

# 2018 LITTLE BLACK LEAFLET

## **HEALTH ONE Community Health Services**

at the Snowy River Health Centre access via  
Thredbo Terrace - **6457 2074**

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### **MENTAL HEALTH SERVICES**

Local GPs are experienced with and happy to assist you with mental health issues. In an emergency, try:

**NSW Mental Health Line – 1 800 011 511**

**Lifeline – 13 11 14**

**Beyond Blue – 1 300 224 636**

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### **DRUG AND ALCOHOL SERVICES**

**NSW Mental Health Line – 1 800 011 511**

*Free drug and alcohol support services are offered by Community Health; however, you must book via the Mental Health Line, above.*

**Alcohol and Drug Information Service –  
1 800 422 599**

**Family Drug Support Australia – 1 300 368 186**

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### **RAPE AND DOMESTIC VIOLENCE SERVICES**

**NSW Rape Crisis – 1800 424 017**

**Domestic Violence NSW – 1800 656 463**

**1800 RESPECT** – National Sexual Assault and  
Domestic / Family Violence Counselling Service

**Monaro Community Access Service - (M-F)  
6452 6174**

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### **HOMELESSNESS SERVICES**

**Monaro Community Access Service (MCAS)** - if you're at risk of homelessness or need support (food etc); **6452 3623**

**Link2Home – 1800 152 152**

Link2Home can arrange emergency accommodation and link you in with our regional homelessness service provided by Mission Australia (**6452 3623**).

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Medical Emergencies – 000

Cooma Hospital – 6455 3222

In cases of suspected overdose (drugs or alcohol)

**always dial 000**

Our ambos are here to help you,  
not get you in trouble with the police.

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## ON-THE-GROUND SERVICES

Alpine Uniting Church **Op Shop and Soul Food Community Kitchen**, 19 Gippsland St., Jindabyne

The **Op Shop** provides practical assistance, support and referral to anyone in need. They run the free **Soul Food Community Kitchen** on Mondays from 5 – 7pm from 7 May until the snow comes; and Wednesday from 6 – 8pm all year. The **Op Shop** is open from 2 – 8pm on Wednesdays and 10am – 2pm on Saturdays. Free wifi during Op Shop hours.

**Snowy Mountains Neighbourhood Centre**, at the back of the Visitors Centre, offers public access to free internet/ technology/wifi, a print/fax/scan service, wellbeing support, library resources and on-site JP. They can also link you in with any of our regional services. Open Monday to Friday from midday to 5:30pm.

**St. Vincent De Paul**, Jindabyne, Tuesdays 10am - midday at Snowy Mountains Neighbourhood Centre (as above).

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## HEALTH SERVICES

**Jindabyne Chemist** – upper level, Nuggets Crossing; winter hours are 8am – 8pm, 7 days; **6456 2977**

**Jindabyne Medical Practice** – access via Thredbo Terrace; **6457 1221**

**Snowy Mountains Medical Centre** – upper level, Nuggets Crossing; **6456 2545**

**The Wednesday Room Sexual Health Clinic** at Jindabyne Medical Practice – **6457 1221**

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