

Help Lines



After Hours GP Helpline

The helpline is staffed by GP's and nurses to provide out of hours health advice. The service is for non-urgent conditions. There is NO 24-hour medical practice in Singleton. For after-hours medical treatment you can go to the local hospital.

T: [1800 022 2222](tel:1800022222)

Beyond Blue

Get immediate help for depression and anxiety. This service also provides online chat and email contact.

T: [1300 22 4636](tel:1300224636)

Lifeline

Crisis support and suicide prevention.

T: [13 11 14](tel:131114)

Mental Health Line

A 24-hour counselling service in NSW

T: [1800 011 511](tel:1800011511)

Suicide Call Back Service

The Suicide Call Back Service provides free nationwide professional telephone and online counselling for anyone affected by suicide.

T: [1300 659 467](tel:1300659467)

Alcohol and Drug Information Service

A 24-hour statewide telephone service providing education, information, referral, crisis counselling and support about illegal drugs and legal drugs such as alcohol. Calls are confidential and anonymous. Further information at www.yourroom.com.au

T: [1800 250 015](tel:1800250015)

Child Protection Helpline

To report suspected child abuse or neglect. This service is run by the Department of Child Services and operates 24 hours.

T: [132 111](tel:132111)

Kids Helpline

Kids helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for people aged between 5 and 25.

T: [1800 55 1800](tel:1800551800)

NSW Rape Crisis Hotline

Incorporating the National Sexual Assault, Domestic and Family Violence counselling line. This line operates 24 hours.

T: [1800 424 017](tel:1800424017)

Victims Access Line

Providing both support and information for victims of crime.

T: [1800 633 063](tel:1800633063)

Surgery Access Line

Independent advice for patients and general practitioners on surgery waiting times and options.

T: [1800 053 456](tel:1800053456)

NSW Poisons Information Line

24-hour advice on human poisoning for the general public and health professionals, operating out of the Children's Hospital at Westmead. This service does NOT provide advice for poisoned pets, please contact your local veterinary clinic.

T: [131 126](tel:131126)

Karitane Careline

Child and family health nurses who assist with a wide range of issues relating to infants and children, from birth to five years of age. The service operates seven days a week, an email service is also available, but responses may take one to two days.

E: Karitane.online@swhs.nsw.gov.au

T: [1300 227 464](tel:1300227464)

MotherSafe

MotherSafe provides advice for women and practitioners about exposures during pregnancy and breastfeeding. The service operates Monday to Friday – 9am until 5pm.

T: [1800 647 848](tel:1800647848) – Free call from non-metropolitan areas

Parent Line

Free professional help for parents and carers with children aged between 0-18 years old in NSW.

T: [1300 130 052](tel:1300130052)

Tresillian Parent's Help Line

Speak to a qualified child and family health nurse on any aspect of parenting children up to the age of five years.

T: [1800 637 357](tel:1800637357)