



## DOMESTIC VIOLENCE HELP CARD

[www.dvhelppenrithregion.nsw.gov.au](http://www.dvhelppenrithregion.nsw.gov.au)

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

Police .....	Triple Zero (000)
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
West Connect Domestic Violence Services .....	4732 2318
Catholic Care Penrith Family Support .....	4721 5331
Relationships Australia.....	4728 4800
Western Sydney Family Referral Service .....	1300 403 373
Western Sydney Primary Health Network .....	9832 1356
(Aboriginal Health Services) .....	1800 225 363
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
Hawkesbury Nepean Community Legal Centre .....	4587 8877
Warringa Baya Aboriginal Women’s Legal Centre.....	9569 3847



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

*Updated November 2015*

