



Support in your community

When things aren't going quite right for you, your friends, family or colleagues there is a range of services available.

Note: these services are largely free and outside of a worker's compensation claim.

Service directories

HSNet

Find financial counselling, domestic violence support, mental health support, housing and tenancy advice, Legal Aid, carers' support, addiction support, gambling support groups and counselling, grief counselling, food banks and services, health services.

www.hsnet.nsw.gov.au

Ask Izzy

Connects people who are in crisis with services: housing, domestic violence support, meals and food banks, healthcare, Centrelink support, financial help, counselling, legal advice, addiction treatment, life skills education, finding work, facilities such as toilets, social activities and advocacy.

www.askizzy.org.au

Health Direct

A government-funded service providing quality, approved health information and advice. Health Direct is a service finder, provides health advice, information about medicines and a symptom checker and helps find out-of-hours doctors.

www.healthdirect.gov.au

or 1800 022 222

Mental health support services

If you need support with your mental health reach out to:

Lifeline

13 11 14

www.lifeline.org.au

Beyond Blue

1300 22 4636

www.beyondblue.org.au

Health Direct

1800 022 222

www.healthdirect.gov.au/mental-health-helplines

Financial counsellors

Financial counsellors work in community organisations providing free, confidential, independent and non-conflicted services for people under financial stress and hardship. They can:

- suggest ways to improve your financial situation
- talk to creditors about repayment arrangements
- explain the risks of bankruptcy and debt agreements and talk through the alternatives
- refer to other services, such as a gambling helpline, family support or Legal Aid.

To find a financial counsellor near you and other financial support resources visit:

- www.moneysmart.gov.au
- www.hsnet.nsw.gov.au
- National Debt Helpline: <https://ndh.org.au> or 1800 007 007
- For an interpreter: 131 450