

EMERGENCY NUMBERS

EMERGENCY

ph. 000

This is an emergency hotline service to contact Police, Fire or Ambulance. Use this number if you are in a life-threatening or urgent situation.

ACCESSLINE

ph. 1800 800 944

This is a 24-hour/7 day a week phone service for urgent advice on mental health, drug and alcohol and sexual assault problems.

LIFELINE

ph. 131 114

This is a 24-hour/7 day a week crisis support, suicide prevention and mental health service.

POISONS INFORMATION

ph. 131 126

Ring this number in emergency if someone appears to have taken poison. They can give immediate advice about what to do.

Wagga Wagga Base Hospital EMERGENCY DEPARTMENT

ph. 6938 6666

24 hours/7 days a week Emergency Department.

SUICIDE CALL BACK SERVICE

ph. 1300 659 467

This service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide, 24 hours per day 7 days a week across Australia.

SUICIDE PREVENTION AND SUPPORT GROUP

ph. 1300 133 911

This is a community-based group that runs a 24 hours/7 days a week confidential phone counselling service.

MENSLINE AUSTRALIA

ph. 1300 789 978

This is a 24hour/7 day a week service, especially for men. It offers support for dealing with relationship problems in a practical way.

24 HOUR PREGNANCY, BIRTH AND BABY HELP LINE

ph. 1800 882 436

This is a referral service for advice and information about pregnancy, birth and the baby's first 12 months.

KIDS HELPLINE

ph. 1800 55 1800

This is a confidential counselling service for children and young people aged between 5 and 25 years.

COMMUNITY MENTAL HEALTH SERVICE

ph. 6923 5700

Located in O'Reilly Street, next to the Myer car park, people can drop in or contact the Service via Accessline.

NSW RURAL MENTAL HEALTH SUPPORT LINE ph. 1800 201 123

This is a 24/7 counselling service and a referral service, which can refer you to a network of agencies and individuals for support. They all work together to improve the mental health and wellbeing of farming people and farming communities.

MENTAL HEALTH INFORMATION SERVICE ph. 1300 794 991

Ring for referrals to a range of services including community mental health, crisis intervention and treatment services, as well as accommodation, practical care, law and justice, and much more.