

WHERE TO GO FOR SUPPORT

If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately 

Help with a crisis

Lifeline 24/7	13 11 14
13 YARN 24/7	13 92 76
Suicide Call Back Service 24/7	1300 659 467
MensLine 24/7	1300 789 978
Brother to Brother 24/7	1800 435 799
Kids Helpline 24/7	1800 551 800
QLife (LGBTIQ+) 3pm to midnight, 7 days	1800 184 527
Open Arms 24/7	1800 011 046
1800 RESPECT 24/7	1800 737 732
Wollongong Safe Haven 2-10pm Wed-Sat 55 Urunga Pde Peer led safe space for people in suicidal distress	0401 561 164
Nowra SPOT (Suicide Prevention Outreach Team) 8.30am-5pm, 7 days, Nowra region	1800 011 511
Beyond Now suicide safety planning app beyondblue.org.au/get-support/beyondnow-suicide-safety-planning	

Help after a suicide loss

StandBy Support After Suicide	1300 727 247
Thirrili Indigenous Postvention Service 24/7	1800 805 801

Help with your mental health

NSW Mental Health Line 24/7	1800 011 511
Head to Health 8.30am-5pm, Mon-Fri	1800 595 212
headspace (12-25 yrs)	1800 650 890
Wollongong	02 4220 7660
Nowra	02 4446 7300
SANE 10am-8pm, Mon-Fri	1800 187 263
Beyond Blue 24/7	1300 224 636
Butterfly Foundation 8pm to midnight, 7 days	1800 334 673
Blue Knot Helpline 9am-5pm, 7 days	1300 657 380
Griefline 8am to 8pm, 7 days	1300 845 745



To find more information on these and other supports, including websites and webchat options, scan the QR code

Or visit: suicidepreventioncollaborative.org.au/get-help

Aboriginal services

Illawarra Aboriginal Medical Service	02 4229 9495
South Coast Medical Service Aboriginal Corporation	1800 215 099
Waminda	02 4421 7400
Strong Yawa Weekdays 5-9pm, weekends 4-7pm	1800 953 736

Multicultural services

Illawarra Shoalhaven Multicultural Health Service	02 4221 6770
Translating & Interpreting Service	13 14 50

Help for carers and family supports

Stride Family and Carer Service	
Wollongong	02 4229 7254
Nowra	02 4422 1547
ARAFMI Illawarra	0450 414 393
SANE website for carers sane.org/you-are-not-alone	
Carer Gateway	1800 422 737

Help for family and relationships

Family Services Australia Illawarra	1800 372 000
Relationships Australia	1300 364 277
Family Connect and Support	1800 267 327

Help with alcohol and other drugs

Illawarra Shoalhaven Drug and Alcohol Service	1300 652 226
Lives Lived Well - Watershed	1300 727 957
Lives Lived Well - Nana Muru	02 6362 5337
Kedesh Rehabilitation Services	02 4260 7111
Alcohol & Drug Information Service	1800 250 015

Additional help

National Debt Helpline	1800 007 007
Gambling Help	1800 858 858
Illawarra Legal Centre	02 4276 1939
Shoalhaven Legal Centre	1800 229 529
Link2Home Homelessness 24/7	1800 152 152
Find the help you need, now and nearby	askizzy.org.au