




Our Healthy Clarence

LEGAL AND RELATIONSHIP SUPPORT

(Current as at June 2020)

Help in a crisis

In an EMERGENCY SITUATION, call 000 or go to a hospital emergency department.

If someone has attempted or is at immediate risk of attempting to harm themselves or someone else, call 000. 

MensLine Australia 1300 78 99 78 to talk with a counsellor by phone or online www.mensline.org.au

Alcohol Drug Information Service 1800 422 599 for anyone who wants access to support, information, advice, crisis counselling and referral to services in NSW

RESPECT 1800 737 732 is the National Sexual Assault and Domestic Family Violence Counselling Service providing a free, confidential counselling, information and referral service.

Open Arms - Veterans and Families Counselling 1800 011 046 provides free and confidential counselling, as well as group treatment program, community and peer network, suicide prevention training
www.openarms.gov.au

DV Connect's Mensline 1800 463 675 is a free and confidential telephone

counselling, referral and support service established just for men. The service operates 7 days a week from 9am to midnight.

Parentline NSW 1300 1300 52 for counselling services 9am to 9pm Monday–Friday; 4pm to 9pm Saturday and Sunday and other resources at www.kidshelpline.com.au/parents

Carers Australia 1800 242 636 provide short-term counselling and emotional and psychological support services for carers and their families
www.careraustralia.com.au

Legal Support

Legal Aid offers free face to face and telephone legal support in Grafton by appointment. To make an appointment, contact the New School of Arts Neighbourhood House on 6640 3800. For more in information about Legal Aid: <https://www.legalaid.nsw.gov.au/>

Men's Legal Service

Assisting fathers to continue to be available and involved in the lives of their children after family law events.

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

Family Relationships Advice Line 1800

050 321 can help you with free legal advice and information about services available to assist anyone with family relationship issues, including information relating to family law proceedings.

Aboriginal Legal Service

For legal assistance, contact us on one of our toll free numbers:

1800 765 767 for police charges and court matters.

1800 733 233 for care and protection and family matters.

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

Local Organisations Supporting Relationships

Gurehlgam (02) 6642 8677 Aboriginal owned and run organisation that aims to improve the life of local Aboriginal people and families. They offer a range of community service programs:

Clarence Valley Aboriginal Healing Centre offers programs and activities such as hosting the annual Apology Day; running a women's group; conducting cultural excursions to places of significance; holding cultural expression events; creating a community garden that has a focus on local plants used in food or medicine; and much more.

CRANES Community Support

Programs Services (02) 6642 7257

A Family Lifestyle Coordinator can assist a family to work through life's difficult situations by listening, advocating and by referring to appropriate services to assist with accommodation, financial stress and budgeting, domestic violence, mental health concerns, problems at school, legal matters, court support and parenting.

CRANES Parenting workshops and extended courses assist parents, grandparents and anyone raising a child by providing strategies to reduce stress, manage conflict and to stay connected.