

Local Emergency Services

Service Provider	Contact	Services
Domestic Violence Crisis Services	6280 0900	Provides 24/7 phone counselling, info and access to supports e.g. support groups, emergency accommodation.
Canberra Rape Crisis Centre	6247 2525	24/7 free trauma support services for victims/survivors of sexual assault, and support in the following through reports and criminal justice systems.
StandBy (Suicide Bereavement)	0421 725 180	24/7 free support both face-to-face and issues over the phone for people bereaved by suicide.
ACT Health	13 22 81	Accessible Mon-Fri 8am-8pm, Saturday 9am-5pm.
OzHelp Foundation	6251 4166 OR 0412 507 593	Short term counselling for various issues e.g. depression, stress, work, suicidal thoughts, grief & Loss etc.
Lifeline	13 11 14	24/7 crisis support
Narcotics Anonymous	1300 652 820	Support and advice from volunteers who are recovering addicts.
MensLine	1300 789 978	24/7 counselling, information and support for men.
National Gambling Helpline	1800 858 858	24/7 counselling and support for individuals or families affected by gambling related issues.
Pregnancy crisis counselling	1300 139 313	24/7 support from trained female counsellor specifically for pregnancy and abortion counselling.
Relationships Australia	1300 364 277	Counselling and group programs for people who want to build better relationships.
Suicide Call Back Service	1300 659 467	24/7 crisis counselling to people at risk of suicide and those bereaved by suicide.
Transcultural Mental Health Centre(NSW)	1800 648 911	Access to multilingual mental health services Mon-Fri 8.30am-5.30pm
Veterans & Veterans Families Counselling	1800 011 046	24/7 counselling & group programs for Australian veterans & families.
City Mental Health	02 6205 1338	Mental health case management service.
Winnunga Nimmityjah Aboriginal Health Services	02 6284 62222	Provides a culturally safe, holistic health care service for the Aboriginal and Torres Strait Islander people of the ACT and surrounding regions.

Accommodation and general support

Service Provider	Contact	Services
YMCA Canberra	02 6185 2000	YWCA Housing Support Unit provides information and referral, supported transitional accommodation and outreach services to families with children or pregnant women who are homeless or at risk of homelessness.
Havelock Housing Associations Inc.	02 6257 2277	HHA provides long term, safe, secure, affordable and appropriate accommodation provided for people with on low income and those requiring disability housing
Uniting Care Canberra City	02 6247 5041	Provides a free breakfast and drop in referral service for people who are homeless or at risk of homelessness. Referral service assists people in finding services that are right for their needs.
Woden Community Services	02 6282 2644	Offers a range of disability and Mental health and wellbeing supports.
Catholic Care Canberra & Goulburn	02 6162 6100	Runs approximately 50 programs and services throughout Canberra, and the surrounding Southern NSW Regions, operating under the following service areas: Youth, Mental Health, Homelessness and Family Support Programs, Disability & Aged Care, Counselling, Regional & Family Services, Co-morbidity & Housing.
COMMUNITY SERVICES #1 INCORPORATED	02 6126 4700	Provides an outreach service offering assistance for financially disadvantaged older people to meet their accommodation and support needs.
Companion House	02 6251 4550	Companion House is a non-government community based organisation. We work with adults and children who have sought safety in Australia from persecution, torture and war related trauma. We believe that people who have survived torture, trauma and human rights violations should have access to services that respect, empower and promote recovery.
Samaritan House	02 6921 7895	Samaritan House is a crisis accommodation program for men aged between 18 and 65 years. The program operates 24 hours a day, seven days a week and is located in the north of Canberra.
Rahula Community Lodge	02 6257 5517	Non-profit Buddhist group providing budget accommodation for low income Australians and visitors.
OneLink	1800 176 468	Supportive Tenancy Service (STS) Tenancy Support works with people whose tenancy is at risk.
Red Cross	1800 733 276	We help people to find suitable and safe shelter through caseworkers. Most of these programs target specific groups, including older people, young people, people experiencing mental

		health issues and Aboriginal and Torres Strait Islander peoples.
Richmond Fellowship	02 6248 6118	RFACT Residential Recovery Program provides a number of mental health supported share houses across the ACT and regional NSW that can be accessed where there are vacancies. Eligibility Criteria apply.
Northside Community Services	02 6171 8000	Provide safe, permanent and affordable housing for people with a lived experience of homelessness. Facilitate access to client centred, strength based and trauma informed support services. Deliver social inclusion in our community through asset based community development.
Flourish Australia	1300 779 270	Provides community-based support services to people with mental health problems and disorders, including non-clinical rehabilitation to increase people's independence, self-esteem and satisfaction
Belconnen Community services	02 6264 0200	Day to Day Living (D2DL) is a service that offers support to people experiencing severe and persistent mental illness. The Day to Day living program is based in Tuggeranong but some activities take place across the ACT.
Communities@work	02 6293 6500	We offer in-centre and in-community events, activities and services for vulnerable and disadvantaged.
St Vincent de Paul Society	02 6282 2722	Provides help to anyone in need including financial and material support, home visitation, night patrol, homelessness assistance, education and mental health services.
Through Care Outreach Services	02 6163 7600	Short term supports clients to transition successfully back into the community.
Multicultural Youth Services	02 6100 4611	Outreach and drop in service assisting young people aged 12-21yrs, who have a culturally and linguistically diverse background (migrants and refugees) to overcome barriers to obtaining work, accommodation, education or training

FOOD RELIEF SERVICES/COMMUNITY PANTRIES

Service Provider	Contact number	Services
Arawang Emergency Relief Hub	0491 605 086	Emergency Relief Hub - provided through tailored ER hampers of food and personal care items Open Mondays (excluding public holidays) 9.30am - 12.30pm
MARSS (Migrant and Refugee Settlement Services)	02 6248 8577	MARSS Emergency Relief Program will assist clients who are in need of Emergency Vouchers & Packages, Bus tickets, assisting in settling their bills and other financial assistance.
OzHarvest	02 62 47 61 73	Perishable food rescue. Collects excess food from commercial outlets, supermarkets and other types of food providers, and delivers it to charities. Weekend pickups by arrangement.
Pantry-Community Services#1	02 6126 4700	A small community food outlet for people with a genuine need or those who are on a limited income. Appointments Only.
Community Pantry-Communities@work	02 6228 9200	A small community food outlet for people with a genuine need or those who are on a limited income. Appointments Only
The Little Pantry-WCS	02 6282 2644	The Little Pantry is a place where you can go in times of need. You can visit us and choose a small number of non-perishable foods and personal items. Thursdays 9.30am-1.00pm (or any weekday for emergency packs)
St John's Care Emergency Relief Centre	02 6248 7771	Provides help with food, clothing, bedding, Telstra vouchers, prescriptions, bus tickets and financial assistance. We also offer a free community lunch on the first Friday of each month.
Helping Hand Food Pantry-ST PAUL'S GINNINDERRA ANGLICAN CHURCH	0490 200 849	Support with low cost food. The pantry hours are -11:00am to 1pm Thursdays and Fridays. The food pantry is open to all in need.
Salvation Army	1300 371 288	Crisis assistance and emergency relief including food vouchers, clothing, etc. Mon-Fri 9am-5pm

EMERGENCY CONTACT NUMBERS

Service Provider	Contact	Services
Emergency: Police, Fire & Ambulance (24hrs)	000 131 444	24/7 support from emergency services (police, fire & ambulance)
Canberra Hospital	6244 2222	24/7 access to hospital services
Calvary Hospital	6201 6111	24/7 access to hospital services
Crime Stoppers	1800 333 000	Anonymous hotline for reporting criminal activity.
Public Health Emergency	6205 1700	24/7 access to report public health and safety issues e.g. food poisoning.
National Security Hotline	1800 123 400	24/7 access to report any suspicious or terrorism activity.
NSW & ACT Poisons Information Centre	13 11 26	24/7 hotline on information regarding poisons and chemicals.
Mental health Crisis Team	1800 629 354 OR 6205 1065	24/7 service used for assessment and treatment of mentally ill people in crisis situations.