

Produced by Shoalhaven City Council  
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## FOOD & CLOTHING ASSISTANCE

Salvation Army.....	1300 371 288
St Vincent de Paul Nowra.....	4421 7244
Sanctuary Point.....	4443 9201
Ulladulla.....	4455 1466

## OTHER SERVICES

### HIV/AIDS Services

HIVAIDS Information Line.....	1800 451600
ACON – Southern Regional Outreach.....	02 9206 2114

### GLBTQI Issues

Gay & Lesbian Counselling Service (after 3pm).....	1800 184 527
Headspace Nowra.....	4421 5388

### Gambling Support

Mission Gambling Counselling Service.....	4424 9600
Unitingcare Gambling Help Counselling Service.....	4423 7782

### Legal Issues

Juvenile Justice.....	4423 0556
Legal Help Line (under 18's).....	1800 101 810
Law Access NSW (formally Legal Aid Helpline).....	1300 888 529
Shoalcoast Community Legal Centre.....	4422 9529
Aboriginal Legal Service.....	4422 3255
NSW Court Service Centre.....	1300 679 272
Legal Aid Nowra.....	4422 4351

### Standing Up For Your Rights

NSW Ombudsman.....	1800 451 524
Welfare Rights Centre (help with Centrelink).....	1800 226 028
Illawarra and Sth Coast Tenants Service.....	1800 807 225
Anti Discrimination Board.....	1800 670 812
Youth Action Policy Association NSW.....	02 8218 9800

### Youth Centres/Information & Referral/Social Contact

Nowra Youth Centre.....	<b>f</b> 4422 1988
Ulladulla Youth Centre.....	4454 1761
Sanctuary Point Youth & Community Centre.....	<b>f</b> 4443 9244
Bay and Basin Youth Centre.....	0481 872 320
Police Citizens Youth Club (PCYC).....	<b>f</b> 4421 8588
Police Youth Liaison Officer.....	4421 9626
Shoalhaven City Council Youth Development Officer.....	<b>f</b> 4429 3418

### Neighbourhood Centres

Shoalhaven Neighbourhood Centre Nowra.....	<b>f</b> 4421 5077
East Nowra Neighbourhood Centre.....	4422 1299
Ulladulla & Dist. Community Resource Centre.....	4454 0477

### Employment, Education & Training

TAFE Shoalhaven Campus.....	4421 9888
TAFE Ulladulla Campus.....	4454 9200
Aboriginal Education Unit.....	4421 9817
UOW Shoalhaven Campus.....	4448 0888
UOW Careers Service Shoalhaven.....	4448 0845
Woolyungah @ Shoalhaven Campus.....	4221 4020
Shoalhaven Community College.....	4232 1050
YWCA Nowra.....	4423 8501
Habitat Personnel.....	4422 4222
Essential Employment & Training Nowra.....	4423 1191
Employment Services.....	136 268

### Mission Providence

Nowra.....	4424 9600
Ulladulla.....	4454 6700

### Campbell Page

Nowra.....	4429 4991
Ulladulla.....	4429 9910
Vincentia.....	4428 2001
Flagstaff Shoalhaven.....	4423 3630



Ostara Australia.....	4423 5407
NSW Industrial Relations Enquiries.....	131 628
Australian Community Support Organisation.....	4286 5600

## EMERGENCY SERVICES

Police/Fire/Ambulance.....	000
Shoalhaven District Memorial Hospital.....	4421 3111
Milton Ulladulla Hospital.....	4455 1333

### Health

Medicare Card - Medicare Information Line.....	132 011
Centrelink Youth & Student Line.....	132 490

### Doctor Service

Youth Health Clinic - FREE SERVICE.....	4423 1784
Women's Health Centre - Nowra.....	4421 0730
South Coast Medical Service Aboriginal Corporation.....	4428 6666

### Health Services/Centres

Crossroads Youth Health Service.....	4423 1784
Headspace Shoalhaven.....	4421 5388
Nowra Community Health Centre.....	4424 6300
St Georges Basin Community Health Centre.....	4443 7646
Culburra Community Health Centre.....	4447 2055
Sussex Inlet Community Health Centre.....	4441 2373
Ulladulla Community Health Centre.....	4455 5366
Women's Health Centre - Nowra.....	4421 0730
Waminda - Aboriginal Women's Health Service.....	4421 7400
South Coast Medical Service Aboriginal Corporation.....	4428 6666
Hepatitis C Helpline.....	1800 703 003

### Sexual Health/Contraception/Pregnancy

Sexual Health Clinic.....	1800 451 624
Crossroads Youth Health Service - Nowra.....	4423 1784
Women's Health Centre Nowra.....	4421 0730
Women's Health Clinic - Ulladulla Community Health.....	4455 5366
Waminda - Aboriginal Women's Health Service.....	4421 7400
Healthdirect.....	1800 022 222
Prenatal Classes, Young Mothers Group, Education and Pilates classes (12-20wks) - Nowra.....	4423 9207

*As well as any of the above Health Services*

### Sexual Assault Services

VAN Links House Sexual Assault Service - Nowra (24hours).....	4423 9211
Sexual Assault Counselling Ulladulla.....	4455 5366
Rape Crisis - 24hr crisis line.....	1800 424 017

### Alcohol & Other Drugs

Shoalhaven Drug & Alcohol Help.....	1300 652 226
Shoalhaven Bridge Program (Salvation Army).....	4422 4604
Crossroads Youth Health Service.....	4423 1784
Oolong House - Aboriginal Corporation (men's service).....	4422 0644
Alcohol and Drug Information (referral) Service.....	1800 422 599
MERIT (Magistrates Early Referral Into Treatment).....	4422 5822

### Mental Health & Suicide Issues

Mental Health Line.....	1800 011 511
Headspace Nowra.....	4421 5388
Crossroads Youth Health Service.....	4423 1784
Reachout Suicide Prevention Website.....	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
Youth Beyondblue.....	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>

### Eating Disorders

Body Image and Eating Behaviour Service - Nowra.....	4423 1784
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## SOMEONE TO TALK TO

Kids Help Line (24hrs) <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a> .....	1800 551 800
Youth Life Line (24hrs).....	131 114
Adolescent & Family Counselling Service.....	4422 7584
Crossroads Youth Health Service.....	4423 1784
Counselling Service Ulladulla.....	4455 5366
South Coast Medical Service Aboriginal Corporation.....	4428 6666

## FAMILY RELATIONSHIPS & STRESS

Illawarra Family Referral Service.....	1800 663 863
Nowra Family Support Service.....	4421 5499
Milton/Ulladulla Family Support Service.....	4455 5428
RAFT.....	4422 9966
RAGE.....	4423 7244
Adolescent & Family Counselling Service.....	4422 7584
CatholicCare.....	4421 8248

### Domestic Violence/Victim Support

YWCA Domestic Violence Team.....	4423 8513
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### Staying Home Leaving Violence

Nowra.....	4421 7400
Ulladulla.....	4421 7400
Nowra Police Domestic Violence Liaison Officer.....	4421 9665
24hr Domestic Violence Line (NSW).....	1800 656 463

## HOUSING - A SAFE PLACE TO STAY

Shoalhaven Youth Support Service.....	4422 7625
Shoalhaven Women's Refuge.....	4421 8276
Department of Housing - Nowra.....	4424 5411
Homeless Hub.....	4423 2804

### Dealing with Bullying

Beyond Blue.....	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>
Reach Out.....	<a href="http://au.reachout.com/bullying">au.reachout.com/bullying</a>
Bullying.org.....	<a href="http://www.bullying.org">www.bullying.org</a>