### Hawkesbury Helping Resources
**CREATED TO ENSURE YOU CAN GET HELP WITH JUST ONE PHONE CALL**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>FaCS Child Protection Helpline (24hr)</td>
<td>132 111</td>
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<tr>
<td>Mental Health Access Team</td>
<td>1800 011511</td>
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<tr>
<td>Nepean Hospital Detox</td>
<td>4734 1333</td>
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<tr>
<td>NSW Domestic Violence Line</td>
<td>1800 656 463</td>
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<tr>
<td>Mens Line Australia (24hr)</td>
<td>1300 789 978</td>
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<tr>
<td>Alcohol Drug Info Service</td>
<td>1800 422 599</td>
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<tr>
<td>Department of Human Services (Windsor)</td>
<td>132 850</td>
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</tbody>
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### FREE MEALS
- **Hawkesbury Community Kitchen**: 4577 5203
  - 38A Macquarie St Windsor Mon, Tues, Thurs & Fri 10am-1pm
  - Mon-Fri 6pm-7pm
- **Hawkesbury Helping Hands** (Windsor): 0416 956 263
  - Lunch Wed & Dinners Sat & Sun
- **The Living Room** (Richmond): Wed & Thurs 10-2pm East Market St behind the barber

### FOOD PARCELS AND VOUCHERS
- Hawkesbury City Salvation Army: 1300371288
- Hawkesbury Community Services: 4587 8091
- St Vincent De Paul (Windsor): 4577 4880
- Hawkesbury Helping Hands: 0416 956 263
- Women's Cottage Richmond (Women only): 4578 4190
- Christ Mission Possible: 1300HELP2U

### OTHER SERVICES
- ONE80TC Rehab (Men & Women): 1800 679 657
- PLATFORM Youth Services: 47 600 800
- Wentworth Community Housing: 4777 8000
- San Miguel - yourtown (Families): 4579 6622
- HDHS SJOG Counseling services, Drug & Alcohol, Cannabis clinic/smoking cessation: 4560 5714
- Hawkesbury Community Services: 4587 8091
- StreetMed Homelessness Support Team: 0417269475
- Western Sydney Homelessness Support Team: 8833 0933

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**Partner Organisations:**

- Platform Youth Services
- Wentworth Community Housing
- Hawkesbury Community Services
- St John Of God Health Care
- Hawkesbury District Health Service
- Mission Australia

**An initiative of the Hawkesbury Housing Forum and Hawkesbury City Council**