



Hope Hub Community Resources



Solicitor

Turnbull Law

Megan Turnbull

Ph: 4572 3550

Website: turnbull-law.com.au

Address: 29 Eldon St,
Pitt Town

Services: Power of Attorney, Advance Care Directive, Wills & Estate Planning, Divorce, Family Law & Property, Buying & Selling Property

Counselling Services

Hope4U

Ph: 24hr phone service [1800hope4u](tel:1800hope4u) or [0457 hope4u](tel:0457hope4u)

Website: hope4ufoundation.com.au

Email: hope4ufoundation@yahoo.com

Services: Suicide prevention and domestic violence

Friendship Centre

Ph: 042 628 2214

Website: friendship-centre.com

Services: Counselling services (face to face), telephone counselling, counselling rooms for rent

Cost: free

Location: Richmon & Blacktown

Adonai Equine Therapy

Ph: 0437 321 321

Website: adonaiequine.com.au

Email: admin@adonaiequine.com.au

Services: Individual/group sessions, helps to address/improve – social skills, empathy and relationship skills, distress tolerance, confidence & self- esteem, stress reduction, boundary setting, promotes movement & activity, meaningful connections, mindfulness, increased attention.

Location: Cattai

St John of God

Ph: 4570 6100

Website: www.sjog.org.au

Address: 177 Grose Vale Rd, North Richmond

Services: Programs run by counsellors, psychologists & psychiatrists in a safe and non- judgemental environment. Alcohol & drug addiction, Anger Management, Anxiety – group programs or one to one

Hawkesbury Community Health Centre

Ph: 4560 5714

Address: 2 Day St, Windsor

Services: Counselling – child, adolescent, adult, chronic & complex, drug and alcohol

Lifeline 13 11 14

Suicide Callback Service: 1300 659 467

HCOS – Hawkesbury Community Outreach Services

Child, Youth and Family Support Services

Ph: 4573 2992 (Child, Youth & Family Support Coordinator)

Ph: 0404 842 998 (Youth Worker)

Website: www.Hcos.org.au

Address: 30 McMahons Park Rd, Kurrajong

Services: provide info. About and referral to other services, case management (can include home visits), referrals to child/youth related programs, child/youth behavioural programs & counselling, referrals to parenting and relationship programs, isolation support, social groups, parenting skills, building resilience, new parent groups, healthy relationship groups, community development (monthly senior's coffee, weekly Tai Chi Classes)

Programs: Trauma Support, Circle of Security (for Parents), Drumbeat (social understanding & connection), Engaging Adolescents (for Parents), Healthy Relationship (Youth), Resilience (youth),

Cost: Free

How to Access service: come into the centre or phone during office hours

Hours: open 9-5pm Monday – Friday

Headspace

Ph: [1800 517 171](tel:1800517171)

Address: 120 Francis St, Richmond NSW 2753

Hours: 9 - 5pm Monday – Friday, 5-6pm by appointment

Services: Connect one on one - talk about mental health - chat privately with a counsellor over the phone/webchat 7 days a week between 9-1pm

Support for families – online or over the phone, confidential, free and a safe space to talk about what's going on with your young person. 7 days a week 9-1pm

Group chats led by a clinician on current topics experienced in our communities

Adults Supporting Young People online community to talk to other adults and share experiences. Group chats fortnightly Mondays 6:30-9:45pm

Interactive Online Modules – Partners in Parenting to build skills and confidence in supporting your high school aged young person's mental health and wellbeing

Self-help Information – articles and transcripts of previous group chats to help family and carers understand the challenges a young person may be facing, and how to support. Topics include anxiety, depression, eating disorders and more

Talk about work & study – one on one support with a work and study specialist to linking in with a volunteer career mentor, the work and study program provide free, expert and tailored support

Liberty Road Counselling & Psychotherapy (Bruce Paulsen)

Ph: 0447 134 883

Email: info@libertyroadcounselling.com.au

Website: libertyroadcounselling.com.au

Services: Couples Therapy, Individual Therapy, Men's Mental Health, Anxiety, Depression, Stress Management, Trauma, PTSD, Addiction, Relationship Issues

Barnardos

Ph: [4729 1211](tel:47291211)

Address: 3-5 Hosking St, Cranebrook

Hours: 9-5pm Monday – Friday

Services: Intensive Family Preservation, Supported Accommodation, Family Support, Youth Support, Disability Support Services, Foster Care, Domestic and Community Violence Support

Wentworth Health Care

Ph: 4708 8100

Address: Level 1, Suite 1 Werrington Park Corporate Centre

14 Great Western Hwy, Kingswood

Hours: 9-5pm Monday – Friday

Services: Relapse Prevention Program, Case Management & Support, Non-Residential Day Treatment, Youth Assessment, Prevention & Treatment of alcohol & drug related issues

The Woman's Cottage

Ph: 4578 4190

Website: womanscottage.org.au

Email: manager@womanscottage.org.au

Location: 22 Bosworth St, Richmond

Services: Crisis support, run by women for woman and children experiencing domestic violence, isolation, financial distress and other forms of emotional distress or trauma. Groups – healing through creative visualisation and art therapy, meditation, same- sex social group and 50+ social group with bus trips, educational activities (run fortnightly)

Sanctuary Respite

Ph: 0499 911 360

Website: www.sanctuarycareandsupportservices.com.au

Location: Redbank/Yarramundi

Services: Sanctuary Care and Support Services do respite differently. In the evenings stay in the comfort of our modern respite home in the Redbank Estate and during the day enjoy the wide open spaces at our Yarramundi property.

Social Support Groups

Pitt Town District Sip & Stitch

Ph: 0458 010 423

Website: pitt-town-district-sip-stitch.square.site

Services: 8 - 80 year-olds, meet new people, take part in community projects, reduce stress & improve mental well- being, safe space, workshops for kids & adults

When: run workshops throughout the year at various local locations, meet every Friday morning in front of the fireplace at Lynwood Country Club 10am