



# Parramatta Assistance Card

In an emergency, call 000

## General Numbers

Mission Australia – Link2Home	<b>1800 152 152</b>
Centrelink	<b>132 468</b>
FACS Housing NSW	<b>1800 422 322</b>
Aboriginal Housing Office NSW 33 Argyle Street, Parramatta	<b>1800 727 555</b>

## Crisis Numbers

Child Protection Help Line	<b>132 111</b>
Kids Help Line	<b>1800 551 800</b>
The Salvation Army- <i>Emergency Assistance</i>	<b>1300 371 288</b>
The Salvation Army 426 Church Street, North Parramatta	<b>9891 4526</b>
Lifeline	<b>13 11 14</b>
24 Hour Domestic Violence Line	<b>1800 65 64 63</b>
NSW Rape Crisis Centre	<b>1800 424 017</b>
Alcohol and Drug Information Service	<b>9361 8000</b>
Elders Abuse Helpline	<b>1800 628 221</b>

## Emergency Relief

Mission Australia	<b>(02) 8886 4932</b>
Parramatta Mission 119 Macquarie St Parramatta	<b>9891 2277</b>
St Vincent de Paul Welfare line	<b>1800 606 724</b>
Salvation Army 34 Smith St Parramatta 2150	<b>9635 6870</b>
The Stepping Stone Including lunch packs/showers	<b>9636 7400</b>
RSPCA Safe Pets Program	<b>9770 7555</b>
The Staple Bag – Parramatta Mission Every 2 <sup>nd</sup> Thursday 11.30am – 1pm \$20 bag pantry staples	<b>9891 2277</b>

## Accommodation

Hope Hostel (Men 18+)	<b>9683 1630</b>
Evolve Youth Housing	<b>1800 693 865 (Press Option 3)</b>
Parramatta Mission Youth Hub	<b>8880 8222</b>
Jesuit Refugee Service Australia	<b>9098 9336</b>

## Health

Parramatta Community Health Service	<b>9843 3222</b>
High St Youth Health Service (12 – 24 years)	<b>8860 2500</b>
Cumberland Women’s Health Centre	<b>9689 3044</b>
Parramatta Mental Health Crisis Team	<b>1800 011 511</b>
Westmead Hospital	<b>8890 5555</b>
Children’s Hospital Westmead	<b>9845 0000</b>
Cumberland Hospital	<b>9840 3000</b>
Western Sydney Drug & Alcohol Service	<b>9840 3355</b>
Parramatta Mission	<b>9891 2277</b>
Street Med	<b>1800 899 529</b>
Catholic Healthcare Hoarding and Squalor Resource Unit	<b>1300 345 852</b>
Catholic Healthcare Intake Team (Services for people over 65 seeking help at home to reduce their risk of homelessness)	<b>1800 225 474</b>

## Legal Information

Welfare Rights Centre	<b>9211 5300</b>
Youth Legal Hotline (Under 18 only) Open Mon & Wed 9.30am to 1pm only	<b>1800 101 810</b>
Legal Aid NSW	<b>9891 1600</b>
Western Sydney Community Legal Centre	<b>8833 0911</b>
Parramatta Mission	<b>9891 2277</b>
Parramatta Police Station 95 Marsden Street, Parramatta	<b>9633 0799</b>
Aboriginal Legal Service 33 Argyle Street, Parramatta	<b>8836 3400</b>



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Services for Women	
Blacktown/Hills Homelessness Service for Pregnant Girls & Young Mums – Houses2Homes	<b>9837 2095</b>
Blacktown/Hills Homeless Service for Single Women including Victims of Domestic and Family Violence	<b>4732 2318</b>
Alice's Support Services	<b>9622 9791</b>
Mission Australia Homelessness Outreach, Prevention & Rapid Rehousing Service	<b>1800 384 331</b>
Free legal & social support to women who have experienced domestic violence	<b>8833 0922</b>
Flourish Homelessness Service for Women with Mental Health Issues with Children	<b>9393 9333</b>
Family Advocacy & Support Services (FASS) Free legal & social support to women who have experienced domestic violence	<b>8833 0922</b>
Western Sydney Homelessness Outreach, Prevention & Rapid Rehousing Service	<b>1800 384 331</b>
Parramatta Mission Homelessness Service for Single Women and Women with Children Escaping Domestic Violence	<b>9891 2277</b>
Relationships Education Program "Women Choice and Change" - Counselling (individual, couples and family counselling)	<b>9806 3299</b>
Services for Young People	
Blacktown/Hills Homeless Young Families	<b>8886 6331</b>
Blacktown/Hills Homelessness Service for Pregnant Girls & Young Mums	<b>9837 2095</b>
Parramatta Mission Homelessness & Housing Support Youth Service	<b>9891 2277</b>
Western Sydney Homeless Youth Assistance Program	<b>8881 4800</b>
Mission Australia Homelessness Outreach, Prevention & Rapid Rehousing Service	<b>1800 384 331</b>
Western Sydney Youth Prevention/Living Skills Service – Youth Resolutions	<b>9680 1201</b>
Aftercare Resource Centre (ARC) - Case work support for young people existing Out of Home	<b>9633 1233</b>
RAPS – Family Therapy for Young People and their families	<b>9806 3299</b>
Evolve Youth Housing	<b>1800 693 865 (Press Option 3)</b>

Services for Families	
Alice's Support Services	<b>9622 9791</b>
Blacktown/Hills Homeless Young Families	<b>8886 6331</b>
Blacktown/Hills Homelessness Service for Pregnant Girls & Young Mums- Houses2Homes	<b>9837 2095</b>
Blacktown/Hills Women with Children Escaping Domestic Violence and Other Families- Refuge Outreach Action Response	<b>9621 8253</b>
Parramatta Mission Homelessness Service for Single Women and Women with Children Escaping Domestic Violence	<b>9891 2277</b>
Parramatta Mission Homelessness & Housing Support Youth Service	<b>9891 2277</b>
Parramatta/Holroyd/Hills Homelessness & Housing Support Youth Service	<b>9857 2525</b>
Western Sydney Homelessness Outreach, Prevention & Rapid Rehousing Service	<b>1800 384 331</b>
Western Sydney Homelessness Service for Women with Mental Health Issues with Children	<b>9393 9333</b>
Counselling – (Individual, couples and family counselling)	<b>9806 3299</b>
Services for Men	
Adele House (Drug & Alcohol Rehabilitation Only)	<b>1300 286 693</b>
Western Sydney Homelessness Outreach, Prevention & Rapid Rehousing Service	<b>1800 384 331</b>
Western Sydney Single Men's Homelessness Service – Men2Home	<b>9683 1630</b>
Family Advocacy & Support Services (FASS) Free legal & social support to men who have experienced domestic violence	<b>8833 0922</b>
St Vincent de Paul Western Sydney Single Men's Homelessness Service	<b>0419 696 673</b>
Relationships Education Program "Taking Responsibility" – Counselling (individual, couples and family counselling)	<b>9806 3299</b>