



Support Services for Kids and Young People:

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 children and young people, we still want you to be safe and ok.

- 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?



kidshelpline
Anytime Any Reason

1800 551 800

<https://kidshelpline.com.au/>



headspace

1800 650 890

<https://headspace.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

P: (02) 8838 3419
E: safeguarding@parracatholic.org
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W: parracatholic.org

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 | Headspace | NSW Rape Crisis |
| Child Protection Helpline - 13 2111 | 1800 650 890 | 1800 424 017 |
| Link2Home Homelessness - 1800 152 152 | Beyond Blue | 1800 385 578 |
| Domestic Violence Line - 1800 656 463 | 1300 224 636 | 1800 RESPECT |
| National Disability Abuse & Neglect Hotline | Kids Helpline | 1800 737 732 |
| 1800 880 052 | 1800 551 800 | Samsn |
| CatholicCare Western Sydney & The Blue Mountains | Lifeline Australia | 02 8355 3711 |
| 02 8843 2500 | 13 11 14 | 1800 472 676 |
| | Domestic Violence Line | Elder Abuse |
| | 1800 656 463 | 1800 628 221 |

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

