



Support Services for Adults at Risk:

Are you ok?

If this is an emergency or you are in danger phone:

000 and ask for Police.

While the Office for Safeguarding does not provide direct services for adults at risk, we still want you to be safe and ok.

The Office for Safeguarding 02 8838 3419 is able to take your calls between Monday and Friday 9am to 5pm.

- Are you worried, distressed and would like to talk to someone?

- Are you concerned about something that has happened to you, your family or a friend?

1800RESPECT

NATIONAL DOMESTIC FAMILY AND SEXUAL VIOLENCE COUNSELLING SERVICE

1800 737 732

<https://180orespect.org.au/>



Lifeline

Saving Lives

Crisis Support. Suicide Prevention.

13 11 14

<https://www.lifeline.org.au/>



Beyond Blue

1300 22 4636

<https://www.beyondblue.org.au/>

Click here for other Support Services:

https://parracatholic.org/wp-content/uploads/2019/08/DOP_OSPS-Supports-and-Resource-flyer.pdf

OFFICE FOR SAFEGUARDING DIOCESE OF PARRAMATTA

AT TIMES WE ALL NEED SUPPORT. THIS CARD CONTAINS A VARIETY OF SUPPORT SERVICES AVAILABLE FOR THOSE SEEKING SOMEONE TO TALK TO OR TO SEEK GUIDANCE OR ASSISTANCE.

Emergency | Police | Fire | Ambulance 000

Department Communities and Justice Child Protection Helpline - 13 2111 Link2Home Homelessness - 1800 152 152 Domestic Violence Line - 1800 656 463	Headspace 1800 650 890 Beyond Blue 1300 224 636 Kids Helpline 1800 551 800 Lifeline Australia 13 11 14 Domestic Violence Line 1800 656 463	NSW Rape Crisis 1800 424 017 1800 385 578 1800 RESPECT 1800 737 732 Samsn 02 8355 3711 1800 472 676 Elder Abuse 1800 628 221
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CatholicCare Western Sydney & The Blue Mountains
02 8843 2500

Are you a survivor of abuse from the Catholic Church?

Would you like to talk to someone about this?

Contact: 02 8838 3419

Contact these groups if you would like support and information from within Parramatta Diocese:

Office for Safeguarding –
Prevention Healing and Support –

https://parracatholic.org/wp-content/uploads/2019/08/DOP_OSPS-Supports-and-Resource-flyer.pdf

CatholicCare Western Sydney and Blue Mountains

<https://ccss.org.au/relationship-counselling/>

Catholic Youth Parramatta

<https://parracatholic.org/cyp-resources/>

Office for SAFEGUARDING

