

Mental Health Services

to support children, young people and families

The **Catholic Diocese of Maitland-Newcastle** stands in prayerful solidarity with all those affected by the devastating floods currently impacting our region.

For information about recovering from a natural disaster, please visit nsw.gov.au/emergency/recovery

Diocesan support services

The Rosewood Centre®

PSYCHOLOGY AND ALLIED HEALTH

Face-to-face and telehealth fee for service counselling and support for the whole family.
1800 613 155 [rosewoodcentre.com.au](https://www.rosewoodcentre.com.au)



Online resource supporting the parenting of young people.
Access through your Diocesan school's website.



A casework wellbeing program that aims to help students and their families who may require more versatile support services. To enquire, **contact your Diocesan school reception.**

headspace

Online support and counselling to young people aged 12 to 25.
1800 650 890
headspace.org.au/eheadspace

Parent Line

Telephone counselling and support for parents and carers with children aged 0 to 18 who live in NSW.
1300 130 052 parentline.org.au

Beyond Blue

24/7 telephone support service and online chat.
1300 224 636
beyondblue.org.au

Suicide Callback Service

24/7 crisis support and suicide prevention services via telephone and online chat.
1300 659 467
suicidecallbackservice.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25.
1800 551 800 kidshelpline.com.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse.
1800 737 732 1800respect.org.au

13Yarn

24/7 crisis support for Aboriginal and Torres Strait Islander peoples.
13 92 76 13yarn.org.au

Qlife

LGBTIQ+ peer support and referral, 3pm-midnight every day.
1800 184 527 qlife.org.au



mn.catholic.org.au

CatholicCare Social Services Hunter-Manning offers several programs for young people and their parents who may need ongoing support throughout the year.

Targeted Earlier Intervention

Casework, counselling and parenting support for young people aged 12-17 and their families experiencing vulnerability that impacts wellbeing and safety. Offered in Maitland, Dungog and Gloucester.

02 4979 1120

Renewing Pathways

Case management and coordination for all adults and children experiencing domestic violence or abuse.

02 6539 5900

Staying Home, Leaving Violence

Safety planning, case management and coordination for women and children experiencing domestic violence or abuse.

02 6539 5900

Clinical Care

Support to adults with complex and enduring mental health and psychosocial needs.

02 6539 5900

Connected Recovery

Support to individuals over 18 years whose experience of mental health and/or alcohol and drug misuse has impacted their daily lives.

02 6539 5900

CatholicCare runs Community Kitchens

Individuals and families are welcome for free food assistance in these locations across the Diocese.

- **Taree Community Kitchen**
250 Victoria St, Taree
11.30AM-1PM, Monday to Friday
11AM-12.30PM, Saturday
- **Forster Community Kitchen**
33 Lake St, Forster
12PM-1PM, Monday to Thursday
- **Hamilton South Community Kitchen**
29 Fowler St, Hamilton South
11AM-1PM, every Wednesday
- **Civic Park Community Food Van**
King St, Newcastle
5.30PM-6.30PM, every Saturday
- **Toronto Community Kitchen**
92 The Boulevard, Toronto
5PM-6.30PM, every Thursday