. 	36 Flood St Bondi NSW 2026 M-F: 8am-4pm
Surry Hills Neighbourhood Centre Ph: (02) 9356 497	<ul style="list-style-type: none"> Children Services Support groups Community café See website for activities 	405 Crown St Surry Hills M-F: 10am-4pm
The Ozanam Learning Centre (St Vincent de Paul Society) Ph: 9358 8170	<ul style="list-style-type: none"> Ove 18 years Creative activities Health and wellbeing. Living skills Social Participation and more 	Level 3, 99 Forbes St Woolloomooloo M-F: 8:34pm-4pm
Diva Charity	<ul style="list-style-type: none"> Ready cooked meals, pantry food and other items 	9 Lexington Place Maroubra 1 st Sat of the month - 12pm

Family & Youth Support

Organisation	Type of Assistance	Hours
Barnardos- Family Connect and Support Ph: 1800 066 757	<ul style="list-style-type: none"> Family support Youth Support Referral services Parenting support Education Foster care 	Corner Bay Street and Smail Street Ultimo M-F:9am-5pm

Organisation	Type of Assistance	Hours
Youth off The Streets Food Van Ph: 9330 3500	<ul style="list-style-type: none"> • Food van every night between Marrickville and Green Park* • Street walk- information and referrals to services 	9am-5pm
Benevolent Society Hurstville P: 1800 236 762	<ul style="list-style-type: none"> • Support for young people and families • Offering integrated support services for children, young people, families, people with disability, older Australians, and carers 	M-F:9am-5pm
Karitane Careline Ph: 9399 6999	<ul style="list-style-type: none"> • Children birth to 5 years • Your feelings and adjustment to being a parent. • Sleep and settling • Feeding and nutrition • Age-appropriate babies 	146 Avoca Street, Randwick NSW 2031 M-Th 8am-9pm, F: 8am-4.30pm Sat: 9am-3.30pm
Bondi Beach Cottage Ph: (02) 9365 1607	<ul style="list-style-type: none"> • Family Support Services • Occasional Child Care • Improving the social and personal welfare of individuals and families in the community 	42 Brighton Blvd, North Bondi NSW 2026 M-F: 8:30am-5:30pm
Botany Family & Children's Centre Ph: (02) 9666 5047	<ul style="list-style-type: none"> • Parenting support • Playgroups • Transition to school • Family support 	13 Banksia Street Botany M-F: 8am-4pm
Caretakers Cottage Ph: 9389 0999	<ul style="list-style-type: none"> • Crisis Accommodation for young people 13-17 years old. • Casework, referrals, outreach and more. 	96 Bondi Road, Bondi Junction 24/7
The Salvation Army Oasis Youth Support Network Ph: (02) 4353 9799 Ph: 9380 6308	<ul style="list-style-type: none"> • Crisis accommodation for young people • Individual support & counselling • Drug and Alcohol Support • School, driving and group programs. • See website for additional information 	M-Th: 9am-5pm & F: 9am-4pm
CatholicCare Careline: 13 18 19	<ul style="list-style-type: none"> • Family support • Supporting Parenting • Counselling and relationships • Disability services and more • Allied health services 	M-F: 8am-5:30pm
Family Advocacy and Support Services (FASS)	<ul style="list-style-type: none"> • Combines free legal advice and support at court for people affected by domestic and family violence. • Help with practical problems like Centrelink and housing. • Information and support during family law cases 	M-F Legal Aid Early Intervention unit: 1800 551 589 FASS Social Support Services men: 1300 00 3277 FASS Social Support Services women: 1800 113 277
Intensive Support Ph: (02) 9144 1447 or 0422 914 420	<ul style="list-style-type: none"> • Casework support scheme • The Mentor program. • Personal Development • Daily living • NDIS provider • See website for more information 	Suite 1/802 Pacific Hwy, Gordon NSW 2072 24/7

Organisation	Type of Assistance	Hours
Kari Indigenous Social Support Service PH: (02) 8782 0344	<ul style="list-style-type: none"> Community programs Family Support Case management, Financial, housing, employment supports & parenting courses. See website for more information 	1/128 Rothschild Ave, Rosebery M-F: 8:45am-5pm
La Perouse Aboriginal Community Health Centre Ph: (02) 9311 428	<ul style="list-style-type: none"> Maternal, child and family health services Effective services to the local Aboriginal community. See website for additional services 	1 Elaroo Avenue Phillip Bay/La Perouse NSW 2036 M-F: 9am-4:30pm
ReachOut PH: (02) 8029 7777	<ul style="list-style-type: none"> Online Mental Health services and support For young people and their carers Online, anonymous, and confidential 	M-F: 9am to 5pm
Relationships Australia PH: 1300 364 277	<ul style="list-style-type: none"> Relationship support services for individuals, families, and communities 	M-F: 9am-5pm
South-Eastern Community Connect PH: 8338 8506 (Eastlakes) 7903 0607 (Mascot)	<ul style="list-style-type: none"> Children, adolescents & families SMOOSH program. Parent & Carer workshops Toy Library Family support Supported playgroup. Case management 	21 Vernon Ave Eastlakes M-F: 8:30am-4pm 1007 Botany Road, Mascot M-F 9:30am-4pm
Legal Aid Youth Hotline Ph: 1800 10 18 10	<ul style="list-style-type: none"> Free for under 18years who needs legal advice. 	M-F: 9am-12am Sat,Sun: 24hr
The Shopfront Youth Legal Centre Ph: (02) 9322 4808	<ul style="list-style-type: none"> Free legal advice and representation for homeless and disadvantaged young people aged 25 and under. 	356 Victoria Street Darlinghurst M-F 9.00am-5.30pm

Aged Services

Organisation	Type of Assistance	Hours
Randwick Meals on Wheels Ph: (02) 9661 3781	<ul style="list-style-type: none"> The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. Delivery meals from Monday to Friday Covers Randwick LGA area 	Shop 1, 523 Bunnerong Road, MATRAVILLE, NSW, 2036 M-Th: 6am-2pm & F: 6am-1:30pm
Meals on Wheels: Ph: 1300 679 669	<ul style="list-style-type: none"> The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. 	M-F: 7:30am-4pm
Anglicare Ph: 1300 111 278	<ul style="list-style-type: none"> Home care Retirement living Residential 	M-F: 8am-5:30pm
Elder Mediation and Support Service Ph: 1300 364 277	<ul style="list-style-type: none"> Counselling, mediation, and relationship Program 	
Aged & Disability Abuse Hotline	<ul style="list-style-type: none"> Hotline to report suspected abuse of an older person or person with a disability. 	M-F: 9am-5pm 9
Holdsworth Community 64 Holdsworth Street	<ul style="list-style-type: none"> Social Activities Home care package 	64 Holdsworth Street, Woollahra M-F: 9am-5pm

Ph: 02 9302 3600	<ul style="list-style-type: none"> • Home shopping and meal cuisine- • Community Transport • Navigating My Aged Care 	
South-Eastern Community Connect PH: 8338 8506 (Eastlakes) 7903 0607 (Mascot)	<ul style="list-style-type: none"> • Transport • Flexible respite care • Food services & Shopping • Home care packages • Social support • Dementia support • Tuesday Lunch group 	21 Vernon Ave Eastlakes M-F: 8:30am-4pm 1007 Botany Road, Mascot M-F 9:30am-4pm
Sydney Multicultural & Community Services Ph: (02) 9663 3922	<ul style="list-style-type: none"> • Aged Services for people CALD backgrounds. • Provide a range of different activities and services. • See Website for more information. 	3 General Bridges Crescent, Daceyville M-F: 9am-5pm
The Euroa Centre Ph: 9382 3753, 1800 011 511	<ul style="list-style-type: none"> • Mental Health services specialising in assessment and management of people aged 65 years or more. 	M-F: 8:30am-5pm

Emergency Accommodation & Tenancy Issues

Organisation	Type of Assistance	Hours
EATS – Eastern Area Tenancy Service Ph: 9386 9147	<ul style="list-style-type: none"> • Free advice and information to tenants having problems with their landlords /real estate agents. 	M-F: 9am-5pm
Link2home Ph: 1800 152 152	<ul style="list-style-type: none"> • State-wide telephone and referral service for providing information, assessment and referral to specialist homelessness services, temporary accommodation – and other appropriate services for people experiencing or risk homelessness 	24/7
Bayside Women’s Shelter Ph: 9341 7725	<ul style="list-style-type: none"> • Crisis Accommodation for women and Children • Practical service, providing accommodation, food, and safe refuge. • Emotional support to help women rebuild their lives. • Experiencing homelessness and/or Domestic and family violence 	Currently Open
St Vincent de Paul Dolores Women’s Refuge Ph: (02) 9560 2656	<ul style="list-style-type: none"> • Crisis accommodation and case management service for unaccompanied women. • Referrals can be made via “Link2Home on 1800 1521 526, the Domestic Violence Line on 1800 656 463 or through their Central Intake Line on (02) 9560 2656. 	M-F: 9am-5pm
DCJ Housing Maroubra Office ph: (02 9314 4056	<ul style="list-style-type: none"> • Assistance with Housing pathways, tenancy management 	Level 7/832 Anzac Pde Maroubra M-F: 9am-5pm
Matthew Talbot Hostel Ph: 9358 8102 Ph: 9357 1533	<ul style="list-style-type: none"> • Temporary accommodation supports, essential services and meals. • Support for Men over age 21 experiencing or in risk of homelessness. • See website for additional services 	22 Talbot Lane Woolloomooloo 24/7
Tenants Union of NSW Tenants Advice Line – 1800 251 101	<ul style="list-style-type: none"> • Provides advice, assistance, and information to tenants. 	Monday 10am-1pm Thursday 2pm-5pm
Rental Arrears Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS) Free call: 1300 029 202 Direct number: (02) 9197 9720	<ul style="list-style-type: none"> • Assistance to single clients aged over 18 years who requiring help in maintaining Tenancies. 	137-139 Regent Street Chippendale M-F: 8am-4pm

Greater Sydney Aboriginal Tenant Service (GSATS): Ph: 02 9833 3314	<ul style="list-style-type: none"> Assist and Advocates with phone, letter of support, Tribunal, mediation. Housing appeals committee application, repairs, and Maintenance issues. 	M-F: 9am-5pm
St Laurence House PH: (02) 9349 6438	<ul style="list-style-type: none"> 13-18 years supported accommodation. Medium term residential service giving at risk and homeless young people support 	Kingsford 24/7
St Vincent de Paul Killara Women's Refuge PH: 9560 2656	<ul style="list-style-type: none"> Crisis accommodation and case management service for women with children who have experienced Domestic/Family violence. Referrals can be made via Link2Home on 1800 152 152 the Domestic Violence Line on 1800 656 463 or through their Central Intake Line on (02) 9560 2656. 	Killara 24/7
The Crossing- Mission Australia PH: (02) 9357 1144	<ul style="list-style-type: none"> Intensive support for young people 16-25-year-olds at risk of homelessness young people. Holistic client focused service works in collaboration with other youth support and specialist services in the community. To deliver an intensive and long-term support for the young person Outreach Case Management 	31 Roslyn St Kings Cross M-F: 9am-5pm
Wesley Homelessness Services and Wesley Tenancy Assist Ph: 1300 259 789	<ul style="list-style-type: none"> Assistance for persons experiencing homelessness or risk of homelessness or Tenancy. 	

Emergency Telephone Support

Organisation	Type of Assistance	Hours
Centrelink 136 240 <ul style="list-style-type: none"> Employment services PH: 132 850 Family Assistance Line PH: 136 150 Youth Allowance Line: PH: 132 490 Disabilities, Sickness and Carers Line PH: 132 717 	<ul style="list-style-type: none"> Information about payments and services. 	M-F: 8am-5pm
Service NSW Ph: 13 77 88	<ul style="list-style-type: none"> Access to government services via online, phone, or in-person at its service centres 	M-F 7am-7pm PH: 9am-5pm
CAMHS Ph: (02) 8198 7300 NSW Mental Health Line: 1800 011 511 (24 hours)	<ul style="list-style-type: none"> Mental health support for children and adolescents (under 18years) 	M-F 8:30 to 5pm
Child Protection Helpline Ph: 132 111	<ul style="list-style-type: none"> Report a child at risk, harm and neglect 	24/7
Parentline Ph: 1300 130 052	<ul style="list-style-type: none"> Free counselling service- information and support services for Children 0-18 Help navigate difficult parenting dilemmas 	M-F: 9am-9pm Sat,Sun: 4pm-9pm
Beyond Blue 1300 22 46 36	<ul style="list-style-type: none"> Providing supports, resources, and services to people Supporting the mental health of others 	24/7
Flourish- Maroubra Ph: 9393 9602 General enquiries: 1300 779 270 NDIS enquiries: 1300 356 874	<ul style="list-style-type: none"> Mental Health Service – daily support Employment services 	Shop 301 116-132 Maroubra Rd M-F: 9am-5pm
Domestic Violence Line Ph: 1800 737 732	<ul style="list-style-type: none"> Support and counselling on family and domestic violence, sexual assault. 	24/7

Organisation	Type of Assistance	Hours
National Indigenous Critical Response Service (NICRS) Free call: 1800 805 801 Mob: 0499 333 132 StandBy Mob: 0418 575 680	<ul style="list-style-type: none"> Provides support to individuals, families, communities impacted by suicide loss 	24/7
Immigration advice & rights centre Ph: 8234 0700 DV Priority Line: (02) 8234 0700	<ul style="list-style-type: none"> Immigration and Domestic Violence advice. Visas and citizenship 	M: 9am-5:30pm T-F: 9am-5pm
Inner City Legal Centre PH: (02) 9332 1966 SMS-only number: 0476 857 342 Toll Free 1800 244 481	<ul style="list-style-type: none"> Free legal advice to people on low income who live- Inner city, Sydney, Waverley and Woollahra LGA. 	M-F: 10am-12pm & 2pm-4pm
Eheadspace Ph: 1800 650 890	<ul style="list-style-type: none"> Online telephone support and counselling for 12-25years. Also, can chat online or send an email. Not an emergency service 	7 Days: 9am-1am
Headspace Camperdown Ph: (02) 9114 4100	<ul style="list-style-type: none"> Free and confidential service catered to 12-25 years. Mental Health Service. 	M-F:8.30am-5.30pm
Headspace Bondi Junction Ph: (02) 9366 8800	<ul style="list-style-type: none"> Free and confidential service catered to 12-25 years. Mental Health Service. 	M-F: 9am-6pm
Kids Helpline Ph: 1800 551 800	<ul style="list-style-type: none"> Online counselling and various resources for children and young adults aged 5-25 	24/7
NSW Court PH: 1300 679 272	<ul style="list-style-type: none"> For Court related questions. 	M-F 8:30am-4:30pm
Law Access NSW Ph: 1300 888 529	<ul style="list-style-type: none"> Free assistance with legal information and referral 	M-F: 9am-5pm
Lifeline Ph: 131 114 SMS: 0477 131 114	<ul style="list-style-type: none"> Crisis support – providing all Australians experiencing emotional distress, crisis support and suicide prevention 	24/7
Mensline Ph: 1300 789 978	<ul style="list-style-type: none"> Free telephone and online counselling service offering support services 	24/7
Jewish House- Crisis Line Ph: 1300 544 357	<ul style="list-style-type: none"> Crisis Line – urgent assistance with personal or family crisis, accommodation, and other support. 	24/7
Mental Health Line Ph: 1800 011 511	<ul style="list-style-type: none"> Support for people in mental health crisis or on behalf of another person . In an emergency, call 000 	24/7
Migrant Employment Legal Service Ph: 8002 1203 Texting: 0475 360 241	<ul style="list-style-type: none"> We offer free legal advice and representation to migrants and temporary visa holders in New South Wales 	M-F: 9am-5pm
Energy and Water Ombudsman NSW PH: 1800 246 545	<ul style="list-style-type: none"> Help resolve issues and complaints about energy, gas and water providers. 	M-F: 9am-5pm
National Debt Helpline Ph: 1800 007 007	<ul style="list-style-type: none"> Assistance with managing debt, debt solutions and financial Counselling. 	M-F: 9am-5pm
National Sexual Assault, Domestic & Family Violence Counselling Services Ph: 1800 737 732	<ul style="list-style-type: none"> Counselling for people who have experienced or been impacted by sexual assault and/or DFV. 	24/7
Disability Gateway Ph: 1800 643 787	<ul style="list-style-type: none"> Helps people with disabilities, their families, and carers with information and services and to find the support they need in Australia. 	M-F: 8am-8pm
Men's Referral Service (No to Violence) Ph: 1300 766 491.	<ul style="list-style-type: none"> Men's Referral Service- telephone support service – who are seeking assistance to stop their violent or abusive behaviour. 	24/7
QLife (LGBTIQ) Ph: 1800 184 527	<ul style="list-style-type: none"> QLife provides Australia-wide anonymous, LGBTIQ peer support and referral. 	7 days: 3pm-12am
NSW Sexual Violence Helpline Ph: 1800 424 017	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24/7
Sexual Abuse and Redress Support Service – Ph: 1800 211 028	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24/7

Organisation	Type of Assistance	Hours
Sexual Abuse and Redress Support Service – Ph: 1800 211 028	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24/7
Sexual, Domestic and Family Violence Helpline - Ph: 1800 943 539	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24/7
Rainbow Sexual, Domestic and Family violence helpline- Ph: 1800 497 212	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24/7
Salvation Army Financial Assistance Ph: 02 8775 7988	<ul style="list-style-type: none"> Require Financial assistance. 	M-F:9am-5pm
St Vincent de Paul Seeking assistance 13 18 12	<ul style="list-style-type: none"> Assist people in need. 	M-F: 8:30am-4:30pm
Translating and Interpreting service (TIS) Ph: 131 450	<ul style="list-style-type: none"> Free translating and interpreting service 	24/7
SANE Ph: 1800 187 263	<ul style="list-style-type: none"> Mental health support 	M-F: 10am-8pm
Suicide Call Back Service Ph: 1300 659 467	<ul style="list-style-type: none"> Provides telephone counselling for people at risk of suicide, concerned about someone at risk, people bereaved by suicide and people experiencing mental health issues 	24/7
Victims Access Line Ph: 1800 633 063 Aboriginal Contact Line Ph: 1800 019 123 Interpreter support Ph: 131 450	<ul style="list-style-type: none"> Support, assistance and counselling free for victims of crime in NSW to access services. 	M-F:9am-5pm
Centrelink Multilingual call service 131 202	<ul style="list-style-type: none"> Speak to someone in your language 	M-F:8am-5pm
Multicultural Health Connect 1800 186 815	<ul style="list-style-type: none"> Health information in your language 	M-F: 11am-7pm
Crime Stoppers 1800 333 000	<ul style="list-style-type: none"> Community to report Crimes and Criminal activity 	24/7
Veterans & Family Counselling (Open arms) 1800 011 046	<ul style="list-style-type: none"> Counselling Treatment programs and workshops 	24/7
The National Alcohol & other Drug Hotline 1800 250 015	<ul style="list-style-type: none"> Free and Confidential advice about alcohol and other drugs. 	24/7
Alcoholics Anonymous (AA) Office Admin: Ph: 9389 6333 (Call in advance if visiting. Opening hours may vary) Help Line Ph: 9387 7788 AA Australia 1300 222 222	<ul style="list-style-type: none"> Helpline 	24/7
Family Drug Support 1300 368 186	<ul style="list-style-type: none"> Free family drug support and services and information. 	24/7
Wesley Financial Counselling Services Ph: 1300 827 638	<ul style="list-style-type: none"> Free Independent and Confidential Counselling 	M-F: 8:30am-5pm
Gambling Help online 1800 858 858	<ul style="list-style-type: none"> Free support for anyone affected by gambling. 	24/7



JNC Community Hubs

Maroubra: Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library)
Maroubra NSW 2035

Bondi Junction: 59 Newland Street, Bondi Junction (next to Clementson
Park) NSW 2022

Contact Us

9349 8200 | contact@jnc.org.au | www.jnc.org.au