

Neighbourhood News

JULY 2023



Membership

*It's that time of year when
Membership is due...*



**For just \$10 a year, membership of the
Neighbourhood Centre offers you**

- **The opportunity to connect with other people and make new friends;**
- **Laughter and fun times;**
- **The chance to be involved in Centre activities and learn new skills;**
- **Up-to-date information and interesting newsletters;**
- **The right to give input into who is responsible for overseeing the operations of the Association through the election of a Management Committee.**

Acknowledgement of Country

'In the spirit of reconciliation the Marlin Coast Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to elders past and present and extend that respect to all First Nations Peoples today.'



The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

E: admin@mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise 10 -11am. \$5 pp
Emergency Relief: Support for people experiencing financial crisis; appointments necessary. 9.00 - 12pm. Please call 4055 6440 on previous Thursday & Friday for an appointment.

Al-Anon: 6pm — 7pm. Ph Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody! 10am — 11am
Members \$3 Non-Members \$5

Tuesday Club: Guest speakers, activities and lunch.
Members \$10 Non-Members \$12

WEDNESDAY

Playtime: For families with children under school age, 9 - 11 am. Free. Bring a piece of fruit to share.

Bridge: for experienced players, 9am — 12 noon.
Members \$3 Non-Members \$5

Shed Mosaics: Putting Pieces in Place.
12.30pm - 3.30pm. Members \$3 Non-Members \$5

Canasta: 1.00pm — 3.30pm.
Members \$3 Non-Members \$5

Emergency Relief: Support for people experiencing financial crisis; appointments necessary. 1pm-3pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

Yoga with Suzanne 6pm-7pm Ph: 0421 076 244

THURSDAY

Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

Book Club No 1: The 1st Thursday of the month.

Book Club No 2: The 3rd Thursday of the month.

From 10.30am. Members \$3 Non-Members \$5

Tai Chi: 9am - 10am. Ph Narelle: 0439 747 966

Toastmasters Club: 1st and 3rd Thursday of month.
7pm — 9pm. Ph: 0401 585 767

SUNDAY

Trinity Baptist Church: Religious Service
4.30pm — 7.30pm Ph: 0407 127 204



CHC33015

CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing & Disability)

Industry Recognised Training

This program is fully funded and includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)



16 Weeks of training



Face-to-face training each Wednesday & Thursday



120 hours of placement



Fully subsidised under the QLD Government Skilling Queenslanders for Work initiative

APPLY NOW!

Contact Allison on 4055 6440

or

edu.support@mcnc.org.au

**Starting 19th
of July 2023!**

• **eligibility criteria will be discussed at first point of contact.**

This training opportunity is subsidised by the Queensland Government with training, assessing and certificate awards delivered by MiHaven Training: RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.



marlin coast neighbourhood centre

TRIVIA NIGHT

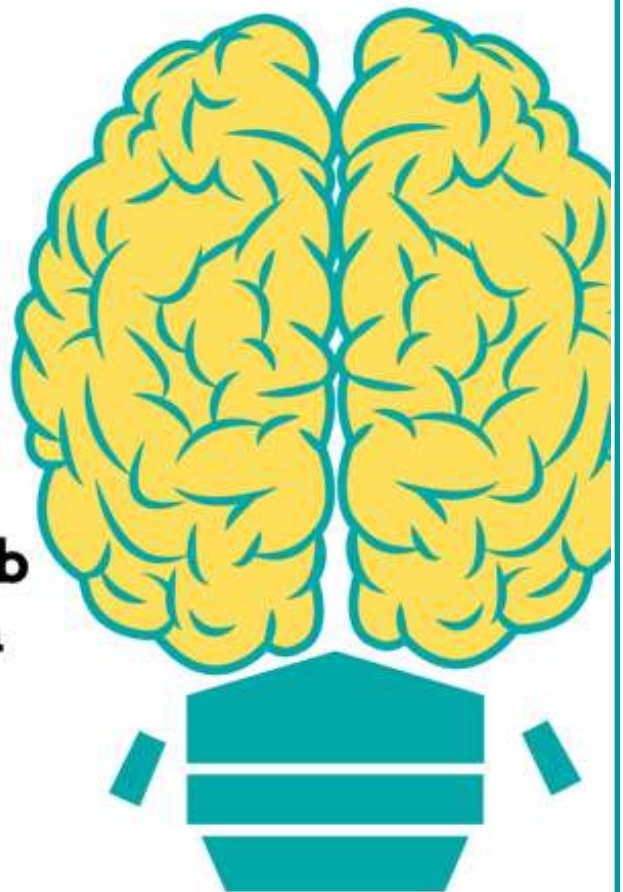


Supporting those experiencing
Financial Crisis and Homelessness

Raffle prizes to be won
Lucky Door Prize

SATURDAY
AUGUST 19, 2023
6 pm

Trinity Beach Sports Club
1 Nautilus St, Trinity Beach



Tickets available from:

eventbrite -

<https://www.eventbrite.com.au/e/trivia-night-tickets-664322856547>
or at the Centre - 4055 6440

All proceeds will go to the Centre's Food Pantry to help those experiencing Financial Crisis & Homelessness.



Positive Ageing Expo
& SENIORS LUNCH

FREE LUNCH!

LIVE SHOW
by Rowly's
Country Combo

Cairns Regional Council's Positive Ageing Expo is back in 2023.

When: Wednesday 2 August

Positive Ageing Expo - 9am to 1pm
Golden Melodies - 11am to 12pm
Seniors Lunch - from 12pm

Where: Cairns Performing Arts Centre

Cnr Sheridan & Florence St, Cairns

This is a free event and tickets can be obtained via Ticketlink: <https://www.ticketlink.com.au/ticketlinkEvents/community-events/positive-ageing-expo>

The Centre has also obtained a limited number of tickets for our members. Call us on 4055 6440



From Friday June 30, you will see this sign attached to a charity bin outside Woolworths at Smithfield Shopping Centre as part of our food donation drive. All donations will help support people experiencing financial hardship through our food pantry. **We welcome your support!**

marlin coast neighbourhood centre
supporting community

FOOD DONATIONS

supporting people experiencing financial hardship

WE ACCEPT:

- canned food & pantry items
- personal care products
- baby care products
- pet food

ALL PRODUCTS MUST BE UNOPENED & IN DATE



Contact Us

4055 6440

admin@mcnc.org.au

Donations can also be made at our Centre: 205 Reed Rd, Trinity Park

Dogs Day Out FESTIVAL

SATURDAY 1 JULY, 2023 9AM TO 1:30PM
BARRON WATERS PARK,
LAKE PLACID ROAD, CARAVONICA



Free computer use during MCNC business hours



Monday to Thursday
9am - 4pm
and
Friday 9am - 1pm





Financial Information Service

Live webinars

Increasing your financial knowledge helps you set and achieve your financial goals.

The Financial Information Service (FIS) provides free and independent financial education.

We host live webinars on a range of money topics, including:

- Your Money Options
- Understanding Superannuation
- Planning for Retirement
- Understanding Your Age Pension
- Aged Care Fees and Charges
- Disability and Carers
- Australian Government Payments and Services.



You can book to join live webinars through our website servicesaustralia.gov.au/fiswebinars

You can also find recordings of previous webinars to view.

LEARN TO COOK EASY, CHEAP, & HEALTHY MEALS



NUTRITION EDUCATION & SKILLS TRAINING (NEST)

is a free cooking and nutrition program designed to help you make lasting changes for better health!

TOGETHER WE'LL LEARN:

- How to save money on your food budget
- How to store food safely
- How to understand food labels
- New food knowledge and cooking skills
- How to plan meals to reduce food waste



JOIN OUR PRIVATE NEST FACEBOOK GROUP
www.facebook.com/groups/OzharvestNEST

NICE. EASY. SIMPLE. TIPS.



Seniors Legal & Support Service

(free service)

Someone you thought you could trust treating you badly?
 Are you being threatened, intimidated or harassed?
 Not allowed to see your friends?
 Forced to change your Will?
 Has your money been taken?

Any other issues?
 Speak about it with our Social Worker or Solicitor

1800 062 608
 4031 7688

Home visits available
 All enquiries welcome



For people in the community experiencing disadvantage

CAIRNS COMMUNITY LEGAL CENTRE INC
www.cclc.org.au

MARLIN COAST NEIGHBOURHOOD CENTRE

Are you having trouble registering for myGov? or linking services on your device such as:

- ✓ Australian Taxation Office
- ✓ Medicare
- ✓ Centrelink
- ✓ My Aged Care

GET HELP HERE!

FRIDAY JULY 14
 9AM - 12PM

Marlin Coast
 Neighbourhood Centre
 205 Reed Rd, Trinity Park

Services Australia staff will be on site to assist with the process



REMEMBER TO BRING ALONG YOUR DEVICE

Sign In

To create a myGov account, go to my.gov.au





Tuesday Luncheon Group

Group commences at 10am for Line Dancing or a cuppa and chat.



Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**

Tuesday Group Luncheon upcoming events:

- 4 July: Guest Speaker - Graham Wilson, ACSAH
- 11 July: Guest Speaker - James Keightley, Aged and Disability Advocate
- 18 July: Christmas in July
- 25 July: Guest Speaker - Jess, Sunbus

04/07	11/07	18/07	25/07									
 <p>BBQ</p> <p>Graham Wilson</p> <p>Animal Care for Seniors at Home Cairns Inc (ACSAH)</p> 	 <p>James Keightley Advocate</p>	<p>CHRISTMAS IN JULY</p> 	<p>Birthdays </p> <p>Happy Birthday to our July Babies!</p>  <p>Jess</p>									
01/08	08/08	15/08	22/08	29/08								
 <p>BBQ</p> <p>BINGO with Gail</p> 	 <p>Helen Talbot Climbing Mt Everest</p>	<p>Dana and Debbie Services Australia Carers Eligibility and payments/allowances</p> <p>My Aged Care Questions</p> 	 <p>SCAM BINGO Tracey Ashton Cairns Community Legal Centre</p>	<p>Birthdays </p> <table border="0"> <tr> <td>6th Janice</td> <td>16th Vee</td> </tr> <tr> <td>7th Elsa</td> <td>19th Laurie</td> </tr> <tr> <td>13th Ishbel</td> <td>25th Dianne</td> </tr> <tr> <td>14th Judy H</td> <td>27th Robyn</td> </tr> </table> <p>GAMES & GOSSIP</p> 	6th Janice	16th Vee	7th Elsa	19th Laurie	13th Ishbel	25th Dianne	14th Judy H	27th Robyn
6th Janice	16th Vee											
7th Elsa	19th Laurie											
13th Ishbel	25th Dianne											
14th Judy H	27th Robyn											

FRIENDS OF YAPS FUNDRAISER 6:30pm trivia starts

6PM FOR A MEAL
6:30PM TRIVIA

TRIVIA NIGHT

Grab some friends and get some trivia into ya

\$10 per person pay on the night

LIVE AUCTIONS
RAFFLE & MONEY BOARD

Saturday 8 July
Trinity Beach Sports Club

Email yapsbookings@gmail.com

Young Animal Protection Society

BOOK CLUB

NEW

BOOK CLUB!!

On the 3RD Thursday of the month 10.30am to 12.00 noon

Interested in reading and discussing books?

Come along to Book Club to share opinions and meet new people.

Book selection ensures a wide range of titles and lively discussion.

Call the Centre on: 4055 6440

INVITATION

To a free information session provided by ADA Australia's Advocate – James Keightley about Advocacy and how it supports older Australians who receive or wish to receive aged care services.

As Australia's aged care system undergoes significant reform, it is important that older Australians gain an understanding of how the system functions. One dimension of this is the integral role advocacy services play supporting aged care recipients and their representatives to engage with and successfully navigate the system.

Date: Tuesday 11th July 2023
Time: 11.30am
Location: MCNC Kingfisher Room

An advocate can:

- Be a source of accurate, independent information about services and how to access them.
- Ensure people are aware of all their options.
- Use a rights-based approach to focus on recipient issues to do with care and seek resolution.
- Support at important stages of care such as at assessments or reviews.

Enquiries may be directed to 1800 818 338.

COMMUNITY GARDEN

Do You:

- Enjoy gardening?
- Delight in the taste of fresh fruit/vegetables?
- Like meeting new people and making friends?
- Volunteering?

Come along and join the Community Garden Group - no special skills required, simply the itch to be a part of a fun group of people and the want to learn organic gardening of fruit and vegetables in a tropical climate.

WHEN: Thursday mornings from 9am

For more information - 4055 6440

Older Persons COVID-19 Support Line

1800 171 866

8:30am-6pm (AEST) Monday - Friday



Find us on **Facebook**

Follow us 😊

Helping seniors secure their homes



A new \$15 million initiative will be trialled in Cairns, Townsville and Mount Isa to help seniors with the cost of securing their homes.

The initiative will help subsidise practical home security improvements such as:

- strengthening window locks and shutters
- installing CCTV cameras
- addressing other security weaknesses.

Assistance of up to \$10,000 (GST exclusive) per household will be available to eligible customers to undertake security works.

For more information

visit <https://www.chde.qld.gov.au/about/initiatives/helping-seniors-secure-their-homes>

Our Pastor
STEVE DIACHENKO

Ph: 0487 127 204



Every Sunday @ 5pm

Marlin Coast Neighbourhood Centre

205 REED ROAD
TRINITY PARK QLD, 4879

Cairns Early Years Centre "Move Baby Move"

Enjoy time with your baby in a supportive environment and make new friends.

Monday's

Marlin Coast Neighbourhood Centre
1.00pm to 2.00pm

Bookings Essential
4034 6800



Armchair YOGA CLASS

Incorporates quiet time, breathing practices, joint mobility and balance awareness

JOIN SESSION:
Mondays 10 - 11 am
\$5 per class
carers free
Beryl - 4055 7603

SAFE DRIVING FOR SENIORS

A QUEENSLAND POLICE SERVICE AND TRANSPORT & MAIN ROADS PRESENTATION

Supported by Cairns Regional Council

FREE EVENT

Everything you need to know about driving throughout your later years.

TOPICS INCLUDE:

- Road Rules
- Fatal Five
- Safe Driving
- Older Driving & Mobility

Thursday 20 July 10.30am
Cairns City Library 151 Abbott Street

Are you looking for legal help?

We can help with:

Relationships and children

- ✓ Domestic and family violence
- ✓ Separation and family dispute resolution
- ✓ Property settlement
- ✓ Parenting arrangements
- ✓ Child support and maintenance
- ✓ Child protection

Criminal justice

- ✓ Being charged with an offence
- ✓ Young people and the law
- ✓ Police and your rights

Cars and driving

- ✓ Traffic offences
- ✓ Car accidents and claims
- ✓ Licence disqualification
- ✓ Young driver laws

Work and money

- ✓ Consumer rights
- ✓ Money and debt issues
- ✓ Farm debt issues
- ✓ Work and your rights inc. unfair dismissal and bullying
- ✓ Social security appeals
- ✓ Natural disaster insurance claims

Personal rights and safety

- ✓ Discrimination and sexual harassment
- ✓ Human rights
- ✓ Mental health treatment rights
- ✓ Elder abuse
- ✓ Protecting sexual assault counselling records
- ✓ National Disability Insurance Scheme appeals

We can't help with:

- ✗ Company, business, club or association legal issues
- ✗ Employment contracts/workplace agreements
- ✗ Commercial transactions or dealings with real estate
- ✗ Will making/powers of attorney
- ✗ Shares and investments
- ✗ Personal injuries (but the Civil Law Legal Aid Scheme may be able to help)

For more information about our services visit legalaid.qld.gov.au or phone 1300 65 11 88 or 1300 650 143 (Indigenous Hotline)



Concerned about a family member's drug or alcohol use?

Want to play a more supportive role?

Families can access **FREE** support through attending information sessions or **individual counselling** (online and phone counselling available). No referrals required.

www.liveslivedwell.org.au Ph: 1300 727 957



Do you or someone you know have an interesting personal story to tell? We are seeking expressions of interest for volunteer storytellers in our new Cairns Living Library program.

Cairns Living Library program will provide community members with an opportunity to listen to the knowledge and lived experiences of their fellow community members.

It will promote diversity, connection, and compassionate listening in a friendly small group environment. We are seeking expressions of interest from community members who have an engaging story to share.

Sound interesting? Contact us via our website here: www.cairns.qld.gov.au/library/using-the-library/volunteers, or call 4044 3399.

FAMILY DRUG SUPPORT MEETING

CAIRNS

FEELING HELPLESS AND ISOLATED AND AT A LOSS AT WHAT TO DO?

Drug and alcohol use places immense emotional and practical strain on family members. With support, they can improve their own wellbeing, those of other family members, and improve outcomes for everyone

There are no rights and wrongs – You don't have to do it alone

Family Drug Support offers a non-religious, open meeting for family members affected by drugs and alcohol.

Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Cairns Evening Support Meeting

WHEN: 2nd Wednesday of each month starting June 2023 – 14/06/23, 12/07/23, 09/08/23, 13/09/23, 11/10/23, 08/11/23, 13/12/23

TIME: 5:30pm – 7:30pm

WHERE: Cairns City library meeting room, 151 Abbott St

RSVP Belinda: belinda@fds.org.au

Phone: 0490536976

COST: Free

See the Family Drug Support website for more details: FDS Support Meetings



Cairns Evening Family Support Meeting
2nd Wednesday of each month
5:30pm – 7:30pm
Cairns City Library

www.fds.org.au



RSVP: Belinda

0490536976

QLD Online Daytime Support Meeting
3rd Monday of each month
9:30am – 11:30am Register on the FDS website

QLD Online Evening Support Meeting
1st Wednesday of each month
5pm – 9pm Register on the FDS website



Right now there are 22,000 Queenslanders experiencing homelessness on any given night. They don't have access to the basic essentials, like a safe place to sleep, a warm meal and clean clothes.

And as the weather gets colder, sleeping on the streets is a struggle so people are desperate to find shelter and comfort.

With enough funding, we'll be able to Give A Night Off the Streets to those who are doing it tough.

We need to support the most vulnerable people in our society to show them they're not alone.

<https://donate.vinnies.org.au>

TECH TALK

FREE Digital Literacy Workshop

Overwhelmed by the ever-evolving pace of technology? Develop skills and confidence in using computers, smart phones, and tablets with our helpful technology instructor.



Second Wednesday of the month
Earlville Library
10.30am



Writing WEDNESDAY

Writing Wednesday is a free, volunteer-led program for writers at all levels. Come and finish your story, while connecting with other writers in your community.

Every Wednesday
City Library Meeting Room
Drop in anytime 10am - 4pm





Become a Volunteer

Since 2013 Animal Care for Seniors at Home Cairns Inc has been supporting our ageing residents to keep their pets in their own home.

Who are our Volunteers?

Our Volunteers are caring, reliable people who are able to assist with a pet's care.

Our Volunteers make a difference by helping older people maintain healthier, happy pets.

ACSAH
Animal Care for Seniors at Home Cairns Inc

Phone: 0421 815 359
Email: acsahcairns@gmail.com
Web: www.acsahcairns.com
Mail: PO Box 365 Westcourt Qld 4870



makerentingfairqld.org.au

IT'S TIME TO MAKE RENTING FAIR.

HELP US TAKE ACTION AND FIGHT FOR TENANTS' RIGHTS!

Social Media

Give us a thumbs-up and stay connected -
or check out our website at:
www.mcnc.org.au

Follow us 😊



If you can't wait to vote – you don't have to wait to enrol.

If you've turned 16 or 17 you can provisionally enrol to vote now. This means, when you turn 18, you'll be ready to go.

Enrolling is easy and only takes a few minutes.

Head to www.aec.gov.au to get the ball en-rolling!




Scan this QR code to enrol online!




BRIDGE

Social Bridge for the experienced player



WEDNESDAYS

9.30AM - 12 NOON

MEMBERS \$3 / NON MEMBERS \$5

Ph: 4055 6440



Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm and Friday 9am to 1pm

OUR MISSION STATEMENT

The Marlin Coast Neighbourhood Centre is an incorporated community-based organisation. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being . We operate within the Social Justice Principles of equity, access, equality and participation through professional support, a friendly, safe and inclusive meeting place, respect for the individual, a commitment to the community and integrity throughout the organisation. The Centre receives core funding through the Queensland Government's Department of Communities, Child Safety and Disability Services.



FOR OUR ELDERS

NATIONAL NAIDOC WEEK 2-9 JULY 2023

NAIDOC IN THE PARK

Fri 7th July

Time: 10:00am - 5:00pm

Location: Fogarty Park, Cairns Esplanade



Cairns NAIDOC Friday in the Park will commence with the arrival of marchers and will be officially opened by traditional owners, Indigenous leaders, local politicians and community members.

Friday in the Park brings our people together, organisations and agencies with their stalls, Indigenous business enterprises selling their wares and arts and crafts. Food will also be available for purchase.

Check out the entertainment with singers, bands and dance groups displaying our cultural practices and history.

This event will have Auslan interpreters to support engagement of the local deaf community.

For more information contact: Lynette Dewis - cairnsnaidoc@gmail.com

Self Acceptance

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that. Because what the world needs are people who have come alive."

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself."

"I do not seek the approval of people who do not approve of me."

"How you love yourself is how you teach others to love you."

"Just because you are blind and unable to see my beauty doesn't mean it doesn't exist."

Welcome to SNACK – Some new aged care knowledge – dishing up bite-sized inspiration for person-centred aged care over a ten-episode podcast series.

The podcast covers lots of ground, including ageism and attitudes, autonomy and risk, self-care, advocacy and allyship, diversity and inclusion, communication, and more.

Do you get hungry for new knowledge about how to do care differently?

Subscribe now for your regular SNACK wherever you get your podcasts or visit cotaqld.org.au/snack for more info.

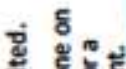
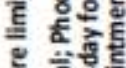
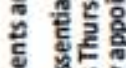
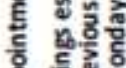



This podcast has been produced as part of the Australian Government funded Home Care Workforce Support Program, delivered in Queensland through a Consortium partnership including Skills Hubs and Skills Generation, led by COTA Queensland.

THE WEEK AT A GLANCE!

MONDAY

Emergency (Financial) Relief
for individuals and families experiencing financial crisis.
Appointments are limited.
Bookings essential; Phone on previous Thursday for a Monday appointment.
Ph: 4055 6440

Armchair Yoga

Gentle exercise
10am - 11am
Ph: Beryl 4055 7603
\$5 per person



Gairns Early Years Centre

"Move Baby Move"
1pm - 2 pm
Bookings essential
Ph: 4034 6800



A.A.

6pm - 7pm
Neil Ph 0429 569 512



TUESDAY

Line Dancing
10.00am - 11.30am
Member \$3
Non-Member \$5
Ph: 4055 6440





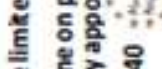





Tuesday Luncheon

From 10.30am for morning tea and chat
From 11.30am for guest speaker and lunch
Ph: 4055 6440
Members \$10
Non-Members \$12



WEDNESDAY

Emergency (Financial) Relief
for individuals and families experiencing financial crisis.
Appointments are limited.
Bookings essential; Phone on previous Monday for a Wednesday appointment.
Ph: 4055 6440

Playtime

Each Wednesday morning
9am - 11.30am.
Families with children under school age.
Free!
Bring a piece of fruit to share.



Bridge



Social Bridge for the Experienced Player
9.30am - 12 noon
Member \$3
Non-Member \$5

Canasta

1pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

Shed Mosaics

12.30pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

Yoga with Suzanne

Wednesday evenings
6pm - 7pm
Phone: 0421 076 244



THURSDAY

Community Garden

Morning from 9am
Phone the Centre - 4055 6440



Tai Chi

Each Thursday morning
9am - 10am
Call Narelle
0439 747 966



Book Club No 1

1st Thursday of each month
10.30am - 12 noon

Book Club No 2

3rd Thursday of each month
10.30am - 12 noon

\$3 Member/\$5 Non-Member
Ph: 4055 6440



Toastmasters Club

1st & 3rd Thursday of each month
7pm - 9pm
Ph: 0401 585 767



SUNDAY

TRINITY BAPTIST CHURCH

Religious Service
Every Sunday
4.30pm - 7.30pm
Phone: 0407 127 204






Lifeline Saving Lives
 Crisis Support. Suicide Prevention.

Networks and Helplines

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7)	0407 490 005
Suicide Call Back Service (24/7)	1 300 659 467
Lifeline (24/7)	13 11 14
Kids Helpline (24/7)	1 800 55 1800
Gambling Helpline (24/7)	1 800 858 858
Relationships Australia (M-F 9-5 pm)	1 300 364 277
Beyond Blue (website)	www.beyondblue.org.au
Beyond Blue Ingo Line	1 300 224 636
SANE (10 am —10 pm Weekdays)	1 800 18 72 63
Q Life (3 pm—12 am, 7 days)	1 800 184 527
Mensline (24/7)	1 300 789 978
Black Dog Institute (online resources)	www.blackdoginstitute.org.au
Reachout (website)	www.reachout.com
Parentline (website)	www.parentline.com.au
Parentline (8 am—10 pm, 7 days)	1 300 30 1300
Headspace (information)	www.headspace.org.au
Headspace (online chat)	www.eheadspace.org.au
DVConnect (Womensline—24/7)	1 800811 811
DV Connect (Men's Line—24/7)	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7)	1 800 177 833
Poison Info Line (24/7)	13 11 26
Bush Support Service (24/7)	1 800 805 391