

# National Mental Health Services and Support

## headspace

Online support and counselling for young people aged 12-25

**1800 650 890**

(9am-1am daily)

For webchat visit:

[headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

For resources and to find your nearest headspace centre, visit:

[headspace.org.au](https://headspace.org.au)

## Lifeline

Supporting Australians experiencing emotional distress with access to crisis support and suicide prevention services

24/7 Crisis support:

**13 11 14**

24/7 Text support:

**0477 13 11 14**

24/7 Online chat:

[lifeline.org.au/crisis-chat/](https://lifeline.org.au/crisis-chat/)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5-25

**1800 55 1800**

[kidshelpline.com.au](https://kidshelpline.com.au)

## Beyond Blue

24/7 mental health support service, with access available to counsellors who can help you find the extra mental health help you need

**1300 224 636**

[beyondblue.org.au](https://beyondblue.org.au)

## 13 YARN

24/7 crisis support offering confidential yarning opportunity with an Aboriginal or Torres Strait Islander Crisis Supporter

**13 92 76**

[13yarn.org.au](https://13yarn.org.au)

## Mensline

24/7 telephone and online counselling service for men

**1300 78 99 78**

[mensline.org.au](https://mensline.org.au)

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

## 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence, and abuse

**1800 737 732**

[1800respect.org.au](https://1800respect.org.au)

## QLife

LGBTIQ+ peer support and referral

**1800 184 527**

(3pm – midnight daily)

[qlife.org.au](https://qlife.org.au)

## NSW Mental Health Line

24/7 professional help and referrals to local mental health services

**1800 011 511**

[health.nsw.gov.au/mentalhealth](https://health.nsw.gov.au/mentalhealth)

**If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department**

# Kyogle Mental Health and Support Services

## Kyogle Together

Kyogle Together provides safe spaces for individuals and families to access recovery support services, youth drop in and school holiday programs, the community gym, emergency relief and weekly community lunches.

161 Summerland Way, Kyogle

**T: 02 5267 5006**

**E: [gm@kyogletogether.org.au](mailto:gm@kyogletogether.org.au)  
[kyogletogether.org.au](http://kyogletogether.org.au)**

## Kyogle Family Support Services

KFSS is a safe space providing early access to information, resources, referrals and services. These include family and parenting support, youth support, case management, NDIS co-ordination, outreach to Muli Muli and Bonalbo, a Men's shed, community garden and community hub.

8 Geneva Street, Kyogle

**T: 02 6632 1044**  
**E: [admin@kfss.org.au](mailto:admin@kfss.org.au)**

## Kyogle Lions Community Foodpantry

Community foodpantry, sponsored by Kyogle Lions Club, for eligible in need individuals and families in the local area. Fueled by Foodbank and local donations, the Foodpantry provides services to more than 500 clients each month.

30-35 Bloore Street, Kyogle  
Thursday, 8:30am - 3:00pm

**T: 0484 676 628**  
**E: [kl.foodpantry@gmail.com](mailto:kl.foodpantry@gmail.com)**

## Rural Adversity Mental Health Program

Provides mental health related training and links individuals who need assistance for their mental health to the most appropriate services and resources.

**T: 0477 368 183**

Steve Carrigg,  
Local RAMHP Coordinator

**[ramhp.com.au](http://ramhp.com.au)**

## Head to Health

### NSW North Coast

No matter what age or where you are located, you can call Head to Health to connect to mental health information and local services that are right for you.

In-person mental health support is also open for walk-ins at Southern Cross University for over 18s.

No referral is needed for phone & in-person access.

**T: 1800 595 212**  
**[headtohealthnc.org.au](http://headtohealthnc.org.au)**

## Vinnies Kyogle

148 Summerland Way, Kyogle  
Weekdays 9am - 4pm, Saturday 9am - 12pm  
Additional help: Monday + Thursday 10am - 12pm

**T: 02 6632 1055**  
**E: [vinnies@vinnies.org.au](mailto:vinnies@vinnies.org.au)**

## Kyogle Uniting Op Shop

Bloore Street (opp. the Library), Kyogle  
Wednesday to Friday 9am - 12:30pm  
Saturday 8:30am - 11:30am

**[Kyogle Uniting Op Shop](http://KyogleUnitingOpShop.com.au)**

## Kyogle Anglican Op Shop

Stratheden Street (near the Library), Kyogle

**T: 02 6632 1057**  
**M: 0459 467 204**  
**E: [office@stjamesanglican.org.au](mailto:office@stjamesanglican.org.au)**

## CLC Donation Space & Pantry

5 Geneva Street, Kyogle  
Wednesday and Thursday, 10am - 3pm

**T: 02 6632 1884**  
**E: [clckyogleinfo@gmail.com](mailto:clckyogleinfo@gmail.com)  
[clckyogle.org/donation-space-pantry](http://clckyogle.org/donation-space-pantry)**

**If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department**