

About Murrumbidgee Primary Health Network

Murrumbidgee Primary Health Network (MPHN) is a not-for-profit primary healthcare organisation. Our aim is to improve the health and wellbeing of our people, resulting in resilient communities across the Murrumbidgee. MPHN is one of 31 PHNs in Australia with the objectives of increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes and improving coordination of care to ensure patients receive the right care in the right place at the right time. The Primary Health Networks Programme is an Australian Government initiative.

For more information visit: www.mphn.org.au.

About Mission Australia

Mission Australia's integrated nationwide services help people find safe and affordable housing, support disadvantaged children and families, empower troubled young people, assist people with mental illness and disability, and much more. Early intervention and prevention is at the heart of our work.

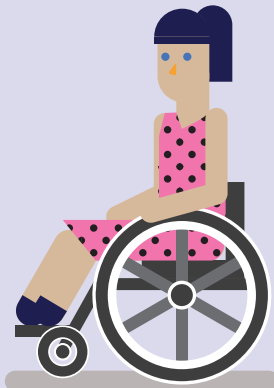
For more information visit: www.missionaustralia.com.au.

About Wagga Wagga City Council

Wagga Wagga City Council is committed to hearing the voice of young people across our local government area. In addition to holding two youth forums a year, we run a number of programs and events through our facilities including the Oasis Regional Aquatic Centre, Wagga Wagga City Library, Wagga Wagga Civic Theatre, Wagga Wagga Art Gallery and the Museum of the Riverina.

We employ a full time Youth Development Officer and work closely with other government agencies and youth service providers to strive to improve the quality of life for young people.

For more information visit: www.wagga.nsw.gov.au/youth.



This campaign has been made possible with a youth grant from Murrumbidgee Primary Health Network through the Australian Government's PHN Empowering our Communities program.

wagga.nsw.gov.au/youth



Can we help? is a community awareness initiative of Wagga Wagga City Council.

CAN WE HELP?

YOUTH SERVICES
WAGGA WAGGA

If you need food, someone to talk to or somewhere to sleep and shower, there are services that can help.



Your mental health matters.

ACCESSLINE CRISIS LINE

☎ 1800 800 944 (24/7)

KIDS HELPLINE

☎ 1800 55 1800 (24/7)

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

Up to 18 years
2 O'Reilly Street, Wagga Wagga

☎ 6923 5700

HEADSPACE WAGGA WAGGA

12 to 25 years
2/185 Morgan Street, Wagga Wagga

☎ 6923 3170

MENTAL HEALTH RECOVERY PROGRAM

16 years and above
Wagga Wagga Base Hospital
Edward Street, Wagga Wagga

☎ 5943 1822



ROAR (INTEREACH)

Up to 18 years
20 Peter Street, Wagga Wagga

☎ 6932 8300



Everyone deserves a safe sleep space.

LINK2HOME CRISIS NUMBER

☎ 1800 152 152 (24/7)

EASTERN MURRUMBIDGEE YOUTH SERVICES (MISSION AUSTRALIA)

16 to 17 years
36-40 Gurwood Street, Wagga Wagga

☎ 6983 4200 (24/7)

EDEL QUINN SUPPORT SERVICES (ST VINCENT DE PAUL SOCIETY NSW)

18 years and above
6 Edel Quinn Lane, Wagga Wagga
(Rear 34 Kincaid Street)

☎ 5942 3555 (24/7)

SISTERS HOUSING ENTERPRISE INC.

51 Trail Street, Wagga Wagga

Crisis: 6921 8211 (24/7)

Duty: 6921 6793

ARGYLE HOUSING

8 Fitzhardinge Street,
Wagga Wagga

☎ 1300 274 953

DEPARTMENT OF COMMUNITIES & JUSTICE - HOUSING

Ground Floor
25-27 Tompson Street,
Wagga Wagga

☎ 6921 0099



Not sure where you're getting your next meal?

CAREVAN WAGGA INC

Pre-prepared evening meals across Wagga on alternate nights.

For dates and places:
facebook.com/carevanwaggainc

☎ 0444 554 588

ANGLICARE EMERGENCY RELIEF

Food, bedding, utility vouchers, household items and childrens clothing. Please note restrictions apply.

257 Lake Albert Road,
Koorngal

☎ 6937 1555

SALVOSCONNECT (THE SALVATION ARMY)

Vouchers and other goods.
180 Forsyth Street, Wagga Wagga

☎ 1300 371 288

WAGGA UNITING CHURCH

Bread, fruit/veg and hampers.
17/21 Johnson Street, Wagga Wagga

☎ 6921 4666

WAGGA ANGLICAN PARISH PANTRY

Emergency food hampers.
42 Tobruk Street,
Ashmont

☎ 6937 7552

VINNIES CARE & SUPPORT CENTRE (ST VINCENT DE PAUL)

Bread, canned goods, clothing vouchers and other material support.

15 Peter Street, Wagga Wagga

☎ 6923 1912

ASHMONT NGURRA HUB

15 Blakemore Street,
Wagga Wagga

☎ 0466 491 431

TOLLAND COMMUNITY CENTRE

Tuesday/Thursday
41 Bruce Street, Tolland

☎ 0436 804 340

KOORINGAL COMMUNITY CENTRE

4 Wilga Street, Koorngal

☎ 0436 805 468

