







Help for separating families in Lismore

 This symbol denotes Aboriginal-specific workers, services or programs

Need help now? Emergency help for victims of domestic violence

-  **Domestic Violence Hotline**
Tel: 1800 656 463
Referrals to refuges and counselling services, information about ADVOs
-  **Exceptional Circumstances Relief Help (Centrelink)**
Tel: 132 850
Mon-Fri 8am-5pm
Crisis payments for domestic violence victims
-  **Lifeline (24 hours/7 days)**
Tel: 131 114
Crisis telephone counselling and referrals

-  **Lismore Police**
Tel: 6626 0599
DV Liaison Officer, Aboriginal Community Liaison Officer
-  **Lismore Women & Children's Refuge**
Tel: 6621 2685
Mon-Fri 8am-5pm
*24 hour support available
Emergency accommodation*
-  **Bugalma Bihyn Refuge**
Tel: 6621 5187
Mon-Fri 8am-5pm
*24 hour support available
Emergency accommodation*

-  **Women's Domestic Violence Court Advocacy Service**
Tel: 6621 1044
Mon-Fri 9am-4pm
Closed daily 1-2pm
Closed Thurs morning
*Help for women going to court,
Aboriginal specialist workers*
-  **Victims Services**
Tel: 1800 633 063
Aboriginal Victims Services
Tel: 1800 019 123
Counselling and financial assistance to victims of crime including urgent payments to ensure safety, health or well-being


FOR CRISIS SUPPORT

EMERGENCY


START HERE

FAMILY SUPPORT

Not sure where to start? Contact any of these agencies for referrals



-  **Family Referral Service**
Tel: 1300 338 774
Mon-Fri 8am-6pm
*Referrals, outreach workers
Aboriginal identified worker*

-  **Family Relationship Centre**
Tel: 6623 2700
Mon-Fri 9am-5pm
*Family dispute resolution, referrals,
Aboriginal specialist workers*


-  **Child & Family Health**
Tel: 6625 0111
Mon-Wed 8am-4.30pm
Includes specialist workers for women and children, Aboriginal specialist

HOUSING


Help for tenants in private or public rental


-  **Family & Community Services Housing NSW**
Tel: 6623 2424
Mon-Fri 8.30am-4.30pm
Closed 12.30pm-1.30pm
*Start Safely subsidy and tenancy guarantee,
Aboriginal identified worker*
-  **Helping Hands - Indigenous Housing**
Tel: 6621 7397
Mon-Fri 9.30am-3.30pm
Case management, support, referral and advocacy, Aboriginal workers
- On Track Community Programs**
Tel: 6621 5736
Mon-Fri 8.30am-4.30pm
Support and referrals to help people stay in their rental property


- Tenants Advice & Advocacy Service**
Tel: 6621 1022/1800 649 135
Mon-Wed 9am-2pm
Thurs 12pm-3pm, 5pm-7pm
Information, advice and advocacy for social housing and vulnerable tenants


-  **Women Up North Housing**
Tel: 6621 7730
Mon-Fri 9am-4.30pm
*Aboriginal PPP parenting groups,
Aboriginal family liaison worker*


FOR PARENTS


-  **Brighter Futures**
Tel: 6624 5831
Mon-Fri 9am-4.30pm
Support for expecting parents or with kids 8 years and under, Aboriginal specialist worker

-  **Family Support Network**
Tel: 6621 2489
Mon-Fri 9am-4pm
Wed 9am-1.30pm
*Practical and emotional support,
parenting programs, home visits,
supported playgroup*

-  **Indigenous Community Links**
Tel: 6622 8840
Mon-Fri 9am-4pm
Provides information and links Aboriginal people to services


-  **Men's referral service (24 hours/7 days)**
Tel: 1300 766 491


-  **Interrelate**
Tel: 6623 2750
Mon-Fri 9am-5pm
*Counselling, parenting programs,
relationship programs, men's groups,
support for clients pre-mediation, health and wellbeing groups for Aboriginal women or women with Aboriginal children,
Aboriginal specialist workers*


-  **Lismore Women's Resource Centre**
Tel: 6622 5551
Mon-Thurs 9am-4pm
Counselling, support groups, referrals

-  **Men & Family Centre**
Tel: 6622 6116
Mon-Thurs 9am-5pm
Reception open Mon-Wed 9am-2pm
Parenting groups. Self esteem, grief and loss workshops. Men's groups address violent and controlling behaviours. Support groups for women from violent relationships.

FOR KIDS

-  **Kids Help Line (24 hours/7 days)**
Tel: 1800 55 1800
Online counselling service for young people 5 to 25 years old




-  **Lismore Child & Adolescent Sexual Assault Counselling**
Tel: 6621 9861
Mon-Tues 9am-5pm
Referrals to Indigo House, counselling and education service for victims of sexual assault


-  **Northern Kids Care**
Tel: 6621 5736
Case workers for families where parent has mental health issues

Help for drug and alcohol problems, mental health and well-being

HEALTH

- Community Mental Health**
Tel: 6620 2300
Triage and referral service
-  **Medicare Indigenous Access Line**
Tel: 1800 556 955
Mon-Fri 8.30am-5pm
-  **Mirring Ngu Wanjarri**
Tel: 6621 1006
Mon-Thurs 10am-2pm
Violence awareness and support groups for Aboriginal women and young women's camps


-  **Namatijira Haven**
Tel: 6628 1098
Residential rehabilitation for Aboriginal men
-  **Odyssey House (Sydney)**
Tel: 9281 5144
*Long term residential rehabilitation programs, accommodates children,
Aboriginal specialist workers*
-  **Riverlands**
Tel: 6620 7600
*Residential detoxification program,
free counselling, Aboriginal counsellor*

-  **Rekindling the Spirit**
Tel: 6622 5534
Mon-Fri 8.30am-4.30pm
*Groups for men and women, for drug/alcohol support, social and emotional well-being,
'Bringing them home' counselling*
- The Buttery**
Tel: 6687 1111
Long term residential, rehabilitation programs

FINANCIAL

Help for credit/debt problems

-  **Centrelink Payment Advice**
Tel: 136 150
Mon-Fri 8am-8pm
-  **Centrelink Indigenous Phone Service**
Tel: 1800 136 380
Service for Aboriginal people living in rural and remote Australia
-  **Indigenous Service Officer**
Tel: 6626 5400
Mon-Fri 8am-5pm
Regular community visits


- Lismore & District Financial Counselling Service**
Tel: 6622 2171
Mon-Fri 9am-4pm
-  **Northern Rivers Community Gateway**
Tel: 6621 7397
Mon-Fri 9.30am-3.30pm
No Interest Loans Scheme (NILS), Budget counsellor, Aboriginal Loans Officer

LEGAL


Not sure who can help with your legal problem? Call LawAccess on 1300 888 529, Mon-Fri 9am-5pm

-  **Northern Rivers Community Legal Centre**
Tel: 6621 1000
Mon, Tues, Wed, Fri 9am-4pm
Thurs 2pm-4pm
Closed 1pm-2pm
*Free civil legal advice. Outreaches and phone appointments. Family law advice and assistance for Aboriginal people.
Aboriginal Legal Access Program,
Aboriginal specialist workers*

- Legal Aid NSW - Lismore**
Tel: 6621 2082
Mon-Fri 9am-5pm
Free family law advice, outreaches, mediation and representation subject to eligibility. Local private solicitors can also represent clients with Legal Aid

-  **LawAccess NSW**
Tel: 1300 888 529
Mon-Fri 9am-5pm
Free telephone service that provides legal information, referrals and in some cases, advice for people who have a legal problem

-  **Aboriginal Legal Service - Lismore**
Tel: 6622 7088
Mon-Fri, 9am-5pm
Closed daily 1-2pm
Child protection advice and representation, ADVOs advice only, family law advice by phone only, Aboriginal Field Officer

-  **Find Legal Answers**
Free legal information for the community in public libraries and online, visit legalsanswers.sl.nsw.gov.au

Key to symbols

-  Aboriginal workers, services or programs
-  Emergency accommodation
-  Information service only
-  Phone service only
-  Programs and/or services for families
-  Programs and/or services for men
-  Programs and/or services for women



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