

DOMESTIC VIOLENCE HELP CARD

Do you feel safe in your own home?
 Do you want to feel in control of your own life?
 There is help and support available.

CRISIS

Emergency	Triple Zero (000)
Nepean Police Area Command:	
• Penrith Police Station.....	4721 9444
• St Marys Police Station	9677 7499
Domestic Violence Line (24hr)	1800 656 463
Lifeline (24hr).....	131 114
Child Abuse Prevention Service	1800 688 009
Child Protection Helpline (24hr)	132 111
NSW Rape Crisis Centre (24hr).....	1800 424 017
National Sexual Assault, Domestic Family Violence Counselling Service.....	1800 737 732
	1800RESPECT
Nepean Hospital - Penrith	4734 2000
Blue Mountains Hospital – Katoomba	4784 6500

MIGRANT/REFUGEE SUPPORT

Nepean Migrant Access	9833 2416
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CHAMBER REGISTRAR

Penrith.....	4720 1510
Katoomba.....	4782 5500

SUPPORT/COUNSELLING

Penrith Women's Health Centre	4721 8749
DV West.....	4732 2318
Catholic Care Penrith Family Support	4721 5331
The Haven - Nepean Women's Shelter	4701 5411
Relationships Australia	4728 4800
Barnardos Penrith	1300 403 373
Nepean Blue Mountains Local Health District Community Health Services.....	1800 222 608
(Penrith, Cranebrook, St Marys, St Clair, Springwood, Katoomba)	
Domestic Violence Forensic Documentation Service..	9881 7752
(By appointment at Nepean Hospital 8.30am– 5.00pm)	

LEGAL

Women's Legal Services NSW	8745 6988
	1800 801 501
Domestic Violence Legal Service	8745 6999
	1800 810 784
Western Sydney Women's Domestic Violence Court Advocacy Service	4731 5098
	1800 810 784
Western Sydney Community Legal Centre.....	8833 0911
Warringa Baiya Aboriginal Women's Legal Centre	9569 3847



If you need an interpreter, call **TIS National on 131 450**