Support Services Directory (NSW and National)

Compiled by Fruitful Purpose Counselling

Emergency and crisis support

Service	Contact	For
Emergency	**000**	Immediate danger to life or safety
Lifeline	**13 11 14 (24 hours), text 0477 131 114**	Crisis support and suicide prevention
Suicide Call Back Service	**1300 659 467 (24 hours)**	People at risk of suicide, those worried about someone, and people bereaved by suicide
13YARN	**13 92 76 (24 hours)**	Crisis support by and for Aboriginal and Torres Strait Islander people
NSW Mental Health Line	**1800 011 511 (24 hours)**	Advice and connection to NSW public mental health services
1800RESPECT	**1800 737 732 (24 hours)**	Domestic, family or sexual violence

Mental health and wellbeing

Service	Contact	For
Beyond Blue	**1300 22 4636, beyondblue.org.au**	Anxiety, depression and wellbeing
MensLine Australia	**1300 78 99 78, mensline.org.au**	Support for men, including relationship concerns
WayAhead	**wayahead.org.au**	NSW mental health information and service directory

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Mental health and wellbeing (continued)

Service	Contact	For
Griefline	**1300 845 745, griefline.org.au**	Grief and loss support

Hoarding and squalor support

Service	Where to start
Your GP	Health, memory and mental health review; referrals
Your local council	Information about local hoarding and squalor pathways and services
Catholic Healthcare	Hoarding and squalor support services — check current service areas and eligibility: catholichealthcare.com.au

Aged care and disability

Service	Contact
My Aged Care	**1800 200 422, myagedcare.gov.au**
NDIS	**1800 800 110, ndis.gov.au**

Housing and welfare

Service	Contact
Link2home (NSW homelessness line)	**1800 152 152 (24 hours)**
Services Australia	**servicesaustralia.gov.au**

Counselling with Fruitful Purpose Counselling

One-on-one counselling for adults experiencing clutter, hoarding, squalor, anxiety, low mood, stress, grief and life changes. Home visits and telehealth. Self-referrals welcome.

hello.fpc@hotmail.com | www.fruitfulpurposecounselling.com.au

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A note about these details

Details checked November 2026. Services, hours and eligibility can change; please confirm directly with each service. Fruitful Purpose Counselling is not an emergency service.

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Support services at a glance

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