

Factsheet B |

What help is available



Issue	Who to go to	Where are they
Your personal safety	Police	For emergencies dial 000 Multicultural Community Liaison Officers (MCLO) in Local Police stations
You are impacted by sexual violence	Sexual and domestic violence support services	NSW Government Communities & Justice Information for religious and community leaders responding to domestic and family violence dcj.nsw.gov.au/service-providers/supporting-family-domestic-sexual-violence-services/dfs-v-tools-and-resources/information-for-religious-and-community-leaders Full Stop Domestic Violence 1800 385 578 Full Stop NSW Sexual Violence Helpline 1800 424 017 Lifeline 13 11 14
You have nowhere to live	Emergency housing Dept of Housing Refuges	Link2Home NSW Crisis Accommodation Ph: 1800 152 152 AskIzzy askizzy.org.au St. Vincent de Paul Homelessness and Housing Services Ph: 13 18 12 Community Migrant Resource Centre Ph: (02) 9687 9901 cmrc.com.au

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You have no money or food	Emergency relief Food packages NILS scheme Financial counsellor	Salvation Army Australia Ph: (02) 8775 7988 Homelessness support and services salvationarmy.org.au/need-help/homelessness-support-services Moneysmart by Australian Government to help you to make decisions about money moneysmart.gov.au Financial assistance salvationarmy.org.au/need-help/financial-assistance Generalist support including free meals, food parcels and healthcare billcrews.org No Interest Loan Scheme (NILS) service.nsw.gov.au/transaction/find-a-no-interest-loans-scheme-nils-provider Food Bank Australia Ph: 02 9756 3099 foodbank.org.au/?state=nsw-act National Debt Helpline Ph: 1800 007 007 ndh.org.au St. Vincent de Paul Food and everyday essentials, NILS, Vinnies Crisis Support Hubs, Vinnies Vans Ph: 13 18 12 vinnies.org.au/nsw/find-help

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I need help with my nightmares, my angry outbursts	Counsellor	Victims Services Ph: 1800 633 063 Translating and Interpreting Service: 13 14 50 victimsservices.justice.nsw.gov.au SAMSN Ph: (02) 8355 3711 and 1800 472 676 samsn.org.au Full Stop Australia Ph: 1800 385 578 fullstop.org.au 1800 Respect Ph:1800 737 732 1800respect.org.au Beyond Blue Ph: 1300 224 636 beyondblue.org.au Lifeline Ph: 13 11 14 lifeline.org.au
I need help with my drinking/ use of drugs	AA and NA	Narcotics Anonymous Australia (NA) Ph: 1300 652 820 na.org.au/multi Alcoholics Anonymous Australia (AAA) Ph: 1300 222 222 aa.org.au

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Who can I tell?	Support organisations	SAMSN Ph: (02) 8355 3711 and 1800 472 676 samsn.org.au Lifeline Ph: 13 11 14 lifeline.org.au 1800 Respect Ph:1800 737 732 1800respect.org.au Full Stop Australia Ph: 1800 385 578 fullstop.org.au Mensline Ph: 1300 789 978 mensline.org.au

