

FAMILY LAW PATHWAYS NETWORK

HELPING SERVICES IN OUR COMMUNITY STAY CONNECTED



RIVERINA

COMMUNITY SERVICES GUIDE



2020

Contact numbers for help and advice on the following;

- Family Relationship Advice
- Mediation Services
- Legal Advice
- Financial Issues
- Domestic & Family Violence
- Disability Services
- Counselling & Health Services
- Housing & Crisis Accommodation
- Children & Youth Support Services
- 24 Hour Emergency Contacts & Helplines

Region-specific services

- Tumut
- Griffith
- Leeton

This services guide was produced by the Riverina Family Pathways Network. The Family Law Pathways Network is committed to ensuring the services within our community stay connected.

For more information on the Family Law Pathways Network or to add or amend entries in the services guide, please contact the FLPN Coordinator on 02 69 23 91 00 or email FLPN@racr.org.au

Family & Mediation

MEDIATION

Family Relationship Advice Line 1800 050 321

A national phone service assisting families with relationship or separation issues. Calls are confidential.

Provides information, referrals and advice on family relationship issues and parenting arrangements after separation.

The service is available to anyone experiencing family relationship and separation difficulties. That includes parents, step-parents, grandparents, carers, children, young people and friends.

8am to 8pm Monday – Friday & 10am to 4pm Saturday.



Mediation Services

For help reaching agreement about your children and property after separation make an appointment to see an accredited Family Dispute Resolution (FDR) Practitioner.

Mediation will assist you and your ex-partner to develop your own workable solutions.

Family Relationship Centre– 02 69 239 100

Relationships Australia provides mediation services

Centacare –Mediation services- 1300 619 379

Website: <https://www.centacaresw.org.au>

Also offering “**Keeping Kids in Mind**” program, assisting separated parents to get a long better for the sake of their children and to help understand and support children during the separation process.

Legal Aid Wagga Wagga– 02 69 216 588

74-76 Fitzmaurice St , Wagga Wagga

Legal Aid Early Intervention Unit- 1800 551 589

The service provides advice about family law issues

WWW.FAMILYVIOLENCELAW.GOV.AU

The logo for Family Violence Law Help features a stylized family of four in black and white, with the text 'FAMILY VIOLENCE LAW HELP' in large, bold, black letters on a light blue background.

Visit www.familyviolencelaw.gov.au for free, easy to understand information about:

- Domestic & family violence
- ADVOs
- Family law
- Child protection law
- Where to get help

A small icon of a laptop computer with a globe on the screen.

Children's Contact Service – 02 69 239 180

The Children's Contact Service facilitates supervised visits & changeovers between children and their parents.

If you are separated or separating you should seek legal advice. A lawyer can help you understand your legal rights and responsibilities, and explain how the law applies to you

These services can provide or help you find legal advice:

Family Relationships Advice Line -1800 050 321

Legal Aid Wagga Wagga- 74-76 Fitzmaurice St - 02 69 216 588

Family Law Early Intervention Unit- Legal Aid NSW - 1800 551 589

Women's Legal Service -1800 801 501

Hume Riverina Community Legal Service -1800 918 377 www.hrcls.org.au

Law Access NSW -1300 888 529

Law Society of NSW -02 9926 0333

Helpful Websites;

Family Court of Australia www.familycourt.gov.au

Legal Information Access Centre <http://www.legalanswers.sl.nsw.gov.au/about/liac/>

Family Violence Law Help <https://familyviolencelaw.gov.au/>

Financial Issues

Centrelink -132850

National Debt Helpline- 1800 007 007

Wagga Wagga Family Support Financial Counselling- 02 6921 7675

Wagga Wagga Family Support Gambling Help Counselling—02 69 216 104

Gambling Helpline Counselling Service -1800 858 858

Warruwi Gambling Helpline- 1800 752 948

Anglicare Financial Counselling Service Wagga Wagga - 02 6937 1555

Mission Australia- 02 69 327 500

St Vincent de Paul Society- Micah Hub - 02 6921 7337

Salvation Army -02 6921 7895

Domestic & Family Violence

DOMESTIC &
FAMILY
VIOLENCE HELP

NSW Community Services Domestic Violence Line - 1800 656 463 / 24 hours

Counselling Service for Domestic Violence -1800654 324

Murrumbidgee Local Health District Intake Service

Wagga Family Support Services -02 6921 7544

Suite 1/129 Fitzmaurice St, Wagga Wagga NSW 2650

Support for people affected by family & domestic violence.

1800 RESPECT

1800 737 732

24 hr confidential
phone service

Wagga Women's Health Centre - (02) 6921 3333

22 Peter Street, Wagga Wagga NSW 2650

Counselling, After hours phone counselling, Crisis support, Group work, Economic wellbeing, Health & Education, Complementary therapies and Women's health.

ACON –Regional Outreach -1800 063 060

Support for LGBTIQ people experiencing domestic and family violence.

Wagga Wagga Family Relationship Centre - 02 6923 9100

36–40 Gurwood Street, Wagga Wagga, NSW 2650

Counselling, Specialist family violence counselling, Men's behaviour change groups.

Centacare- 1300 619 379

201 Tarcutta Street, Wagga Wagga NSW 2650

Counselling, Anger management programs, Family education programs.

Men's Referral Service - 1300 766 491

Is your behaviour causing problem for your relationships or family?

For urgent help
when violence is
occurring call

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Domestic & Family Violence Legal Contact Line -1800 810 784

Sisters Housing Enterprises Inc. -02 6921 6793 or 02 69 218 211 (24 hour support)

Crisis and transitional accommodation available to women

Disability Support

DISABILITY
SUPPORT

Intereach - 1300 488 226

20 Peter Street, Wagga Wagga NSW 2650

Early childhood, Early intervention, NDIS support

Northcott -02 69 21 1996

www.northcott.com.au

Disability Support Services

RDAS -02 69 219 225 or 1800 250 292

Disability & Advocacy Information Service

Suite 104-105 Wollundry Chambers, 63 Johnston St, Wagga Wagga, NSW 2650.

www.dais.org.au

Kurrajong Disability Support Services -1300 764 620

www.kurrajong.com.au

73-75 Johnston St, Wagga Wagga

IDEAS 1 800 029 904 or www.ideas.org

Information on Disability & Education Awareness Service

Ningana Enterprises Inc. -02 69 211 393 or www.ningana.com.au

Disability Support Services



Carers Gateway

1800 422 737

Counselling for carers

8am- 6pm weekdays

Carers attend your practice every day.

Tell them about Carer Gateway.

It's a great place to start for information and support.


1800 422 737
Available Monday-Friday 8am-6pm
carergateway.gov.au

 **Carer Gateway**
An Australian Government Initiative

Wagga Wagga Community Care Intake Service- 1800 654 324

Murrumbidgee Local Health District.

You can access the following services via the Community Care Intake Service:

- Child and Family Health
- Chronic Disease Care and Information
- Community Care Nursing
- Diabetes Education
- Dietitian
- Generalist Counselling
- Specialist Nurse and Nurse Practitioners who provide support in Heart and Breathing Care, Diabetes and Renal Care
- Occupational Therapist
- Palliative Care
- Physiotherapy
- Speech Pathology
- Women's Health



RivMed - Riverina Medical and Dental Aboriginal Corporation - 02 69 235 200

271 Edward Street, Wagga Wagga.

Relationships Australia - 02 6923 9100

Counselling in Wagga, Griffith, Tumut, Cootamundra, West Wyalong , Temora & Narrandera.

Centacare - 1300 619 379

Offices in Albury, Finley, Griffith, Leeton, Wagga and providing outreach to surrounding areas.

Headspace -02 6923 3170

2/185 Morgan Street, Wagga Wagga, New South Wales 2650

For young people up to 25 years of age.

Services include counselling and assistance with;

physical health, mental health, alcohol and other drugs support, work and study assistance.

Marathon Health– 02 69 372 000

Suite 2/32 Kincaid Street, Wagga Wagga

Providing psychological services. Occupation therapy & speech pathology under NDIS

Care coordination for chronic disease & ITC closing the gap initiative.

LikeMind– 02 69 36 2000

Shop 1A, Ground Floor 46-52 Baylis St Wagga Wagga NSW 2650

Innovative mental health service, providing a free 'one-stop' hub, coordinating care plans and connecting you to the right services for your needs.

Wagga Women's Health Centre –02 6921 3333

Counselling & Crisis support and support groups.

Also providing phone counselling & support on Thursday & Saturday evenings, 6pm– 9pm.

Wagga Wagga Family Support Service – 02 6921 7544

Support to families in developing skills and competency in child rearing and family relationships. Provides assistance to link families to help that is available in their area.

www.waggafamilysupport.org.au

Sexual Health Clinic –02 59 432830

79 Brooking Avenue, Wagga Wagga, 2650

For sexual health information and advice.

Women's Health Clinic –1800 654 324

Please call Wagga Wagga Community Care Intake Service to make an appointment.

Wagga Sexual Assault Counselling Service & Child Protection Counselling Services –02 59 43 2300, 29 Docker Street, Wagga Wagga

Linden Place –02 59 083 307

Confidential counselling for children and adolescents, to 18 years of age, who have been sexually abused.

Flourish Australia –1300 779 270

84– 86 Fitzmaurice Street.

Mental health recovery service, Support coordination for NDIS.

Sunflower House –02 6931 8770

Provides a range of programs & activities and help for people living with mental illness.

4 The Esplanade, Wagga Wagga

Amaranth Foundation– 02 60 331 738

Provide bulk billed services in Wagga Wagga & surrounds for palliative care, mental health, grief, loss & trauma, children and youth counselling.

Wagga Recovery Unit—02 59 431 700

The Recovery Program is a unique 8 week residential course which provides a wide range of supports and skills development for people with a mental illness who are ready to take the next steps in their recovery journey. The purpose built unit has a welcoming and friendly feel with lots of great spaces to join in workshops and group activities as well as spend time working individually with our recovery specialists. Welcomes people from anywhere in the Murrumbidgee catchment area.

Wellways—1300 111 400

Wellways offers a wide range of individually tailored services designed to support people affected by mental health issues or disability, as well as their families, friends and carers. Our experienced, local staff will help you take charge of your wellbeing, connect with others and participate in your community.

Mission Australia –02 69 327 500

www.missionaustralia.com.au

Helps people find safe and affordable housing, support disadvantaged children and families,

Counselling Phone Helplines are available

Australia wide 24 hours

Lifeline- 13 11 14

Beyond Blue- 1300 22 4636



Drug & Alcohol

DRUG &
ALCOHOL
SUPPORT

Alcohol & Drug Information Service - 24 hours- 1800 422 599

NSW state-wide telephone service providing education, information, referral, crisis counselling and support about illegal drugs such as heroin, ice and cannabis, as well as legal drugs such as alcohol.

Family Drug Support-1300 368 186

24 hours family support for families affected by alcohol and other drugs.

Pathways Treatment and Support Services- 02 69 717 330

30-40 Gurwood Street, Wagga Wagga

Offering non- judgemental and respectful support for people impacted by methamphetamine (ice) and other drug use.

Wagga Wagga Community Mental Health and Drug & Alcohol Service

02 69 235 702 O'Reilly Street, Wagga Wagga, NSW 2650

Provides specialist assessment and support to people experiencing severe or complex mental health issues and those with drug and alcohol dependency.

Calvary Drug & Alcohol Centre - (02) 6932 6800

Providing assistance with patient withdrawal, residential treatment, outpatient/day programs, home detoxification and transition support services.

Smart Recovery - 0269 36 2000 or www.smartrecoveryaustralia.com.au

SMART Recovery is a free group program assisting people with any problematic behaviors, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others.

Alcoholics Anonymous- 1300 22 22 22 or www.aa.org.au

Free meetings for anyone requiring help and support with alcohol dependence.

Al-Anon -1300 252 666 or www.al-anon.org.au

Family groups for family members affected by another's drinking.

Narcotics Anonymous-1300 652 820 or www.na.org.au

Free meetings for anyone requiring help and support with drug dependence.

Housing & Accommodation

HOUSING
& CRISIS
ACCOMMODATION

Link2Home -1800 152 152.

Assistance number to connect homeless people to help in their area.

Sisters Housing Enterprises Inc. -02 6921 6793 or 02 69 218 211 (24 hour support)

Crisis and transitional accommodation available to women

Edel Quinn- 02 5942 3555

6 Edel Quinn Lane, Wagga Wagga

Short term and crisis accommodation for men and women over 18. .

Eastern Murrumbidgee Youth Services - 02 69214 436

59 Thorne Street, Wagga Wagga

Crisis accommodation for young people 16 -18 years of age.

Micah Hub - 02 6921 7337

Care and support house for people in need, whether through homelessness or loneliness.

St Vincent de Paul Society NSW Support Services

Salvos Connect -1300 371 288

Emergency relief to those in need of assistance, you'll be connected to the nearest

Salvation Army Connect site.

Argyle Housing -1300 274 953

Assisting with affordable housing for low income earners.

Department of Housing FACS- 02 69 210 099

Ground Floor 25/27 Tompson St, Wagga Wagga NSW 2650



Child & Youth Support

CHILD & YOUTH
SUPPORT

Kids Help Line - 1800 55 1800

24 hour phone line for youths. 5yrs- 25yrs
Web chat visit www.kidshelp.com.au

Child Protection Hotline -132 111 - 24 hours

For children at risk of harm

Headspace- 02 69 233 170- up to 25yrs.

2/185 Morgan Street, Wagga Wagga, NSW 2650
Services include counselling and assistance with;
physical health, mental health, alcohol and other drugs
support, work and study assistance.

Eheadspace - www.eheadspace.org.au

You can talk 1-on-1 with an eheadspace clinician via an online chat or join a group chat.

Stronger Minds - 1300 402 585

Strong Minds Western NSW provides access to free and effective psychological services for people aged under 12 yrs living in regional, rural and remote NSW.

Roar, Intereach Reach Out And Relax -1300 488 226

Reach Out and Relax (ROAR) supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue. It is free and confidential. We work with children and young people aged up to 18 years

Amaranth Foundation- 02 60 331 738

Provides bulk billed services in Wagga Wagga & surrounds for palliative care, mental health, grief, loss & trauma, children and youth counselling.

Wagga Wagga Community Mental Health and Drug & Alcohol Service

02 69 235 700,
2 O'Reilly Street, Wagga Wagga, NSW 2650
Child & Adolescent Mental Health Services.

Centacare- 1300 619 379

Offers counselling and a range of parenting assistance courses;
Keeping kids in Mind, Parenting children with ADHD, Bringing up great kids and many more.

Grandparents Doing it Tough-1300 619 379

Grandparents 'Doing it Tough' offers a monthly support group for grandparents raising or seeking access to their grandchildren and who may be impacted by Family Law Court decisions, separation and divorce, drug or alcohol addiction, illness and disability, death and suicide or mental health issues.



Centrelink-13 24 68

35 Merivale Street, corner Merivale & Russell Streets

Tumut Community Health & Mental Health- 02 69 470 900

Located at Tumut hospital, 107 Simpson St, Tumut

Brungle Health & Community Centre - 02 69 449 036

Corner Bray & Adam Street, Brungle

Tumut Regional Family Service- 02 69 47 21 21

182 Wynyard Street, Tumut.

Specialist Homelessness Service- 02 69 474 424

Brighter Futures-Working with vulnerable families with children 0-8 years -02 69 472 115

Cooee Cottage- 68 Fitzroy St - Aboriginal health, safety & wellbeing—02 69 473 362

IDEAS -1800 029 904

Free Disability information service.
53 Merivale Street, Tumut.

Family Relationships Centre- 02 6923 9100

81 Capper Street, Tumut
Counselling outreach Service fortnightly on a Friday.

Headspace - 02 6923 3170

Wednesdays TAFE campus Capper Street, Tumut
Services for youths up to 25 years.

Mission Australia - 02 69 834 200

Family Mental Health Support Service
81 Capper Street, Tumut

Flourish Australia -1300 779 270

7A & 8 / 123-129 Wynyard Street, Tumut
Mental health recovery service, Support coordination for NDIS

Department of Family & Community Services - 02 69 470 709

106 Wynyard Street, Tumut

Legal Aid Wagga Wagga– 02 69 216 588

Providing an outreach service providing assistance and advise each week from the Griffith courthouse

Counselling & Mental Health Support

Community Mental Health –Via accessline 1800 800 944 or 02 69 610 100
175 Yambil St, Griffith

Relationships Australia -02 6923 9100
Mediation & Counselling outreach services
City Plaza, Level Shop 4, Level 1, corner Kidman Way and Banna Ave

Headspace Griffith – 02 69 623 277
Youth mental health services
1/26 Ulong Street, Griffith

Centacare –1300 619 379
Mediation & Counselling services
140 Yambil St, Griffith

Flourish Australia –1300 779 270
108B Yambil St, Griffith

One Door Mental Health –0458 299 067
Griffith Community Centre
80 Benerembah St, Griffith

Wellways –1300 111 400
2/180 Yambil St, Griffith

Intereach ROAR –Reach Out And Relax –1300 488 226
2/63 Yambil St, Griffith

Psychological Therapeutic Services

Available through GP Mental Health Care Plan

Marathon Health – 1300 402 585
Visits Griffith Community Centre weekly.
80 Benerembah St, Griffith

My Mind Matters – 0476 003 603
Griffith Community Centre
80 Benerembah St, Griffith

General Community & Health Support

Griffith Community Centre - 02 6962 4144

80 Benerembah Street , Griffith

Provides a location for the delivery of a range of local and visiting agencies 5 days a week.

www.gycc.org.au

Griffith Community Health Centre - 02 69 669 900

39 Yambil Street, Griffith

Leeton Community Health Centre - 02 6953 1205

Myall Street, Leeton, NSW, 2705

Griffith Medical Centre -02 6969 5555

1 Animoo Ave , Griffith

Griffith Aboriginal Medical Service - 02 69 620 000

38 Jondarayan Ave, Griffith



Accommodation & Crisis Support

Linking Communities Network Women's Crisis Accommodation - 02 69 643 381

96 Kookora St. Griffith

Linking Communities Network Youth Crisis Accommodation - 0488 487 810 or

AH 1800 650 051

18 Whitton St. Griffith

Barnabas House -02 69 644 927

80- 94 Kookora St. Griffith

Salvation Army—Assistance line -02 6953 7266 Griffith.

Salvation Army Housing -02 69 621479 Griffith

Salvation Army Housing -02 69 537 256 Leeton

Urgent Helplines

HELP WHEN YOU
NEED IT

Lifeline -13 11 14

24 hour crisis phone support and suicide prevention.

Lifeline Online Chat

7pm till midnight 7 days online

Beyond Blue - 1300 22 46 36

Depression & anxiety, 24 hour ph support.

Access Line Riverina-1800 800 944

24 hour phone support for mental health

Mental Health Line NSW -1800 011 511

24 hour phone support.

Suicide call back service

1300 659 467

24 hour phone support & online chat for suicide prevention and for those affected by

1800 RESPECT - 1800 737 732

24 hour confidential phone service for sexual assault, domestic & family violence.

Mensline Australia - 1300 789 978

24 hour phone counselling for men.

Kids Help Line - 1800 55 1800

24 hour phone line for youths. 5yrs- 25yrs

Web chat visit www.kidshelp.com.au

Child Protection Helpline - 132 111

24 hour helpline

Parent Line - 1300 1300 52

Phone support for parents until 9pm, 7 days.

Carers Gateway - 1800 422 737

counselling for carers 8am- 6pm weekdays

PANDA - 1300 726 306

Perinatal Anxiety & Depression Australia

Translating & Interpreting

Service -131 450

<https://www.tisnational.gov.au/>



HSNet
HUMAN SERVICES NETWORK

If you can't find what you are looking for or need further assistance

please visit HSNet for a complete listing of services available in your area.