



FESTIVE SEASON SERVICES

Central Coast Family Support Services wishes you and your family a Merry Christmas and Happy New Year. Our service is closed from Monday 22 December re-opening Monday 5 January 2026.

Christmas can be a time of celebrations, it can also be a time of mixed emotions, missing loved ones and financial strain. We have a list of services if you require support during this time.

If you are unsafe or have a life threatening emergency, call 000

Family Connect & Support 1300 006 480

Emergency Relief Services

- St Vincent De Paul Society Wyong 4353 5614
- St Vincent De Paul Society Gosford 4322 5861
- St Vincent De Paul Society Woy Woy 4341 7535
- Wyong Neighbourhood Centre 4353 1750
- The Salvation Army 8775 7988
- Toukley Neighbourhood Centre 4396 1555
- San Remo Neighbourhood Centre 4390 7888

A full list of local services can be found on the Central Coast Council Website, click the link below for more details.

<https://cdn.centralcoast.nsw.gov.au/sites/default/files/2025-02/crisis-relief-services-locations-jan-2025.pdf>

Ask Izzy www.askizzy.org.au

Search for support services available in your area.

Parent Line 1300 1300 52

Kids Helpline 1800 55 1800

13YARN 13 92 76

Crisis support for Aboriginal and Torres Strait Islander people.

Health Direct 1800 022 022

Free health advice, speak to a registered nurse.



FESTIVE SEASON SERVICES

Link 2 Home 1800 152 152

24/7 Phone service for people who are homeless or at risk of homelessness.

Lifeline 131 114

24/7 Chat options also available.

Mensline Australia 1300 789 978

24/7 Phone and online support, information and referral service for men.

Suicide Call Back Service 1300 659 467

24/7 Service

Poisons Information Line 13 11 26

SafeHaven Mental Health Service 4394 1597

If you are experiencing distress or suicidal thoughts. Monday to Friday 9am-4.30pm (closed Public Holidays).
Cnr Ambulance Road and Holden Street, Gosford.

Mental Health Line 1800 011 511

Free service – talk to a mental health professional.

Medicare Kids Hub Tuggerah 1800 595 212

Free mental health and wellbeing supports for children 0-12 who are experiencing mild to moderate developmental, emotional, relational and/or behavioural challenges. No referral needed. 2 Reliance Drive Tuggerah

Medicare Mental Health Centre Tuggerah 1800 595 212

Suite 8, 1 Pioneer Ave, Tuggerah Monday-Friday 8.30am-5.00pm

Medicare Mental Health Centre West Gosford 1800 595 212

Riverside Park Office Towers, 69 Central Coast Highway, West Gosford NSW2250

Link 2 Home 1800 152 152

24/7 NSW phone service for people who are homeless or at risk of homelessness.

Domestic Violence Line 1800 656 463

Child Protection Helpline 132 111

24/7 If you are worried about a child's safety or wellbeing.

Q Life 1800 184 527

Telephone and online chat support for lesbian, gay, bisexual, trans and or intersex (LGBTI) Communities

Raising Children Network

APP and Website providing support for difficult to manage behaviours.

<https://raisingchildren.net.au/>

