

COUNSELLING

Crisis Counselling

Lifeline - Northern Beaches Inc

Phone: 13 11 14 (Crisis line) **Fax:** 02 9948 5472

310 Sydney Rd, Balgowlah 2093

Mail to: PO Box 681, Balgowlah 2093

Email: admin@lifelinenb.org.au

Web: www.lifeline.org.au/northernbeaches

Service Description: Lifeline provides 24 hour telephone counselling, personal, gambling, bereavement and financial counselling by appointment. Welfare assistance. Home visits to the housebound and visits to nursing home residents. "Buddy phone" support for suicidal persons. Anxiety support group (on-going). Anxiety support courses. Financial counselling.

Hours: 24 hrs for phones, 10am -1pm for welfare.

Appointments for personal counselling by arrangement including after hours service.

Domestic Violence

Domestic Violence Service - Manly Community Centre

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Manly Community Centre

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Manly Warringah Womens Resource Centre

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Relationships Australia NSW - Dee Why office

Phone: 9418 8800 **Fax:** 02 9984 8042

Level 1, 651 Pittwater Rd, Dee Why 2099

Email: northernbeachesfrc@ransw.org.au

Web: www.relationships.com.au

Service Description: Provides counselling for individuals, couples and families. Also parenting skills. Appointments also available evenings and Saturdays at head office 5 Sera Street, Lane Cove 2066.

Hours: Mon-Fri 9am-5pm

Drug and Alcohol Counselling

Al-Anon Family Group

Phone: 1300 252 666

Meets at Balgowlah Uniting Church, 122 Condamine St, Balgowlah 2093

Mail to: Al-Anon Family Groups, PO Box 217, Hamilton 2303

Web: www.al-anon.alateen.org/australia

Service Description: Self-help group for relatives and friends affected by someone's alcohol problem. Group meets on Thursday 7.30pm at Balgowlah Uniting Church, 122 Condamine Street, Balgowlah.

Hours: Thu 7.30pm

Al-Anon Family Group

Phone: 1300 252 666

Meets at Seniors Citizens Centre, 34 Howard Ave, Dee Why 2099

Mail to: Al-Anon Family Groups, PO Box 217, Hamilton 2303

Web: www.al-anon.alateen.org/australia

Service Description: Self-help group for relatives and friends affected by someone's alcohol problem. Group meets on Friday 8pm at Seniors Citizens Centre, 34 Howard Ave, Dee Why.

Hours: Fri 8pm

Al-Anon Family Group

Phone: 1300 252 666

Meets at Harbord Primary School, Oliver St, Freshwater 2096

Mail to: Al-Anon Family Groups, PO Box 217, Hamilton 2303

Email: alanonnorthernnsw@bigpond.com

Web: www.al-anon.alateen.org/australia

Service Description: Self-help group for relatives and friends affected by someone's alcohol problem. Group meets on Saturday 4pm at Harbord Primary School, Oliver Street, Freshwater.

Hours: Sat 4-5.30pm

Al-Anon Family Group

Phone: 1300 252 666

Meets at Manly Vale Public School, 77 Sunshine St, Manly Vale 2093

Mail to: Al-Anon Family Groups, PO Box 217, Hamilton 2303

Web: www.al-anon.alateen.org/australia

Service Description: Self-help group for relatives and friends affected by someone's alcohol problem. Group meets on Tuesday 7.30pm at 77 Sunshine Street, Manly Vale.

Hours: Tue 7.30pm

Alcoholics Anonymous (AA) Manly

Phone: 9799 1199 **Fax:** 02 9716 7547

Mail to: 127 Edwin St North, Croydon 2132

Web: www.aasydney.org.au

Service Description: Support group meetings for people who have problems with alcohol.

Four meeting places in the Manly area:

Sundays

10.30am at the Arts Centre, cnr Lovett & Condamine Sts, Manly Vale;

Wednesdays

1pm at St Matthew's church hall, The Corso, Manly;

8pm at St Marys church hall, Raglan St, Manly; **Fridays**

1pm at St Matthew's church hall, The Corso, Manly.

Hours: AA Office hours Mon-Fri 9am-5pm, phone number is 24 hrs.

Alternative Names: AA, Alcoholics Anonymous

Life Returning - Northern Beaches

Phone: 0410 194 798

543 Pittwater Rd, Brookvale 2100

Mail to: PO Box 94, Brookvale 2100

Email: mail@lifereturning.org.au

Web: www.lifereturning.org.au

Service Description: Non-profit health promoting charity runs several programs: SMART (Self Management and Recovery Training) - peer managed, self-help group that assists individuals to recover from alcohol and drug use by teaching practical skills to abstain and achieve a healthy lifestyle balance. Individual 1-to-1 recovery program.

Employment service.

Hours: Office Mon-Sun. SMART meeting: Thu 6.30-8pm

Alternative Names: SMART Recovery Australia Ltd

Manly Adolescent and Family Counselling Service

Phone: 9976 1486 **Fax:** 02 9977 7090

Manly Youth Centre, Kangaroo St, Manly 2095

Web: www.manly.nsw.gov.au/community-services/youth-and-school-age-services/adolescent-family-counselling-service/

Service Description: Provides free counselling to young people aged 12-21 years and their families, living on the Northern Beaches.

We provide individual and family counselling, and group work programs. We provide support for a wide range of issues, which may include family relationships, school or work, mental health, drugs & alcohol, violence, and sexual identity.

Hours: 9am-5pm

Manly Drug Education & Counselling Centre

Phone: 9977 0711 **Fax:** 02 9976 2319

91 Pittwater Rd, Manly 2095

Email: admin@mdecc.org.au

Web: www.mdecc.org.au

Service Description: Community education program provides community education, health, promotion initiatives, peer education programs for young people and support to school based drug education programs.

Intervention program provides group education/treatment programs for particular target groups and includes peer education programs for parents. Counselling/Treatment program is offered on an out-client basis and includes assessment, crisis management, counselling referral and relapse prevention.

Hours: 9:00am to 5:00pm Mon-Fri

Sydney Road Clinic

Phone: 9949 1099 **Fax:** 02 9949 1032

109 Sydney Rd, Manly 2095

Email: fbaker@nscchahs.health.nsw.gov.au

Service Description: Drug and alcohol counselling, opioid treatment programme, including methadone and buprenorphine.

The service is run as part of the Manly Hospital and NSW Community Health Services (Northern Sydney Health 1300 889 788).

Hours: Dispensary hours: Mon-Fri 7-11am; Sat, Sun 8-11am.

Intake and case management Mon-Fri 7am-4pm.

Alternative Names: Sydney Road Centre

Family Counselling

Centacare Broken Bay

Phone: 8968 5100 **Fax:** 02 9939 4277

Unit 9B, 44 Wattle Rd, Brookvale 2100

Mail to: PO Box 444, Brookvale Business Centre, Brookvale 2100

Email: fiona.hastings@dbb.org.au

Web: www.brokenbay.catholic.org.au

Service Description: Provides welfare services to families in crisis, counselling, mediation, disability, youth programs, community education and aged care support.

Hours: Mon-Fri 9am-5pm, Sat 9am-12pm

Alternative Names: Centacare

Manly Adolescent and Family Counselling Service

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Relationships Australia NSW - Dee Why office

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Financial Counselling

Credit Line - Northern Beaches

Phone: 9949 5522

310 Sydney Rd, Balgowlah 2093

Mail to: PO BOX 681, Balgowlah 2093

Email: admin@lifelinenb.com.au

Web: www.lifelinenb.org.au

Service Description: Provides fully trained financial counsellors to help people in financial difficulties. This may include providing a liaison between a debtor and creditors to work out repayment schemes, budgeting and money management.

Hours: By Appointment

Alternative Names: Lifeline Northern Beaches - Financial Counselling

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St Vincent de Paul Broken Bay Financial Counselling Service

Phone: 9905 0424 **Fax:** 02 9905 7009

638 Pittwater Rd, Brookvale 2100

Mail to: Box 557, Brookvale 2100

Email: terry.kibby@vinnies.org.au

Web: www.vinnies.org.au

Service Description: Provides information on a range of topics including money management skills, debts, being a guarantor and bankruptcy. It is a free confidential service. Appointments necessary.

Hours: Office hours Mon-Fri 9am-5pm

Genetic Counselling

The Centre for Genetics Education

Phone: 9462 9599 **Fax:** 02 9906 7529

Royal North Shore Hospital, Community Health Centre, 2C Herbert St, St Leonards 2065

Mail to: PO Box 317, St Leonards 1590

Email: contact@genetics.com.au

Web: www.genetics.edu.au

Service Description: Resource centre for health professionals, affected individuals and the public on genetic information. Provides information on over 700 genetic disorders.

Hours: Mon-Fri 9am-5pm

Alternative Names: Formerly NSW Genetics Education Program

Grief Counselling

Bear Cottage

Phone: 9976 8300 **Fax:** 02 9976 8303

2 Fairy Bower Rd, Manly 2095

Mail to: PO Box 2500, Manly 1655

Web: www.bearcottage.chw.edu.au

Service Description: In a home-like hospice, the care team provides respite and end-of-life care for children with terminal illnesses and their families.

Hours: 24 hrs

Helga's Grief and Loss Program and Counselling

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Lifeline - Northern Beaches Inc

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Manly Community Centre

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The Anglican Church of St Marks Avalon with St Davids Palm Beach

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Marriage Counselling

Centacare Broken Bay

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Northern Beaches Family Mediation Service

Phone: 8968 5100 **Fax:** 02 9939 4277

Unit 9B, 44 Wattle Rd, Brookvale 2100

Mail to: PO Box 444, Brookvale Business Centre, Brookvale 2100

Web: www.brokenbay.centacare.org.au

Service Description: This problem solving process is designed to assist couples through practical difficulties of separation and divorce. Individual counselling is available if needed during the separation period. Each person can discuss their needs with a mediator during the individual intake interview. If required, mediators can refer to professional counsellors. Mediation on other issues is also available.

Hours: Mon-Fri 9am-5pm (office)

Alternative Names: Centacare

Preparing for Marriage

Phone: 9972 8688

Christian City Church, Cnr Wakehurst Parkway and Dreadnought Rd, Oxford Falls 2100

Mail to: Locked Bag 8, Dee Why 2099

Email: Sheralyn.bucknell@myc3church.net

Web: www.myc3church.net/training/lifecourses

Service Description: 5 week course designed to assist in really getting to know your partner before making the final commitment of marriage. For couples who are already engaged or those who are seriously thinking about it. Do not have to be getting married at Christian City Church to attend. Registration is essential.

Hours: Sundays 11.30-1-30pm; ring for dates

Relationships Australia NSW - Dee Why office

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The Anglican Church of St Marks Avalon with St Davids Palm Beach

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Post Termination Counselling

Pregnancy Help - Manly Warringah Inc.

Phone: 9905 1974 **Fax:** 02 9905 1974

Early Childhood Centre, 2 Alfred Rd, Brookvale 2100

Mail to: PO Box 507, Brookvale 2100

Email: mgall@aapt.net.au

Service Description: A community project which cares for women and girls both during & after pregnancy, women with children up to the age of 2 years and single fathers caring for children. Staffed by welfare workers/social workers, backed by professionals. Services include; free pregnancy testing, crisis counselling, advice on benefits, referral to medical and legal services, friendship and emotional support for single mothers, support for single fathers caring for children, practical help e.g. clothes and equipment, babysitting, transport, help with accommodation, employment, referral for financial help, post-abortion counselling.

Hours: Mon & Thu, 9:30am-4:30pm, Fri 10am-4pm

Pregnancy Counselling

Pregnancy Help - Manly Warringah Inc.

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Relationships Counselling

Centacare Broken Bay

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Cottage Counselling Centre

Phone: 9972 0141 **Fax:** 02 9971 1048

St Faiths The Cottage, 5-9 Clarke St, Narrabeen 2101

Email: gennicribb@cottagecounselling.org.au

Web: www.cottagecounselling.org.au

Service Description: The service offers a range of relationship and personal counselling for a wide range of issues, including depression, anxiety, grief, addiction issues and eating disorders. All counsellors hold graduate counselling qualifications. Children's counselling available. Counselling is held in Narrabeen, Manly, Belrose, Dee Why, Chatswood and Lindfield.

Hours: Office Mon-Fri 8am-8pm

Manly Community Centre

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Northern Beaches Family Relationship Centre

Phone: 9981 9799 **Fax:** 02 9984 8042

First Floor, 651 Pittwater Rd, Dee Why 2099

Email: northernbeachesfr@ransw.org.au

Web: www.familyrelationships.gov.au

Service Description: Assessments & referrals; family dispute resolution for separating & separated parents with respect to making arrangements for their children. Relationships Australia co-located providing counselling, groups and seminars.

Hours: 9am-5pm Mon-Fri; after hours by arrangement

Alternative Names: Relationships Australia

South Pacific Private

Phone: 9905 3667 **Fax:** 02 9905 9696

24 Beach St, Curl Curl 2096

Email: info@southpacificprivate.com.au

Web: www.southpacificprivate.com.au

Service Description: This treatment centre for addictions and mood disorders is a registered Acute Care Psychiatric Hospital licensed with the NSW Department of Health. All programs are structured and supervised by a multi-disciplinary team of psychiatrists, psychologists, general practitioners, registered nurses, therapists and counsellors. After the initial assessment, a treatment plan is tailored for the patient via inpatient, day or evening programs, with an aftercare program. This covers alcohol or drug dependency, depression, anxiety and panic disorder, bipolar disorder, relationship issues/co-dependency, gambling or sex addiction, eating disorders; as well as a program for supportive families, and conferences.

Hours: 24 hours

School Counselling

Manly Adolescent and Family Counselling Service

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Telephone Counselling

Insight Therapies and Consulting

Phone: 9997 1640

145 Avalon Pde, Avalon 2107

Service Description: Registered counsellor/therapist, 25 years experience with carers of people with disabilities.

Also addresses stress, pain management, anxiety, depression, brain function problems (mindfulness), sleep disorders, grief and loss, school and relationship issues.

Also qualified in family therapy, cognitive therapy, hypnotherapy, mindfulness therapy. Rooms in Warriewood and North Sydney; can make home visits, especially if physical restrictions exist.

Hours: Tue Fri. Hours of after-hour and home visits negotiated

Alternative Names: Kym Willington

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Phone Connections Line for Mental Health Consumers

Phone: 9114 8150 **Fax:** 02 9938 3886

Mail to: CAN (Mental Health) Inc, PO Box 555, Balgowlah 2093

Email: admin@canmentalhealth.org.au

Web: www.canmentalhealth.org.au

Service Description: Telephone peer support line for adults with problems ranging from anxiety to depression to a diagnosed mental illness, operates Fri Sat Mon 6pm-1.30am. You can register to receive a call from the staff on the CAN Website (go to Online Surveys & Forms and then click on Registration Form under Phone Connections).

If you are in crisis, call your local MHS Crisis Service, Lifeline or Salvo Care Line. Run by CAN (Mental Health) Inc as part of the national Community Connections Project funded by Dept of Health and Ageing, Suicide Prevention Branch until 2011.

Hours: Fri Sat Mon 6pm-1.30am

Vocational Counselling

Campbell Page Employment Services

Phone: 9942 1044 **Fax:** 02 9942 1033

Suites 301 & 302, 7 Oaks Av, Dee Why 2099

Web: www.campbellpage.com.au

Service Description: Community based, not for profit organisation which is Job Network provider to clients in receipt of Centrelink benefits and local businesses. Internet access for job searching. Newspapers provided.

Hours: 9am-5pm

Centrelink Career Information Centre

Phone: 1800 662 538 **Fax:** 02 9209 1495

10 Parker St, Sydney 2000

Mail to: Locked Bag 6, Haymarket 1238

Email: cic.sydney@Centrelink.gov.au

Web: www.centrelink.gov.au

Service Description: Specialist information centre for inquiries about careers, education and training, and employment.

Hours: Mon-Fri 8:30am-5pm

Alternative Names: Formerly listed as Careers and Job Information Centre

CRS Australia, Dee Why Regional Unit

Phone: 9941 3300 **Fax:** 02 9941 3322

Level 2, 7 Oaks Ave, Dee Why 2099

Mail to: PO Box 414, Dee Why 2099

Email: debbie.tong@crsaustralia.gov.au

Web: www.crsaustralia.gov.au

Service Description: Rehabilitation program to assist people with disabilities or injuries to improve their capacity to obtain, retain or return to work. Support for six months upon starting the new job.

Hours: Mon-Fri 8:30am-5pm

Alternative Names: Commonwealth Rehabilitation Service

IPC Employment

Phone: 9905 5662 **Fax:** 02 9905 3277

503A Pittwater Rd, Brookvale 2100

Email: brookvalejobs@ipcemployment.com.au

Web: www.ipcemployment.com.au

Service Description: A member of the Job Network, offering recruitment solutions to local employers and job seekers. Automated job matching, job search techniques including advice and support to achieve career goals.

Provider of intensive support for people with disabilities.

Hours: Mon-Fri 9am-5pm

MAX Employment - Brookvale

Phone: 9939 3188 **Fax:** 02 9939 7495

Unit 113, 20 Dale St, Brookvale 2100

Email: brookvale@maxnetwork.com.au

Web: www.maxnetwork.com.au

Service Description: Job Network provider for vocational assessment, job search training, intensive assistance, job matching, community support program.

Phone, fax, photocopier, internet, newspaper available to clients.

Hours: Mon-Fri 8:30am-5pm

TAFE NSW - Northern Sydney Institute - Northern Beaches College

Phone: 13 16 74 **Fax:** 02 9941 5220

154 Old Pittwater Rd, Brookvale 2100

Mail to: PO Box 609, Brookvale 2100

Email: NorthernBeaches.Courseinfo@tafensw.edu.au

Web: www.nsi.tafensw.edu.au

Service Description: Post school educational institution offering a range of vocational (trade, post-trade, para professional) preparatory, remedial, & customised fee for service courses. Students with disabilities are supported. Career Counselling service available free to prospective and current students 9941 5205

Hours: Mon-Thurs 8am-10pm; Fri 8am-6pm;