



## Support Groups

(Updated October 2020)

<p><b>National Debt Helpline</b></p> <p><b>Financial Rights Legal Centre</b></p>	<p>Provides financial counselling advice and referrals to community organisation financial counsellors.</p> <p>Community legal centre providing legal advice and financial counselling.</p>	<p><b>Ph: 1800 007 007</b></p> <p><b>9.30 to 4.30 Monday to Friday</b></p> <p><b>Contact via National Debt Helpline (1800 007 007)</b></p>
<p><b>NSW Rape Crisis Centre (24/7)</b></p>	<p>24/7 telephone and online crisis counselling service for anyone in Australia who has experienced or is at risk of sexual violence, family or domestic violence and their non offending supporters. Can help with:</p> <p>understanding and managing the immediate and ongoing impacts of experiencing sexual</p>	<p><b>Ph: 1800 424 017 (24 Hours)</b></p>

**Newtown Neighbourhood Centre**

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**1800RESPECT  
(24 hours, 7  
days pw)**

assault, family or domestic violence; achieving safety; making decisions about what to do; and information about police, accessing counselling, accommodation, legal and other services in the local area.

Confidential information, counselling and support service:

- self isolation and COVID-19
- experiencing violence and abuse and supporting others experiencing violence and abuse
- information about types of violence and abuse
- safety planning
- service directory
- healthy relationships

**1800 737 732**

**Sexual Assault  
Counselling  
Australia (24  
hours, 7 days  
pw)**

- provides counselling for people of all genders whose lives have been impacted by sexual assault;
- provides telephone, online, and some face to face counselling
- services are free and 24/7
- understands the legacy of intergenerational trauma from institutionalised racism and abuse of indigenous people.

Sexual Assault Counselling Australia is also the national telephone counselling service for anyone in Australia who has been affected by the *Royal Commission Into Institutional Responses to Child Sexual Assault*. Face to face counselling is also available.

**1800 211 028**

<p><b>Butterfly Foundation National Helpline</b></p>	<p>Offers free and confidential support for anyone concerned about eating disorders or body image issues. Specialist counsellors offer non-judgmental support over the phone, by email and by <u>online chat</u> including:</p> <ul style="list-style-type: none"> <li>• Information about eating disorders and body image</li> <li>• Information about and referrals to treatment, care and support</li> <li>• Referrals to health practitioners who have been screened for understanding eating disorders</li> <li>• Counselling</li> <li>• Free <u>online support groups</u> and <u>skills programs</u></li> </ul> <p>By phone, email or webchat</p>	<p><b>Ph: 1800 33 4673 Open 8am-midnight AEST 7 days a week</b></p>
<p><b>Grief Support</b></p>	<p>NALAG (National Association for Loss and Grief) is currently providing telephone support to adults across NSW. Not a</p>	<p><b>Ph: 6882 9222</b></p> <p><a href="https://www.nalag.org.au/griefsupport">https://www.nalag.org.au/griefsupport</a></p>

	<p>crisis service, but do have trained volunteers who are available and able to provide support. Contact by telephone on <a href="tel:0268829222">02 6882 9222</a>, or <a href="#">complete the 'Client Enquiry Form' below</a> (a <a href="#">NALAG team member will receive your form and contact you within 2 business days</a>).</p>	
<p><b>Nicotine Anonymous</b></p>	<p>A non-profit 12-step fellowship of men and women helping each other live nicotine-free lives, including those using cessation programs and nicotine withdrawal aids. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous.</p>	<p><b>Ph: 9294 6513 (recorded message – leave a voicemail message)</b></p>

<p><b>Overeaters Anonymous</b></p>	<p>Twelve step support group for people who are recovering from compulsive overeating, anorexia or bulimia.</p>	<p><b>Ph: 9518 3004</b></p>
<p><b>Quit Line</b></p>	<p>Support for people who want to quit smoking – counselling and online chat</p>	<p><b>Ph: 137 848</b></p>