

FOOD AND CLOTHING ASSISTANCE

Salvation Army.....	4421 7261
St Vincent de Paul.....	4421 0390

OTHER SERVICES

HIV/AIDS Services

HIVAIDS Information Line.....	1800 451600
ACON - Aids Illawarra.....	4226 1163

Gay and Lesbian Issues

Gay & Lesbian Counselling Service (after 4pm).....	1800 184 527
Nowra Youth Centre.....	4422 1988

Gambling Support

Mission Gambling Counselling Service.....	4422 0455
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Legal Issues

Juvenile Justice.....	4423 0556
Legal Help Line (under 18's).....	1800 101 810
Law Access NSW (formally Legal Aid Helpline).....	1300 888 529
Shoalcoast Legal Service.....	4422 9529
Aboriginal Legal Service.....	4422 3255
Nowra Local Court.....	4421 2277
Milton Local Court.....	4455 2116
Legal Aid Nowra.....	4422 4351

Standing Up For Your Rights

NSW Ombudsman.....	1800 451 524
Welfare Rights Centre (help with Centrelink).....	1800 226 028
Illawarra Tenants Advisory Service.....	1800 807 225
Anti Discrimination Board.....	1800 670 812
Youth Action Policy Association (YAPA) NSW.....	9319 1100

Youth Groups/Social Contact

Nowra Youth Centre (Kingshorne Street).....	4422 1988
Ulladulla Youth Centre.....	4454 1761
Bay & Basin Community Resources Inc.....	4443 9244
Police Community Youth Club (PCYC).....	4421 8588
Police Youth Liaison Officer.....	4421 9626
Bomaderry Community Room.....	4421 6342

Youth Development & Neighbourhood Centres

Nowra Development Officer - Shoalhaven Council.....	4429 3418
Shoalhaven Neighbourhood Centre Nowra- community info & referral, short courses, support groups.....	4421 5077
East Nowra Neighbourhood Centre.....	4422 1299
Ulladulla & Dist. Community Resource Centre - community info & referral, short courses, support groups.....	4454 0477

Employment, Education and Training

JPET (Jobs, Placement, Employment, Training) Nowra.....	4423 8503
TAFE	
- Nowra Campus.....	4421 9888
- Ulladulla Campus.....	4455 3866
- Aboriginal Education Unit.....	4421 9887
Wollongong University	
- Enquiries.....	1300 367 869
- Nowra Campus.....	4448 0888
New Apprenticeship Centre Illawarra.....	132 026
Greencorp & YWCA.....	4423 8505
Habitat Youth (Junction Street).....	4422 4222
Essential Personnel Nowra & Ulladulla.....	4423 1191
Job Network - Jobseekers.....	136 268
Mission Employment	
- Nowra.....	4422 7112
- Ulladulla.....	4454 4699
Campbell Page	
- Nowra.....	4429 4991
- Ulladulla.....	4429 9910
- Vincentia.....	4441 8700
Partnering Employment Pathways.....	4423 8502
Wesley Uniting Employment.....	1800 631 132
Flagstaff Employment.....	4423 3337
NSW State Award Enquiries.....	131 628

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IT'S A GOOD IDEA TO USE THE ONE DOCTOR FOR ALL YOUR HEALTH CARE NEEDS SO THAT YOU CAN BE BETTER LOOKED AFTER.

DOCTOR name:

ph no..... Medicare no

EMERGENCY CONTACTS

Police/Fire/Ambulance.....	000
Shoalhaven District Memorial Hospital.....	4421 3111
Milton Ulladulla Hospital.....	4455 1333

HEALTH

Medicare Card - Medicare Information Line.....	132 011
Health Care Card - Centrelink Youth & Student Line.....	132 490
- www.centrelink.gov.au Appointments.....	131 021

Doctor Service

Your Family Doctor	
Youth Health Clinic - FREE SERVICE.....	4423 1784
Women's Health Centre - Nowra.....	4421 0730
South Coast Medical Service Aboriginal Corporation.....	4428 6666

Health Services/Centres

Crossroads Youth Health Service.....	4423 1784
Nowra Community Health Centre.....	4424 6300
St Georges Basin Community Health Support Centre.....	4443 7646
Wreck Bay Community Health Clinic.....	4442 1255
Culburra Community Health Centre.....	4447 2055
Sussex Inlet Community Health Centre.....	4441 2373
Ulladulla Community Health Centre.....	4455 5366
Women's Health Centre - Nowra.....	4421 0730
Waminda - Aboriginal Women's Health Service.....	4421 7400
South Coast Medical Service Aboriginal Corporation.....	4428 6666
Hepatitis C Helpline.....	1800 803 990

Sexual Health / Contraception / Pregnancy

Sexual Health Clinic - Nowra.....	4423 9353
Crossroads Youth Health Service - Nowra.....	4423 1784
Women's Health Centre - Nowra.....	4421 0730
Women's Health Clinic - Ulladulla Community Health.....	4455 5366
Waminda (Aboriginal Women's Health).....	4421 7400
FPA Health Line - www.fpahealth.org.au.....	1300 658 886
Prenatal Classes, Young Mothers Group, Early Bird Classes (14-20wks) - Nowra.....	4423 9207

As well as any of the above Health Services/Centres

Sexual Assault Service

Links House Sexual Assault Service- Nowra.....	4423 9211
Sexual Assault Counselling Ulladulla CHC.....	4455 5366
Rape Crisis - 24hr crisis line.....	1800 424 017

Alcohol and Other Drugs

Shoalhaven Drug & Alcohol Help line - 24hrs.....	1300 652 226
Shoalhaven Bridge Program (Salvation Army).....	4422 4604
Crossroads Youth Health Service.....	4423 1784
Oolong House - Aboriginal Corporation.....	4422 0644
Alcohol and Drug Information (referral) Service.....	1800 422 599
MERIT (Magistrates Early Referral Into Treatment).....	4422 5822

Depression and Suicide Issues

Nowra Mental Health Service.....	4422 6066
Child Adolescent Mental Health's Service (CAMHS).....	4254 1500
Reachout Suicide Prevention Website - www.reachout.com.au beyondblue's youth website - www.youthbeyondblue.com	

Eating Disorders

Body Image and Eating Behaviour Service - Nowra.....	4422 8111
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SUPPORT / SOMEONE TO TALK TO

Kids Help Line (24hrs) - www.kidshelp.com.au.....	1800 551 800
Youth Life Line (24hrs).....	131 114
Adolescent & Family Counselling Service.....	4422 7584
Crossroads Youth Health Service.....	4423 1784
Counselling Service - Ulladulla.....	4455 5366
South Coast Medical Service Aboriginal Corporation.....	4428 6666
YWCA.....	4423 8501
Nowra Police Youth Liaison Office.....	4421 9626
JPET (Early Intervention - At risk support).....	4423 8503

FAMILY RELATIONSHIP AND STRESS

Nowra Family Support Service.....	4421 5499
Milton/Ulladulla Family Support Service.....	4455 5428
RAFT.....	4422 9966
RAGE.....	4423 7244
Adolescent & Family Counselling Service.....	4422 7584
Centacare.....	4421 8248
Family Care Cottage.....	4422 6111

Domestic Violence/Victim Support

Shoalhaven Domestic Violence Support Service.....	4423 8507
Ulladulla Domestic Violence Support Service.....	4454 0407
Nowra Police Domestic Violence Liaison Officer.....	4421 9620
24hr Domestic Violence Line (NSW).....	1800 656 463

HOUSING - A SAFE PLACE TO STAY

Shoalhaven Youth Accommodation.....	4421 8741
Care South Youth Hostel.....	4422 7625
Shoalhaven Women's Refuge.....	4421 8276
Aboriginal Outreach Worker.....	4423 2804
Department of Housing - Nowra.....	4423 9111