

Looking after our health and wellbeing is important

HEALTHY
NORTH COAST

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NORTH COAST
An Australian Government Initiative

Looking for support? Here are some free mental health, wellbeing and health services for young people across the North Coast and Mid North Coast.

Help in a crisis

If you require immediate 24/7 help, contact:

Aboriginal & Torres Strait Islander Crisis Supporters 13YARN (13 92 76)

Beyond Blue 1300 22 4636

Lifeline 13 11 14

Lifeline Text 0477 13 11 14

Kids Helpline 1800 551 800 (children under 12 years)

In an emergency, please call 000 or go to your nearest hospital emergency department.

headspace

headspace provides mental and other health services for young people aged 12 to 25 to promote health and wellbeing. There are headspace services in Tweed, Grafton, Coffs Harbour and Port Macquarie.

headspace.org.au

The Buttery

02 6687 1111

The Buttery provides drug and alcohol treatment and mental health services for youth in regional and rural NSW. Call the Buttery intake number to find out more about this.

buttery.org.au/programs/youth

Medicare Mental Health

Phone service
1800 595 212

Medicare Mental Health is a free service that connects you with the mental health support that is right for you.



medicarementalhealth.gov.au

Face to face Medicare Mental Health Centres

FREE welcoming centres to access mental health information, services and supports from qualified professionals. No appointment or referral is needed.

Lismore

Southern Cross University P Block in the Health Precinct (access via Rifle Range Rd)

Monday – Friday 10am – 8pm Saturday 12pm – 8pm Sunday 10am – 2pm

Coffs Harbour

Suite 2, Ground Floor, 27/29 Duke St

Monday – Friday 8am – 6pm Saturday – by appointment only

Kempsey

41 – 43 Belgrave St

Monday – Thursday 9:30am – 5pm

Healthdirect

1800 022 222

If you need medical advice and care, call Healthdirect for free. They can also connect you or your children with virtual health care services, so you can receive care from wherever you are.



healthdirect.gov.au

Scan the QR code to join our newsletter and stay up to date with future opportunities to share your feedback and help shape programs that matter to your community.

