

WELLBEING LINKS

CURRENT DECEMBER 2023



Headspace Cessnock:

122 Vincent Street, Cessnock, New South Wales 2325
Phone (02) 4993 3450



Kurri Kurri community Services:

251 Lang Street Kurri Kurri
4937 4555



Beyond Blue:

<https://www.beyondblue.org.au/about-us/contact-us>
Phone us Monday to Friday, 9am-5pm (AEST)
(03) 9810 6100



Life Line:

<https://www.lifeline.org.au>
Phone: 131114



Kids help line:

<https://kidshelpline.com.au/teens>
Phone: 1800 551 800



CYCOS:

Address: 49D Aberdare Road, Cessnock NSW 2325
Phone numbers:

- Office: (02) 4993 4355
- Youth Service Coordinator: 0401 107 413
- Senior Youth Worker: 0417 262 462

Email: youthcentre@cessnock.nsw.gov.au



13 YARN

Call 13YARN (13 92 76) We are here to provide crisis support 24/7 to yarn with you without judgement and provide a confidential, culturally safe space to yarn about your needs, worries or concerns.

<https://www.13yarn.org.au>