

Flood Recovery Support Services

Fact Sheet – Shoalhaven

Shoalhaven Recovery Support Services

Provider	Services available	Website	Contact
Aboriginal Health Services			
Binji and Boori, Shoalhaven Aboriginal Maternal Infant Child Health Service	Health care services for Aboriginal women & their children from pregnancy to 5yrs old		02 4423 9900
Cullunghutti Aboriginal Family Centre	Family support programs for Aboriginal families & children		02 4428 6900
Waminda Womens Health & Aboriginal Welfare	Support services for Aboriginal women in the Shoalhaven		02 4421 7400
Yarn: crisis support line for Aboriginal community members		13yarn.org.au southcoastams.org.au/contact	13 92 76 Shoalhaven 1800 215 099
Aboriginal Legal And Tenancy Services			
Aboriginal Legal Service	Legal services for Aboriginal & Torres Strait Islander peoples		02 4424 8900
Murra Mia Southern NSW Aboriginal Tenants Service (MMTAAS)	Specialised Tenancy Aboriginal Service	tenants.org.au/taas/MMTAAS	1800 672 185 02 4472 9363
SEARMS Community Housing Aboriginal Corporation	Community housing provider for Aboriginal & Torres Strait Islander people		1800 138 425
Charitable Organisations			
Anglicare	Utility bill assistance, rental arrears, interest free loans, Emergency food relief including mobile van pantry	anglicare.org.au	1300 111 278
Red Cross	Disaster Recovery support, homelessness	redcross.org.au/	02 4428 4900
Salvation Army	Emergency relief and referral, Salvation Stores: clothing and furniture, Food relief	salvationarmy.org.au/	1300 371 288
St Vincent De Paul	Emergency assistance via information, advocacy, food & clothing vouchers, homelessness and housing services	vinnies.org.au	131812

Provider	Services available	Website	Contact
Domestic Violence			
Supported Accommodation and Homelessness Services Shoalhaven Illawarra (SAHSSI)	Accommodation, homelessness and domestic violence support	sahssi.org.au/services/24-7-domestic-violence-crisis-service	02 4421 8276
YWCA Australia	Domestic violence intervention service based in Nowra		02 4423 8510
YWCA NSW Domestic Violence Services	Free service	ywcansw.com.au/crisis-support-services	02 4423 8501
Emergency Food Relief			
All Saints Community Care	Emergency food & financial assistance		02 4423 1099
Hope Centre -All Saints Community Care	Emergency Relief centre 5 days per week	anglicare.org.au/ways-to-give/community-care-programs/all-saints-community-care-at-the-hope-centre	02 4423 1099
Nowra Community Food Store	Low cost grocery store for people in a crisis	catholiccare.dow.org.au	02 4402 9126
Salt Care	Welfare support for people in a crisis (including meals, hampers & clothing)		02 4480 5028
Shoalhaven Homeless Hub		sahssi.org.au/services/shoalhaven-homeless-hub	02 4423 2804
St Vincent De Paul	Wollongong Check website for operating locations/ days/times for mobile food van and Coniston Homeless Hub for food relief and community lunch	vinnies.org.au/nsw/find-help/assistance-with-food-and-everyday-essentials	02 4228 9355
The Hub	Discount food & clothing store		02 4421 4602
Financial Assistance			
Financial Counselling Australia		financialcounsellingaustralia.org.au	1800 007 007
Good Shepherd No Interest Loans	Small interest free loans for a variety of needs (housing, home, car etc) for singles, couples & families - conditions apply	goodshep.org.au	136 457
Hope Centre -All Saints Community Care	Emergency Relief centre 5 days per week	anglicare.org.au/ways-to-give/community-care-programs/all-saints-community-care-at-the-hope-centre	02 4423 1099
Rural Financial Counselling Service		rfcsnsw.com.au/	1800 319 458 02 6452 5850

Provider	Services available	Website	Contact
Homelessness And Crisis Housing			
John Purcell House	Short term crisis accommodation for men		02 4428 6207
Link2Home	24/7 State wide homelessness information & referral service		1800 152 152
Safe Shelter Shoalhaven	Crisis overnight accommodation for individuals & families		02 4426 6117
Salt Assisted Housing	Transitional Supported Accommodation for individuals & families		02 4480 5028
Southern Cross Housing	Social housing provider, crisis accommodation services, tenancy services	scch.org.au	1300 757 885
Legal Advice And Tenancy Issues			
Illawarra and South Coast Tenants Advice and Advocacy Service (ISCTAAS)		tenants.org.au/taas/ISCTAAS	1800 807 225 02 4274 3475
Legal Aid	Legal Advice for individuals and families: Tenancy Rights	legaid.nsw.gov.au	1300 888 529
Tenants Advice Line	Operating hours Mon 10am - 1pm, Thursday 2pm - 5pm	tenants.org.au/tu/tenants-advice-line	1800 251 101
Mental Health And Wellbeing			
Beyond Blue	24/7 listen, provide information and advice and point in the right direction to seek further help	https://www.beyondblue.org.au/	1300 224 636
Catholic Care: Counselling and Family relationships		https://www.catholiccare.dow.org.au/	02 4227 1122
Grand Pacific Health - Nowra	Low or no-cost therapy, counselling, youth mental health & support services	https://www.gph.org.au/clinics/nowra/	02 4448 2255
Kids Help Line	24/7 counselling support for children and young people ages 5 to 25	https://kidshelpline.com.au/	1800 551 800
Mens Line Australia	24/7 telephone and online support, information and referral service for men	https://mensline.org.au/	1300 789 978
Mental Health Line	Free phone service which links people to NSW Health mental health services		1800 011 511
Mindspot	Free confidential and online service providing access care when, where and how they need it	https://www.mindspot.org.au/	1800 614 434

Provider	Services available	Website	Contact
Mental Health And Wellbeing (cont.)			
Nowra Community Mental Health	Mental health assessment, short term follow up	islhd.health.nsw.gov.au/services-clinics/nowra-community-mental-health	1800 011 511
NSW Health-Illawarra Shoalhaven LHD		https://www.islhd.health.nsw.gov.au/	02 4428 6207
Rural Health Connect	A platform that links people to psychologists over video and phone calls	ruralhealthconnect.com.au	0493 432 144 or 0493 201 005
Shoalhaven Council Outreach Team		shoalhaven.nsw.gov.au/Emergencies/We-Know/Your-Wellbeing	02 4429 5888
Suicide Call Back Service	Free 24/7 phone, video and online professional counselling	suicidecallbackservice.org.au	1300 659 467
Uniting Counselling and Mediation Nowra	Relationship support and counselling	uniting.org/services/counselling-mediation/facility/uniting-counselling-and-mediation-nowra	02 4423 7782
Wellways -Beyond Blue	Mental health management skills	wellways.org/our-services/category/mental-health-wellbeing	1300 111 500
Public Health			
Local Public Health unit	Water quality, sanitation, waste		1300 066 055
Translation Services			
Multicultural NSW	Telephone Interpreting Services		02 4428 6207
Youth Support Services			
Beyond Blue	24/7 listen, provide information and advice and point in the right direction to seek further help	beyondblue.org.au	1300 224 636
Catholic Care: Counselling and Family relationships		catholiccare.dow.org.au	02 4227 1122
Grand Pacific Health -Nowra	Low or no-cost therapy, counselling, youth mental health & support services	gph.org.au/clinics/nowra	02 4448 2255
Kids Help Line	24/7 counselling supportfor children and young people ages 5 to 25	kidshelpline.com.au	1800 551 800

If you are in a crisis or experiencing suicidal thoughts CONTACT TRIPLE ZERO (000).