

POLICE - Phone 22222 or 000
CRIMESTOPPERS - Phone 1800 333 000
AMBULANCE - 22091 or 000
ST JOHN'S AMBULANCE
 First Aid Training: Phone Louise Donald 23181 or 51181 or James Garden: 51802
HOSPITAL
 WEBSITE: www.norfolkislandhealth.gov.nf
 Grassy Road : Ph 22091
G.P. CLINIC
 Doctor, Pathology, X-Ray Appointments:
 Ph 24134
SOCIAL WORKER
 Ph 22091
MENTAL HEALTH COUNSELLOR
 Ph. 56400 After hours contact, for emergency or crisis only is via the Hospital 22091 or the Police 22222
DENTAL CLINIC
 Hospital : Ph 22910
CHRONIC DISEASE MANAGEMENT
 Hospital : Ph 22091
PHYSIOTHERAPIST
 Hospital : Ph 22091
DIETITIAN
 GP Clinic: 24134
ANTENATAL CLINIC
 GP Clinic: Ph 24134
CHILD HEALTH CLINIC (0-5 years)
 Thursdays : Ph 24134
ANGLICARE
 If you need to contact an organisation in Australia and don't have access to a VOIP phone you can use Anglicare's VOIP phone. The office is open Monday to Friday 9am to 5pm. Ph: 22232
SMOKING CESSATION CLINIC
 GP Clinic: Ph 24134

RESPIRE CARE
 Hospital : Ph 22091
HOSPITAL AUXILIARY
 Assisting Aged Care Residents, call Colleen Crane: Ph 51033
RED CROSS
 Telcross check-in phone call service :
 Celia Bigg phone 54280
CARE NORFOLK INC.
 Approved provider for the Commonwealth home support program (CHSP), Veterans home care (VHC), MPS home care places, home care packages (HCP) & NDIS coordination & support. We provide many services including Wetis on wheels, personal support, transport, home maintenance, social support, domestic assistance & many more. For more information, please phone our office on 22396 or email us on info@carenorfolk.org
NI-CONNECT, CHILD AND FAMILY WELLBEING UNIT
 If you need to contact an organisation in Australia, you can call into NI Connect and use the VOIP phone. The office is open Monday to Friday 9am – 5pm.
 Ph 23380
CHILD WELFARE OFFICER
 All hours: 51115
MOTHERS GROUP
 Weekly peer-support group for new mothers.
 Ph Anglicare 22232
LETL PLIEGRUUP (PLAYGROUP)
 For children 0-5yrs and their carers.
 Ph Anglicare 22232

NATIN – Norfolk Assists Those In Need
 Financial assistance for those medically evacuated. Contact Nomes Ph 56010
HEADSPACE:
 Support for youth and families visit: www.headspace.org.au and eheadspace online chat
NATIONAL DISABILITY INSURANCE SCHEME (NDIS)
 1800 875 711
 E: enquiries@ndis.gov.au (mark the enquiry as "remote" in the subject line)
LIFE WITHOUT BARRIERS
 Providing individualised support to people with a disability Ph 22833 or 50770
DOMESTIC VIOLENCE
 Free Local Call 0444
 1800 Respect website:
<https://www.1800respect.org.au>
 1800 200 526 (free call) Free call and anonymous. (will not appear on phone bill).
NISEDU
 Special Education Unit : Ph 23000
WHITEOAKS
 Local Seniors Social Group:
 Contact Delwyn Telfer Ph 53533
SERVICE CLUBS
 Lions Club of Norfolk Island and Lions of Arthurs Vale. Rotary, Quota, Probus
ASURIA
 Employment Hub & VET Financial Assistance Program
 Assisting Job Seekers, VET Students, Apprentices & Trainees. Tel - 22562
 115a Taylors Road - next to Paw Paws Pump Shed.
GOPLAN
 On island NDIS support coordination
 Email:hello@goplan.net.au
 Phone: 54996

HELPLINES currently available for free or cost of a local call

- **1800 RESPECT** -1800 737 732 – National Sexual assault, DV etc
- **Kids Help Line** -1800 551 800
- **Beyond Blue** - 1300 224 636
- **Australian Breastfeeding Association** 1800 686 268
- **MensLine Australia** - 1300 789 978
- **Headspace** -1800 65 0890 – early intervention mental health services for 12 – 25 year old people
- **Lifeline** -131114
- **Health Direct** - 1800 022 222
- **National Diabetes Services Scheme** 1800 637 700
- **Pregnancy/Birth/Baby Helpline** 1800 882 436
- **Dementia Support Australia 24 hour Helpline** - 1800 699 799
- **National Dementia Helpline** 1800 022 222
- **The Shepherd Centre** – Giving deaf people a voice – 1800 020 030
- **Cancer Council Helpline** – 131120

- **Older Persons Advocacy Network (OPAN)** contact - 1800 700 600
- **Alcoholics Anonymous** – 1300 222 222
- **National Continence Helpline** 1800 330 066
- **Breast Screen Australia** – 132050
- **Family Relationship Advice Line** 1800 050 321
- **National Debt Helpline** – 1800 007 007
- **My Health Record** – 1800 723 471
- **Aged Care Standards and Accreditation Agency** – 1800 288 025
- **National Immunisation Information Line** - 1800 671 811
- **Hearing Services Program** 1800 500 726
- **Department of Health PBS Information Line** - 1800 020 613
- **Australian Health Practitioner Regulation Agency (AHPRA)** – 1300 419 495
- **PFAS Dept Health Information Service** – 1800 941 180
- **Alcohol Drug Information Service** – 1800 250 015

- **Mindspot Clinic** – Online assessment and treatment for anxiety and depression 1800 614 434 or visit the website www.mindspot.org.au
- **Suicide Callback Service** – 1300 659 467 or www.suicidecallbackservice.org.au
- **Q-Life** – anonymous LGBTI peer support and referral, also webchat – 1800 184 527
- **SANE Australia** – mental health support 1800 187 263
- **National Corona Virus Helpline** 1800 020 080
- **Quitline-Quit Smoking Helpline**-137848
- **Dept of Health-National Info Line** 1800 020 103
- **NSW Aged Care Emergency Notification Line** 1800 852 649
- **Compulsory Reports in Residential Aged Care** 1800 081 549
- **Aged Care Quality & Safety Commission** 1800 951822
- **National Cancer Screening Register** 1800 627 701