

MENTAL HEALTH

Safe Haven

Safe, free support for distress. Connect with peer-support workers or mental health professionals. No appointment needed.

📍 168 Missenden Road, Newtown NSW 2047
📞 9562 5830
🖱️ health.nsw.gov.au/towardszerosuicides/Pages/safe-haven.aspx

Headspace Ashfield

Face-to-face counselling and support for young people aged 12-25. Call to book an appointment.

📍 260 Liverpool Rd, Ashfield 2131
📞 9193 8000

Headspace Camperdown

Face-to-face counselling and support for young people aged 12-25. Call to book an appointment.

📍 Level 2/97 Church St, Camperdown 2050
📞 9114 4100

Head to Health

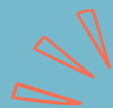
Digital mental health support and can help with finding mental health services

📞 1800 595 212
🖱️ headtohealth.gov.au

Lifeline

24-hour mental health crisis support line and suicide prevention counselling. Free and confidential support. Call or chat online.

📞 13 11 14
🖱️ lifeline.org.au



ABOUT SYDNEY LOCAL HEALTH DISTRICT

Sydney Local Health District (SLHD) is at the heart of healthcare in Sydney, with a network of hospitals, community health centers, and specialised services providing accessible, high-quality healthcare.

The District covers several Local Government Areas, including parts of the City of Sydney, Inner West Council, Canterbury-Bankstown, Canada Bay, Burwood, and Strathfield.

🖱️ slhd.health.nsw.gov.au

IN AN EMERGENCY



Police - Ambulance - Fire Services

- Call 000 (emergency only)
- Call 131 444 (general enquires)
- Police Stations (Balmain, Glebe, Marrickville, Newtown, Redfern)

Hospitals

- Royal Prince Alfred (RPA) - Camperdown
- Canterbury Hospital - Canterbury
- Concord Hospital - Concord

Support Services

- **1800RESPECT** - Counselling for anyone who has experienced sexual assault or domestic and family violence. Call 1800 737 732 or chat online 1800respect.org.au
- **Counselling Services** - Provides crisis counselling and medical help for anyone who has experienced sexual assault or domestic violence. Call 9515 9040. Visit Ground floor King George V Building, Camperdown 2050.

INTERNATIONAL STUDENT HEALTH DIRECTORY

Sydney Local Health District



Sydney
Local Health District

GENERAL HEALTH

Youthblock

Free, safe and confidential support, counselling and health services for youth.

📍 288 Abercrombie St, Redfern 2016
📞 9562 5640

International Students Health Hub

Information about sexual health, HIV, contraception, pregnancy, and navigating the healthcare system.

📍 internationalstudents.health.nsw.gov.au

Health Direct

Search for health information and services, including doctors and sexual health clinics.

📍 healthdirect.gov.au

Get Healthy - NSW Health

Free service providing coaching and support to reach your health goals.

📍 gethealthynsw.com.au

LGBTIQA+ SERVICES

ACON

Inclusive community health and HIV support for diverse sexualities and genders.

📞 9206 2000
📍 acon.org.au

Twenty10

Offers housing, counselling, social and peer-support services for LGBTIQA+ people.

📍 37 Shepherd St, Chippendale NSW 2008
📞 8594 9555
📍 twenty10.org.au

Rainbow Cultures

A directory of LGBTIQA+ multicultural community groups and services in NSW

📍 rainbowcultures.org.au

SEXUAL HEALTH

RPA Sexual Health

Sexual health clinic provides free and confidential testing for HIV and STIs. Call to book an appointment.

📍 16 Marsden St, Camperdown 2050
📞 9515 1200

Multicultural HIV and Hepatitis Service (MHAHS)

Provides information in multiple languages on HIV, STIs, hepatitis B and C.

📞 9515 1234
📍 mhahs.org.au

Sexual Health Info Link

Free telephone and internet-based information and referral service. Receive advice from a sexual health nurse.

📞 1800 451 524
📍 shil.nsw.gov.au

Play Safe website

Online information about safe sex, STI testing, prevention and more.

📍 playsafe.health.nsw.gov.au

Sydney Sexual Health Centre 'Am I OK' Risk Assessment Tool

Online tool to help assess risk for STIs, HIV and hepatitis C.

📍 sshc.org.au/timetotest

Dried Blood Spot (DBS) testing

You can order a free at-home test for hepatitis C and HIV.

📍 dbstest.health.nsw.gov.au

Let Them Know

Website to anonymously notify sexual partners of their STI risk via SMS or email.

📍 letthemknow.org.au

OTHER SERVICES

Translating and Interpreting Service (TIS)

Immediate free phone interpreting available 24 hours a day, 7 days a week.

📞 131 450

Legal Aid NSW

Provides legal help and advice. Call or find out more online.

📞 1300 888 529
📍 legalaid.nsw.gov.au

Youth Law Australia

Free confidential legal information for people aged under 25.

📍 yla.org.au

GambleAware

Gambling information and free in-language confidential support for anyone affected by gambling.

📞 1800 858 858
📍 gambleaware.nsw.gov.au

Addison Road Food Pantry

Access low cost groceries and food relief.

📍 142 Addison Road, Marrickville |
📍 31 Pyrmont Bridge Rd, Camperdown
📞 9569 7633
📍 addiroad.org.au/food-pantry

OzHarvest

Food rescue service with pop-up food events. See website for local outlets.

📍 ozharvest.org/food/receive-food-individuals

Drug Health Services

Needle and Syringe Programs at Redfern, Marrickville, and Canterbury.

📍 health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx

NSW Quitline

Free phone information and counselling to help smokers and vapers quit.

📞 13 7848

