



# SERVICE RESOURCE CARD

PENRITH AREA

## EMERGENCY NUMBERS

Ambulance, Police, Fire	000
Suicide Call Back Service	1300 659 467
NSW information and referral line for homelessness services Link2home	1800 152 152
Mental Health Access Line	1800 011 511
Domestic Violence Assistance Line	1800 656 463
Child Protection Helpline	132 111
Rape Crisis Helpline	1800 424 017
Lifeline Counselling	13 11 14
Sexual Assault & Domestic Violence Line	1800 737 732

## FREE MEAL & SUPPORT SERVICES

<b>Christ Mission Possible (CMP)</b>	1300 435 728
Breakfast: Mon, Wed & Fri 7.30am-9.30am Cnr of Allen Place & Station Street, Penrith Dinner: Thu 6pm – 8pm at Kingswood Train Station For other locations, see <a href="http://cmp.org.au">cmp.org.au</a>	
<b>Mama Lana's Community Foundation</b>	0407 909 447
Mon – Sat 7pm – 8.30pm Tues & Thurs 10am – 3pm Breakfast, laundry, counselling 56 Woodriff Street, Penrith	
<b>Paying it Forward - Homeless Services</b>	0459 262 637
Sun 5pm – 6.30pm Jamison Park, Penrith	
<b>Penrith Community Kitchen</b>	4721 1444
Lunch: Mon – Fri 11.30am – 1.30pm at Penrith PCYC, 100 Station St Penrith	
<b>Foothills Vineyard Church</b>	4732 3139
Dinner: Fri 6pm – 7pm in Progress Way Car Park, Cranebrook	
<b>Orange Sky Laundry and Mobile Shower Bus</b>	0408 229 617
Wed 7:30am – 9:30am, Cnr Allen Place & Station Street, Penrith	

## EMERGENCY RELIEF, FOOD PARCELS AND VOUCHERS

Christ Mission Possible (CMP) at The Rock Community Centre, Kingswood – Free Food Shop on Tuesday	4704 8809
St Vincent de Paul Family Assistance	1800 606 724
St Vinnies Community Hub Penrith	8861 9770
Nepean Food Services	4733 7200
Westcare Community Services, Penrith	4731 3275
Salvation Army Freedom Centre	4721 3076
Church of Christ, Stafford St Penrith	4721 3640
Penrith Community Aid Service	4731 1380
Barnardos Penrith Children's Family Centre	4729 1211
Anglicare Food and Financial Assistance	8624 8600
Ross Hutchison Foundation	4721 2620

## ACCOMMODATION SERVICES

Nepean/ Blue Mountains 'The Right Door'	1800 760 071
DCJ - Housing	4721 6422
Wentworth Community Housing	4777 8000
Christ Mission Possible	4704 8809 or 1300 435 728
Mission Australia Housing	1800 269 672
San Miguel Family Centre, North Richmond	4579 6622
RSL Life Care Homes For Heroes	8978 4371
<a href="http://Askizzy.org.au">Askizzy.org.au</a>	

## MENTAL HEALTH SUPPORT SERVICES

Likemind Mental Health	8880 8111
Aftercare	4720 9740
Flourish Australia	1300 779 270
Neami National	8416 1190
Penrith Community Mental Health	4732 9450
Mental Health Navigation Tool	<a href="http://www.mentalhealthhelp.com.au">www.mentalhealthhelp.com.au</a>

## HEALTH SERVICES

Drug and Alcohol Service – LHD	1300 661 050
Needle and Syringe Program	4734 3996
Salvation Army Pathways Day Recovery	4721 3076
Nepean-Blue Mountains Primary Health Network	4708 8100
Family Planning NSW	4749 0500
Adele Drug and Alcohol	1300 286 693
Rehabilitation & Accommodation (for men)	
Alcohol and Other Drug Coordinated Care	4621 5535

## **YOUNG PEOPLE'S SERVICES**

Platform Youth Services	4760 0800
Headspace, Penrith	4720 8800
Wesley Mission	4723 9277
NCNS	4721 8520
Fusion	8805 5900
Community Junction	9673 3908
Bridging the Gap	9673 1211
One 80TC	1800 679 657

## **ABORIGINAL SERVICES**

Greater Western Aboriginal Health Service	
– Mt Druitt	9836 7300
– Penrith	4729 7300
Closing the Gap Program (NCNS)	4706 0299
Indigenous Disability Advocacy Service	4722 3524
Western Sydney Aboriginal Legal Access Program	8833 0911
Muru Mittigar	1300 737 806
Wirrawee Gunya DV Service	4732 2318
Sydney Region Aboriginal Corporation	4721 1536
Link Up NSW	9421 4700

## **WOMEN'S SERVICES**

Penrith Women's Health Centre	4721 8749
West Connect Domestic Violence Services	4732 2318
The Haven	<a href="mailto:referrals@thehaven.org.au">referrals@thehaven.org.au</a>
HopeStreet Women's Space	0491 054 685
Catholic Care	8843 2580
Integrated Violence Prevention & Response Service	4734 2512

## **MEN'S SERVICES**

Men's Referral Service & Tel. Counselling	1300 766 491
Men's Line Australia	1300 789 978
Dads In Distress Helpline	1300 853 437

## **OLDER PEOPLE'S SERVICES**

Assistance Care Housing	1800 236 762
My Aged Care	1800 200 422
National Dementia Helpline	1800 100 500

## **DIVERSE SEXUALITIES SUPPORT SERVICES**

AIDS Council of NSW (ACON)	1800 063 060
Q Life Counselling	1800 184 527
The Gender Centre	9519 7599

## **MIGRANTS AND REFUGEE SERVICES**

Telephone Interpreting Service (TIS)	131 450
Nepean Multicultural Access	9833 2416
SydWest Multicultural Services	9621 6633
Settlement Services International	9685 0100

## **SERVICES FOR PEOPLE WITH DISABILITY**

Nepean Area Disability Organisation (NADO)	1300 738 229
Penrith Disability Resource Centre	4732 2363
NSW Ageing + Disability Abuse Helpline	1800 628 221
PATH Inc	4721 0866
National Disability Insurance Agency (NDIA)	1800 800 110
Sydney Region Aboriginal Corporation	4721 1536

## **LEGAL SERVICES & TENANCY ADVICE**

Homeless Persons Legal Service	8898 6545
Legal Aid, Penrith	4732 3077
NSW Victims Access Line	1800 633 063
Western Sydney Tenant's Service	8833 0933
Law Access NSW	1300 888 529
Revenue NSW WDO Hotline	1300 478 879

## **INCOME SUPPORT & FINANCIAL COUNSELLING**

Centrelink	132 307
Bridging the Gap Financial Counselling	9673 1211
National Debt Helpline	1800 007 007
Salvos MoneyCare	9633 5011
Wesley Financial & Gambling Counselling	1300 827 638

## **SERVICES FOR PEOPLE LEAVING PRISON**

### **Community Restorative Centre (CRC)**

Transition and Post Release (Nepean and Blue Mountains)	9288 8700
The Miranda Project	9288 8700
Sydney Region Aboriginal Corporation	4721 1536