



Local Youth Service Directory- Port Macquarie

Resources Collated in collaboration with NSW HEALTH
and NSW Education Staff

October 2023

ACCOMMODATION

Centacare Housing

6581 6800

Assistance with long term community housing for the disadvantaged.
Call and they will refer to the most appropriate services

Hastings Accommodation

6584 2630

20 Table Street, McCosker House, Port Macquarie
Assistance in housing for families & single men

Housing NSW

6582 9222

9 Short Street, Port Macquarie

Link2Home

1800 152 152

Can provide up to 2 days emergency accommodation for people under 25 who cannot stay at home as it is unsafe. Also help with referring to other services.

Mid North Coast

6583 6717

Level 1, Community Housing, 16 Clarence Street, Port Macquarie

2 Triple 4 Youth Services

6584 0066

Crisis accommodation
Must be 18 years of age

YP Space- Youth Refuge

0265840066

Accommodation for young people, 12-25 years

New Horizons

6588 8100

2/133-137 Gordon Street, Port Macquarie

Offer the following services

- Short term, crisis and emergency accommodation
- Transitioning to longer term housing
- Specialist disability accommodation
- Age-appropriate housing for young people with a disability
- Transitioning out of a correctional setting

HEALTH SERVICES

Werin Medical Centre

6589 4000

14 Lake Road, Port Macquarie

Aboriginal medical services

NSW Health Community Health

Including women's health and sexual health clinics-

19-31 Morton Street, Port Macquarie

6588 2882

Drug & Alcohol Services

1300 662 263

9-31 Morton Street, Port Macquarie

Offers the following

- Counselling
- Withdrawal management
- Case management
- MERIT
- Cannabis Clinic

Alcoholics Anonymous

1300 222 222.

Various groups throughout the area

MENTAL HEALTH SERVICES

Mental Health Access Line

1800 650 749

Headspace

10-12 Short Street, Port Macquarie

6588 7300

Mental health support for young people

eHeadspace

1800 650 890

Lifeline

13 11 14

Youth on Track Suite

6589 5000

8 Macquarie Park/ 27 Grant Street, Port Macquarie

Reachout Kids Helpline

1800 551 800

Beyond Blue

1300 224 636

Child and Adolescent Mental Health service (CAMHS)

6589 2100

Elimatta House, 35 Morton Street, Port Macquarie

GP referral/ mental health access line referral required

Mid Coast Mental Health Service

1800 011 511

0431 193 720

38 Clifton Drive, Port Macquarie

Mission Australia

6589 5000

Suite 8 Macquarie Park

Mental Health Services 27 Grant Street, Port Macquarie

For the families dealing with mental health

- Partners in recovery
- Family & carers
- Personal helpers & mentor program

Endeavour Clubhouse

6583 4148

176 Hastings River Drive

Port Macquarie

A place to find support following mental illness (Closes 4.30pm).

Grow

0419 719 776 or

1800 558 268

Colonial Meeting Rooms, Cnr William and Hay Streets, Port Macquarie

Tuesdays 10.30am.

Support recovery from mental illness through mutual support

Neami Mid North Coast

(02) 6583 3443

Level 1, Suite 304, 147 Gordon Street, Port Macquarie

- Community based mental health.
- Residential mental health.
- Housing and homelessness.
- Suicide prevention.
- Clinical mental health

GENDER DIVERSITY

QLife: Peer-to-Peer Support

provides anonymous, LGBTIQ+ peer support and referral for people in Australia wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

<https://www.lgbtiqhealth.org.au/qlife>

TransHub- information and resource platform for all trans and gender diverse people in NSW, and health providers. Includes information on gender affirmation and Gender Affirming Doctor List

<https://www.transhub.org.au/>

SEXUAL HEALTH

Play Safe

Website containing lots of resources on health sex, STIs, STI testing/clinics and free condoms

<https://playsafe.health.nsw.gov.au/>

Sticky stuff provides youth workers with tools, valuable tips and activities to support young people around their sexual health.

For the latest resources and fact sheets go to

<https://www.yfoundations.org.au/health>

Ask Nurse Nettie- qualified sexual health nurse based in Sydney, ready to answer any questions related to sex or sexual health.

<https://playsafe.health.nsw.gov.au/nurse-nettie/>

DOMESTIC & FAMILY VIOLENCE SERVICES

Domestic Violence Crisis Service

1800 656 463

Galbaan House

6583 2155 or drop into 155 Gordon Street

Housing for women & children escaping family violence or homelessness

Liberty Cottage

6584 9102

155 Gordon Street, Port Macquarie

Monday – Friday 9.00am – 3.00pm

Outreach & drop in centre

Wednesday

9.00am – 12.00pm

Community Partnerships Against Domestic & Family Violence

Located at Liberty Cottage, 155 Gordon Street

6584 9102 (by appointment only)

Domestic Violence Support

1800 RESPECT

1800 737 732

PMQ Sexual Assault Service

6588 2882

Liberty Domestic Violence Service

6583 2155

Crisis accommodation for women and children

Family Connect Service

1800 327 679 or 0407 816 314

4/64 Clarence Street, Port Macquarie

Connecting families and support services

FAMILY SUPPORT & TRAINING**Interrelate**

5525 3200

5/1 Merryman Way, Port Macquarie

Range of services to help families and young people to strengthen their relationships, either as a unified group or once separation has occurred. Counselling and mediation

Brighter Futures

6589 5000

Case management, home visits and parenting programs.

Families that are engaged with DCJ with children Aged 0-10.

Centrecare

6581 6800

10-12 Short Street, Port Macquarie

Parenting advice, counselling and support for families

Mid North Coast Family

1300 006 480

51 Smith Street, Kempsey

Referral Service to assist children, young people and families to access support services

Uniting Care Burnside

6581 6600

7 Sherwood Road, Port Macquarie

Family support, play groups & home visits.

EACH/Reconnect

6588 7300

Short Street, Port Macquarie

Monday-Thursday 9.00am – 4.00pm

Mediation and counselling for young people aged 12-18 and their families

Community Integration

0429 309 342 – James Smith Team (CIT)

Helps young people after release from custody to access support for mental & physical health, drug and alcohol problems.

EMPLOYMENT SUPPORT AND TRAINING**Mid Coast Connect**

02 65835910

Youth in transition from school to work or not currently attending school. They support kids to access their driver's license and find work and training pathways. They also provide case management.

Australian Business Limited, Apprenticeship Centre

1300 652 236

Community College

6583 7288

77 Hastings River Drive

Port Macquarie

Links to Learning for ages 15-22

ETC

1800 007 400 (Must ring for an appointment)

133 Gordon Street, Port Macquarie

Interact Group

6583 4844 (Must ring for an appointment)

17 Hollingsworth Street, Port Macquarie

Nortec

1800 667 832

1/8 Short Street, Port Macquarie

Octec

6584 5040

155 Gordon Street

Port Macquarie

Ostara Australia

9055 1620

Level 1 2/17 Short Street, Port Macquarie

TAFE

6581 6200

Widderson Street, Port Macquarie

Tursa

6583 5799 (Must ring for an appointment)

Palm Court, 1/14 Short Street, Port Macquarie

Verto

1300 483 786

40 Gordon Street, Port Macquarie

OTHER SERVICES

Salvation Army

(02) 6583 7444

Mon-Wed-Thurs-Fri 9.30am – 12.00pm

110 Lord Street, Port Macquarie

- EAPA – must bring original electricity bill in
- Telstra vouchers
- Chemist vouchers
- Justice of the Peace signing
- Help reading/filling out forms
- Writing letters

St Vincent De Paul

6583 5960- Must make an appointment.

Mon-Wed-Fri 9.00am – 12.00pm

116 Gordon Street, Port Macquarie

(Centrelink Income Statement is required)

- Food vouchers
- Telstra vouchers
- EAPA – Must bring original electricity bill.

Hope Shop

0478 558 079

Monday – Thursday- By appointment only

3 Milton Circuit, Port Macquarie

- Café meals
- Clothing/household items
- Food bank
- Meat vouchers
- Swags and welfare

Port Macquarie Neighborhood Centre

6583 8044 - Appointment only

Cnr Muston & Dodd Street, Port Macquarie

- EAPA – must bring original electricity bill in
- Assistance in completing online forms and documents

- Free food Tuesday and Thursday from 9.30am till gone. Gold coin donation

Askizzy is a website that connects people to local services, in need of housing, a meal, money help, support with violence at home, mental health and much more.

<https://askizzy.org.au/>

SUPPORT SERVICES

Credit & Debit Hotline

1800 007 007

Kids Helpline

1800 551 800

24-hour free call

Mensline

1300 789 978

Support & referral service for men with family & relationship issues

Mid North Coast Problem Gambling & Financial Counselling

30 Murray Street, Port Macquarie

1300 662 540

Must call for an appointment.

The Samaritans Gambling Counselling

0456 816 829 Steve

Victims of Crime

1800 633 063

Information & support to access counselling & compensation

Parent Line

1300 130 052

For access to counsellors who provide professional and confidential support and advice to parents for their children

Centrelink

132 468

5-7 Short Street, Port Macquarie

Child Support Agency

131 272

5-7 Short Street, Port Macquarie

Commonwealth Respite & Carelink Centre

1800 059 059

Support services for carers

Community Transport

6583 8644

26 Lord Street Port Macquarie

Medicare

132 011

5-7 Short Street, Port Macquarie

NSW Trustee & Guardian

5525 2400

2/114 William Street, Port Macquarie

IPTAAS Transport Services

1800 362 253

IPTAAS is the Isolated Patients Travel & Accommodation Assistance Scheme to help with financial assistance towards travel and accommodation costs when a patient needs to travel lengthy distances for specialist medical treatment that is not available locally.

PREPARED MEALS

Make a difference (MAD)

Monday - Westport Park from 5pm

Tuesday - Kooloonbung Creek from 5pm

Wednesday - Westport Park from 7.00am

Monday's

New Horizons 10.00am

Kooloonbung Creek, Gordon Street, Port Macquarie

Tuesday's

9.30am – 12.30pm

St Agnes Soup Kitchen

Masonic Lodge, Grant Street, Port Macquarie

Tuesday's

3.00pm – 5.00pm

Big Red Bus and Orange Sky Laundry

Town Beach – near Skate Park

Every school term from second week to the last week

Wednesday's 11.45pm – 1.00pm

3 course lunch

St Thomas Anglican Church Hall

Corner of Murray and William Street

Call into Office Tuesday – Friday 9.00am – 12.00pm
and also supply some canned goods from pantry.

Orange Sky Laundry also there every Wednesday

Thursday's St Thomas Anglican Church Hall

10.30 – 1.00pm Morning Tea

11.45pm – 1.00pm Soup & Bread

Thursday's 9.30am

Gordon Street Hope Shop

Home cooked meals

Port Outreach BBQ

Every Friday 3.45pm at Kooloonbung Creek, Gordon Street Port
Macquarie

Every Sunday 8.45am at park near Coles

Short Street Port Macquarie, Contact Les 0417 252 311