



FIND THE HELP YOU NEED NOW

One-on-One Counselling

Free or low-cost one-on-one Counselling is still available through Lifeline Harbour to Hawkesbury. Please call **02 9498 8805** to make an appointment for a Telehealth session. No referrals necessary.

Our services provide caring support without judgement or religious or cultural bias in a safe and respectful environment. The care and compassion are the same, it's just the delivery that is different in this time of Covid-19 to keep everyone safe. We offer counselling in the following areas:

- Coping with change and uncertainty
- Depression/anxiety
- Relationships
- Anger
- Grief and Loss
- Panic/phobias and Obsessive-Compulsive Disorder
- Post-Traumatic Stress
- Sleep problems

Lifeline H2H also offers Bulk-billed Psychology (a mental healthcare plan from your GP is required).

Financial Counselling

Free Financial Counselling is available to anyone struggling to manage credit card or other debts. A Financial Counsellor can:

- Advocate on your behalf with your creditors
- Develop financial and practical options
- Assist in budgeting and organising your finances
- Assist with bankruptcy

Financial Counselling is a free service.

Please call **02 9498 8805** for an appointment.

PTO

Lifeline Harbour to Hawkesbury

4 Park Ave, Gordon NSW 2072

T (02) 9498 8805 F (02) 9498 2338

W www.lifelineh2h.org.au



Emergency Relief

Emergency Relief provides immediate support for people who are in financial crisis, including food parcels, food and petrol vouchers, clothing, information and referral.

During an appointment staff will discuss options that could help (eg food vouchers) while also focusing on long-term outcomes such as increased financial independence, community connection and improved health and well-being.

Through Emergency Relief Fund we are providing the following service times:

- Monday – food parcel pick up 12.00 – 2.00pm, Park Avenue
- Wednesday – food parcel pick up 12.00 – 2.00pm, Park Avenue
- Friday – telephone appointments 1.00 – 3.00pm, then pick up of items at Park Avenue

Clients can call **02 9498 8805** to make appointments, arrange times to pick up food parcels etc.

NB: No wait-list for these services at time of publication (30 April 2020)

You can also find more information at our website

www.lifelineh2h.org.au/get-help

If you are feeling overwhelmed, we are here for you. Call Lifeline on **13 11 14** (24/7).

Lifeline Text is available on **0477 13 11 14** (6pm – midnight)

Lifeline Harbour to Hawkesbury

4 Park Ave, Gordon NSW 2072

T (02) 9498 8805 F (02) 9498 2338

W www.lifelineh2h.org.au