

KIAMA & DISTRICT STRONGER COMMUNITY

Mission: BUILDING - CARING - CONNECTING

OBJECTIVE - The Kiama District Stronger Community aims to;

1. Advance health.
2. Provide education.
3. Prevent behaviours that causes harm to individuals, people within our community and the community itself.
4. Implement long term initiatives to change the culture and stigma surrounding mental health.
5. Act as a safe and supportive platform to develop a more coordinated and targeted response to improve mental wellbeing and health.

Organisation Local Support Groups, Services and Contact details



The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way.

Contact: www.themanwalk.com.au



Creating a mentally healthier world through the translation of our research. Donate Today. Join a research program. Take Action Today. Fundraise For Us. Show Your Support. Change Lives. Suicide Prevention. Community Programs. Research. Consultancy Services.

Contact: www.blackdoginstitute.org.au



cMHI – Community Mental Health Index is a survey platform used by communities and organisations to seek feedback on the Mental Health Literacy of a community. Understand where support is required, and future resources should be allocated.

Contact: Submit your feedback by scanning the QR Code opposite.



Faced with a disproportionately high rate of youth suicide in our community, a group of us has come together to address this. We have launched an initiative to raise funds for established suicide prevention organisations for school age youth.

Contact: www.makutayouth.org email: info@makutayouth.org David Griffin



HABITUS
CREATE • EDUCATE • CHANGE

We work with young people, parents, schools, communities, and businesses. We run bush camps, creative programs, training, coaching and consultancy that empowers you to be an agent of change!

Contact: contact@habitus.org Tel: +61 405 271 757 Dr Monty Badami



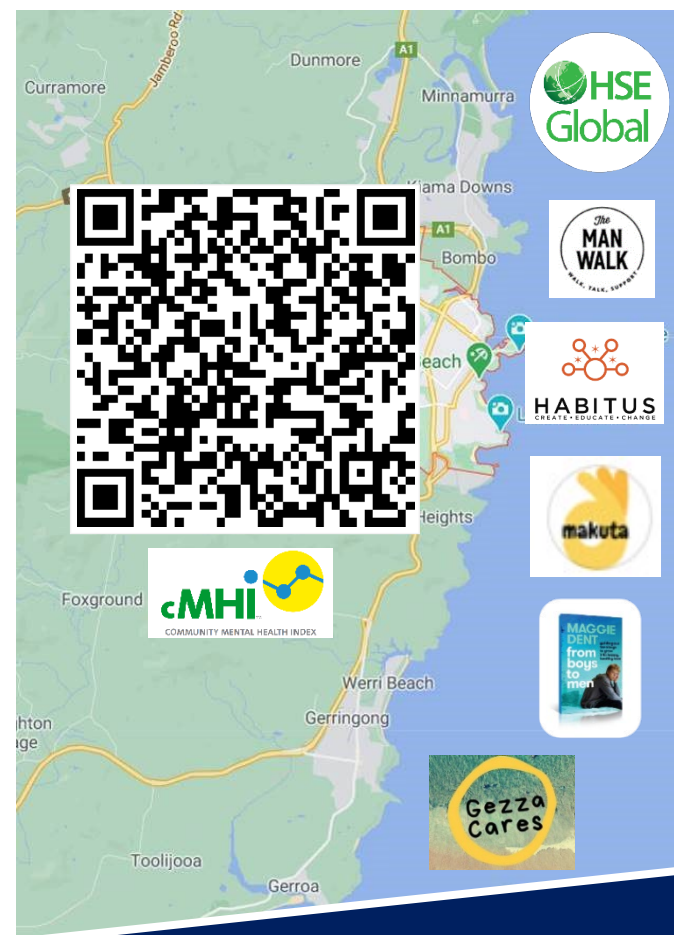
Beyond Blue provides support and information on anxiety, depression and suicide. Recovery and Support.

Contact: 1300 22 4636 www.beyondblue.org.au



Gezza Cares is a community-led network on the South Coast, with a specific focus on caring for our young people and young adults. Gezza Cares is the Gerringong hub to harness community compassion and take collective action with a coordinated response that addresses the mental health needs in our community, and to bring hope for a brighter future. We connect our community more closely, in hard times, good times and everything in between.

Contact: gday@gezzacares.com



KIAMA & DISTRICT
STRONGER COMMUNITY

thekdsc.com.au

WHERE TO GO FOR SUPPORT



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis

(24 hour services, online chat available)

Lifeline lifeline.org.au	13 11 14
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467
MensLine mensline.org.au	1300 789 978
Kids Help Line kidshelpline.com.au	1800 55 1800
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
1800 RESPECT 1800respect.org.au	1800 737 732

Help with your Mental Health

Mental Health Line	1800 011 511
headspace Wollongong Nowra ehheadspace.org.au	4220 7660 4446 7300 1800 650 890
Head to Health headtohealth.gov.au	
SANE sane.org	1800 187 263
QLife (LGBTIQ) qlife.org.au	1800 184 527
Veterans & Family Counselling openarms.gov.au	1800 011 046

Help with alcohol and other drugs

Alcohol & Drug Information Service	1800 250 015
Watershed Drug & Alcohol Recovery and Education Centre watershed.org.au	1800 818 872
ISLHD Drug & Alcohol Services	1300 652 226

Aboriginal Services

ILLAWARRA	
Illawarra Aboriginal Medical Service www.illawarraams.com.au	4229 9495
SHOALHAVEN	
South Coast Medical Service Aboriginal Corporation southcoastams.org.au	1800 215 099
Waminda waminda.org.au	4421 7400

Help with other stuff

GAMBLING	
Gambling Help online gamblinghelponline.org.au	1800 858 858
FINANCIAL	
National Debt Line - ndh.org.au	1800 007 007
No Interest Loan Scheme - nils.com.au	
LEGAL CENTRES	
Illawarra - illawarralegalcentre.org.au	4276 1939
Shoalhaven - shoalcoast.org.au	1800 229 529
HOMELESSNESS	
Link2Home Information Line facs.nsw.gov.au/housing	1800 152 152

Help for your family and relationships

(including family violence)

NSW Family Referral Service familyreferralservice.com.au	1800 663 863
Relationships Australia relationships.org.au	1300 364 277

To find a full list of support services, scan the QR code



Or visit:
suicidepreventioncollaborative.org.au/need-help

Visit your local Council for information on Low Cost & Free Meals & other community services.