

mountains of help

2ND
EDITION

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A directory and advice about support services for young people in the Blue Mountains



mountains of help

Check it out online at
mountainsofhelp.org.au



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mountains of help

Life can sometimes get complicated, and there are times when you need help – help dealing with the law, help finding a safe place to live, help just getting through the next 24 hours.

When times get tough, you're most likely to turn to your support networks of friends and family. But what if they're not around? Or what if the problem you're dealing with is too scary to tell them about?

The positive news is, there's a huge support network you can turn to, right here in the Mountains. They're called **youth services**, and they're set up to help you work through your problems and start making the most of life.

They can connect you with medical or legal help, or just listen to your concerns and give you advice. Sometimes, chatting to the right person is all it takes to start working through the things that are happening in your life.

If you know somebody who's struggling with something, whether it's school, home, drugs or anything else, chances are there's somebody nearby who can help.

We've put this booklet together to show you how to access this network.

what the...?

Confused by some of the words services use?

Here's a few common terms that you might come across, and what they mean.

Case management If you're in a situation that means you need support with a few different things, a **case manager** (or **case worker**) will work with you and help make things run smoothly.

Referral A referral is when someone you talk to – a doctor, a youth worker, your parents or a friend – puts you in touch with someone who can help you. Some places need a doctor or parent to refer you; others let you **self-refer** (i.e. call up and make an appointment).

Outreach When people who work for a service (e.g. a youth centre) go out to meet people who may not otherwise come to the centre.

Youth worker Someone whose job is to support young people. Youth workers are trained to help you get through tough situations. You can find them at the local youth centre.



crisis? I need to speak to someone now

crisis help lines

1800 calls are free from landlines and public phones, but not from mobiles.

Fire, Police, Ambulance

Call triple zero (000)

Call triple zero (000) from any phone or mobile.

Kids Helpline

1800 55 1800

www.kidshelp.com.au

Chat privately and for free about anything that's bothering you. You can also get advice one-to-one on the web or by email.

Life Line

13 11 14

Suicide prevention, support if you're in a crisis, and general help with your mental health.

Beyond Blue

1300 224 636

www.beyondblue.org

Info and help when you're feeling depressed or anxious.

Domestic Violence Line

1800 65 64 63

Advice, information and emergency accommodation for anyone who is going through domestic violence.

Child Protection Helpline

132 111

To report child abuse or neglect.

NSW Rape Crisis Centre

1800 424 017

If you or someone you know has suffered sexual assault or abuse.

Youth Emergency Accommodation

The Right Door 1800 760 071. **Link2Home** 1800 152 152.

Blue Mountains Hospital

4784 6500

Nepean Hospital

4734 2000

Mental Health Access Line

1800 011 511

Legal Aid Hotline

1800 10 18 10

Legal advice if you're under 18 and under arrest.

who can I speak to locally?

If something's happening and you're unsure about who to call or how to deal with it, call the **youth workers** at your local youth centre. They're experienced in dealing with the system, and won't judge you.

Mountains Youth Service Team

Ph 4782 6562

Ph 0413 099 947

www.myst.com.au

Help with family, school legal and emotional issues.

Katoomba Youth Centre

31 Waratah Street (next to Centrelink)

Ph 4782 2875

Springwood Youth Centre

183 Macquarie Road (next to the post office)

Ph 4751 1005

Winmalee Youth Centre

56 Whitecross Road (next to the shopping centre)

Ph 4754 5125

Got sexual health or relationship questions?

Family Planning Penrith

Ph 4749 0500

Talkline

Ph 1300 658 886

Support for Aboriginal Young People

Aboriginal Culture & Resource Centre

Ph 4782 6569

For help finding a safe place to live

The Glue Factory

Ph 4760 0800

get online

www.somazone.com.au

www.headspace.org.au

www.partyright.nsw.gov.au

www.eatingdisorders.org.au

www.notsostraight.com.au

www.fds.org.au

www.lawstuff.org.au

www.reachout.com

www.twenty10.org.au

get around

Transport Infoline 131 500

www.transportnsw.info

24 Hours up-to-date information on train, bus and ferry travel in NSW.

get support

counselling

Family and friends are often the best people to help you share and solve your problems. But sometimes it's helpful to talk things through with someone who's not involved in a personal way. This is when **counselling** can help.

Counselling is a supportive process where a trained person (the **counsellor**) helps you work out what to do about your issues – no judgement, no dramas, and it's totally private and confidential. Issues you might seek counselling for include grief, sexual or physical assault, drug problems, a family conflict – more or less anything that's on your mind.

The services here are free if you're on a benefit, or from \$20 to \$60 a session if you're working.

Mountains Youth Support Project

Ph 4782 6562
Mob 0413 099 947
www.myst.com.au

Help with family, school, legal and emotional issues.

Upper Mountains Adolescent and Family Counselling Service

Katoomba 31 Waratah Street
Ph 4782 6562
Mob 0468 912 981
www.myst.com.au

Counselling services for young people (ages 12-18) who live between Woodford and Mount Victoria. Specialises in family problems.

Lower Mountains Adolescent and Family Counselling Services

Ph 4751 1005
www.myst.com.au

For young people age 12-18 who live between Lapstone and Faulconbridge.

Nepean Adolescent and Family Services

Penrith Suite 102, 148 Henry St
Ph 4723 9277

A free service offering counselling, mediation, information and some practical assistance.

Springfield Cottage

Penrith Cnr Glebe and Springfield Pl
Ph 4734 2512 or 4734 2000

Counselling for people under 18 who have experienced neglect, physical, emotional or sexual abuse, or witnessed violence in the home.

Noffs Foundation Out-Clients Counselling Service

Mt Druitt 1/11 Cleeve Close Ph 8886 2800

For more information see listing in the Drugs and Alcohol section.



young parents

Parenting Young Project

Mid Mountains Neighbourhood Centre
Lawson Family Day Care playroom, cnr San Jose and Loftus St
Ph 4758 6811 or Mob 0421 943 069
www.mocs.org.au
Open Fridays 10:00am–12:00pm

If you're under 24 and either have kids or are about to, you can join this pregnancy and parenting support group.

Blue Mountains Family

Support Service

Katoomba 2 Station St
Ph 4782 1555
Website www.bmfss.org.au
Email bfmfs@pnc.com.au
Drop in hours: Mon to Fri 10:00am–4.00 pm

Emergency financial help, energy vouchers, referrals, and advice on how to make ends meet. They also offer parenting support for families with children under 12.

Gateway Family Services

Blaxland 70 Old Bathurst Rd. Ph 4739 5963
Katoomba Enrich, 14 Oak St. Ph 4782 5326
Katoomba Waratah Cottage, 27 Waratah St
admin@gatewayfamilyservices.org.au
www.gatewayfamilyservices.org.au

Counselling for young people and their families, plus emergency help with food and money if you're living independently. School term playgroups at the Public Schools in Winmalee (Wed morning), Blaxland (Thurs morning), and Warrimoo (Tues morning). Drop-in to Waratah Cottage for a cuppa, a bite to eat and children's activities (Mon, Tue 10am-12.30pm, Thurs 1.30-4pm).

Community Child & Family Health Services

Springwood Community Health Centre,
Springwood 288–292 Macquarie Road
Ph 4751 0100

Provides counselling, speech pathology, occupational therapy, early childhood community nurses, immunisations, and women's health services.

aboriginal young people

Aboriginal Culture and Resource Centre

Katoomba 14 Oak St
Ph 4782 6569
admin@acrc.org.au

A good way to connect with the Blue Mountains Aboriginal Community. The people here can refer you to any service you need. If you've got young kids they provide a family support service.

Link Up NSW

Ph 9421 4700
linkup@nsw.link-up.org.au
www.linkupnsw.org.au

Link Up's Family-Link service helps to find kinship (relative) carers for Aboriginal children and young people (up to age 17) living in Out-of-Home care. They also offer support, counselling and advocacy for Aboriginal adults who have been separated from their families by adoption, removal, fostering or institutionalisation.

get support

get protected

Domestic violence can come in many different forms. It might involve actual physical violence, psychological/emotional violence (threats, speaking aggressively), putting you down in front of other people, or controlling your money so you're not free to do what you want. Behaviour like this is **never OK**.

To keep yourself safe, you might have to make some really difficult decisions. You might have to move out and find somewhere safe to live, and you might have to talk to the Police. Ask for help – tell a friend, a **youth worker**, or call one of the services listed here.

Helplines

Violence Against Women - Australia Says No

Ph 1800 200 526

Domestic Violence Line

Ph 1800 656 463

West Connect Domestic Violence Services

Ph 4732 2318

Women's Domestic Violence Court Advocacy Service

Lithgow/ Katoomba

Ph 6352 2052 or 0405 901 207

This is your local service for women of all ages who need to escape domestic violence. As well as providing emergency accommodation they are skilled in helping you find other types of support and they run their own support groups. They have centres in Katoomba, Penrith and Blacktown. LGBTQI friendly.

Gives women advice and information about legal protection from domestic violence. Can help you get an AVO (Apprehended Violence Order) if you're in danger of being hurt. If your case goes to court they'll also provide support to help you through the process.

disability services

There's plenty of support for Mountains people living with a disability, and this list is just a start. For other services go to: www.bmcc.nsw.gov.au and follow links to the Community Directory, or call Council's Disability Officer on 4780 5546.

Wise Disabilities Employment Services

Ph 1800 685 105

www.wiseemployment.com.au

Katoomba 197 Katoomba St. Ph 4782 5199

katoomba@wiseemployment.com.au

Penrith 580 High St. Ph 4721 8100

penrith@wiseemployment.com.au

Offers a free program to help people with a disability find fulfilling work. The program includes guidance, coaching, training, employer negotiation and ongoing support once you've found a job.

Nova Employment

www.novaemployment.com.au

Katoomba 81–83 Katoomba St. Ph 4780 6600

Springwood Shop 7, 127 Macquarie Street

Ph 4752 3000

Penrith 20 Soper Pl. Ph 4726 3900

Helps people with disabilities to find work in the mainstream workforce. They can help you improve your resumé writing and interview skills, as well as giving job seeking support and on-the-job training.

Eloura Blue Mountains Disabilities Services

Springwood 13-154 Scrivener Ln

www.eloura.com.au

Phone : 4751 5266

Eloura provides support for people over 18 living with a disability. They provide supported employment, grounds & maintenance apprenticeships, training and transition to work; plus community living and accommodation.

NADO Inc Out and About Program

St Marys 28 Gidley St

Ph 1300 738 229

www.nado.org.au

Supports people over 18 who have disabilities that make it difficult to get into work programs. Activities are based around personal development and living skills, and include sport, arts and crafts, music therapy, yoga and cooking. Programs run in Katoomba, Lawson and Penrith.

The Vale St Centre

Katoomba 21 Vale Street

Ph 4782 1286

valest@kncinc.org.au

Open Mon and Weds

10.00am–3.30pm

A social and recreational service for people 18+ living with or recovering from a mental health issue. Activities you can do here include meditation, arts & crafts, and classes in living skills, photography and writing. Also free computer and internet use, showers and laundry facilities.

Riding for the Disabled Association

Ph 4758 8238

www.rdansw.org.au

get support

same sex attracted and gender questioning

The world is a beautiful place of diversity, and that includes who you are attracted to.

Many young people feel fine about identifying as gay, lesbian, bisexual or queer and get huge support from family and friends. But there are some of us who still find it a hard road to travel, and might experience bullying, violence and discrimination.

If you are exploring same sex attraction, you're not alone. Remember that identity is a fluid thing, and you could even spend your whole life figuring this stuff out. The same goes if you are exploring your gender identity, or identify as a transgendered person. Point is: stay true to you, and remember It Gets Better.

ACON

Ph 1800 063 060
www.acon.org.au/youth

Works with same-sex attracted people under 26 years of age. They can help with managing your health and preventing HIV, and connect you with peer support groups.

Twenty10

Ph 1800 65 2010
www.twenty10.org.au

Helps out same sex attracted people under 26 who are having problems at home or have recently become homeless. Based near Central, but you can call the helpline from anywhere – it's free and confidential and can put you in touch with help and social groups locally.

Gay and Lesbian Counselling Service

Ph 1800 184 527

A free and anonymous phone helpline for anyone dealing with sexuality issues.

PFLAG NSW

Ph 4757 4864 – local contact, Ruth and Ron
Ph 9294 1002 – Info line
www.pflagaustralia.org.au

It's easier to cope with your sexual identity if your family's on-side. This is a support group especially for parents, siblings and friends of LGBTQI people.

Pink Mountains

www.pinkmountains.com.au

An events calendar for LGBTQI people living in the Blue Mountains – but not restricted to young people.

Not So Straight

www.notsostraight.com.au

A website to help young people find information and support about sex and sexuality.

It Gets Better

www.itgetsbetter.org

A fantastic site all about helping LGBTQI young people to overcome bullying and discrimination. Lots of videos and support from all over the world, and a campaign to get your friends to sign and support.

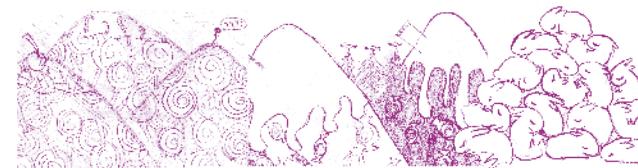
Open Doors Youth Service Website

www.opendoores.net.au

Another useful website full of information about LGBTQI issues.

what the...?

LGBTQI = Lesbian, Gay, Bisexual, Transgender, Queer, Intersex



mental health

We can all go through times when our thoughts and feelings seem overwhelming. Mental health issues like depression and anxiety make everything in life seem much harder, because they affect how you think or feel about yourself.

Many factors can affect your mental health: physical things like not getting enough sleep, eating loads of junk food and using alcohol and drugs, or things like worrying about what's going on with your family or friends. Sometimes it just happens, and it can affect anyone, young or old.

Help is a phone call or a conversation away. Sometimes the best way to get through a problem is to talk about what's on your mind. If you can't tell a friend or your parents, try talking to a counsellor. You don't have to go through it alone.

Mental health emergencies

If it's after hours call ACCESS direct on **1800 011 511** or call triple zero (000).

If it's an emergency during office hours call your local Community Health Centre:

Katoomba Ph 4782 2133

Springwood Ph 4751 0100

Penrith Ph 4732 9450

www.nbmlhd.health.nsw.gov.au/mental-health

Helplines and useful websites

Lifeline Ph 13 11 14

Kids Helpline Ph 1800 55 18 00

Beyondblue Infoline Ph 1300 22 4636

For info and people's stories go to:

www.youthbeyondblue.com

<http://au.reachout.com>

Black Dog Institute For info and people's stories: www.blackdoginstitute.org.au

Personal Helpers and Mentors Program

Lower & Mid Mountains ph 4720 9780
Upper Mountains & Lithgow ph 6350 0101

Helps people over 16 with mental health issues to recover and live successfully in the community.

Headspace

Penrith 606 High Street
Ph 4720 8800
www.headspace.org.au
Open Mon - Fri 9am-5pm

Non-judgemental help for people aged 12-25 with mental health concerns.

YPOP - Richmond PRA

Penrith 1/80 Henry Street
Ph 9393 9354
'West Club' Drop-In Centre
252 High St, Penrith.
Ph 9393 9207
www.richmondpra.org.au

This is an accommodation support service and rehabilitation program for young people aged 16-25 who have been diagnosed with a mental illness. They also run a drop-in centre for people aged 18-30 with art groups, cooking classes and a pool table. You'll need a referral first, available through Headspace (see above).

get support

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Counsellor Someone who can help you talk through problems, and give you advice about what to do.

Mental health emergency Most mental health emergencies involve the threat of suicide or an actual suicide attempt. They might also involve someone threatening to harm another person.

Psychosis A mental condition that causes people to see, hear or believe things that are not real. Symptoms include hallucinations, hearing voices, and having delusions that people are trying to harm you.

drugs and alcohol

Many young people are exposed to drugs and alcohol in some way, whether through friends, family members or the media. Some drugs, like alcohol and tobacco, are legal if you're over 18yrs; others are illegal, or illicit. But they all change the way you think, feel and act.

Alcohol is the most commonly used drug in Australia. It's legal to drink if you're over 18, and many young people drink when hanging out with their friends. But if you don't drink safely it can cause serious problems. Binge drinking (drinking a lot of alcohol quickly in order to get smashed) is particularly risky. When you're drunk, you have less control over what you do. This can lead to all sorts of problems, such as violence, unwanted sex, or crime.

Not all drug use leads to, or is part of, an ongoing serious drug problem. However, even a small amount of drug use can have a big impact on you, your family and friends.

useful websites

www.druginfo.adf.org.au

www.familydrughelp.org.au

www.yourroom.com.au



Addiction

Alcohol and other drugs can easily become addictive. If you're using alcohol or other drugs just to get through the day, or if one of your friends has a problem, it's time to get help.

The first step is to call the **Nepean Drug and Alcohol Service (ph 4734 1333)**, which can put you in touch with the right Mountains clinic. You can normally bring along a parent or friend for moral support.

Woodlands Clinic

Blue Mountains District Anzac

Memorial Hospital

Katoomba Great Western Highway

Ph 4784 6545

woodlandsostclinic@swahs.health.nsw.gov.au

A specialist clinic that helps people get over addiction to opiates (heroin, codeine etc). Mostly for over 18s, but in certain cases they work with 16 and 17 year olds. Similar clinics operate in Penrith and Lithgow.

Community Health

Springwood Ph 4751 0100

Katoomba Ph 4782 8201

Noffs Foundation Out-Clients Counselling Service

Mt Druitt 1/11 Cleeve Close

Ph 8886 2800

www.noffs.org.au

Provides individual counselling to young people between 12 and 25 years who have difficulties with their own or others' alcohol or other drug use, and also to their family and carers.

Youth Drug and Alcohol Service

Penrith Nepean Hospital Campus, Somerset St

Ph 4734 1333

get healthy

In Australia the government provides free or low-cost medical, hospital and eye care to everybody. All you need to use the system is a **Medicare card**. If you're under 15, chances are your name's already on your parent's or guardian's card. If you need to get your own card, get the form from www.humanservices.gov.au/customer/forms/3101. You'll also find all the info you need about how to get money back after you see a doctor by following the 'Medicare and You' link.

emergencies

Most hospitals have an emergency department which you can go to any time you need urgent medical help. If you can't get to the hospital on your own, call an ambulance by dialing **triple zero (000)**. This is a **free call**, even if your mobile is out of credit.

The operator will ask you whether you need Police, Fire or Ambulance. The ambulance operator will then ask you where the emergency is – the address, suburb and state – and the phone number you're calling from. If you call from a landline they can trace your address. They will also ask you what happened and how many people need help.

Be honest – it might save someone's life.

But what if I don't know all this stuff?

Stay calm – the operator will help you. If your friend is sick or unconscious and you don't know what's wrong, try to describe their symptoms. If you don't know exactly where you are – like if you're lost in the bush – explain that you're lost, and how you got there. Don't hang up until the emergency services operator does.



hospitals

Blue Mountains District ANZAC Memorial Hospital

Katoomba Cnr Woodlands Road and Great Western Highway
Ph 4784 6500
Emergency: 4784 6534
www.nbmlhd.health.nsw.gov.au

Springwood Hospital

Springwood 7 Huntley Grange Rd
Ph 4784 6500

Nepean Hospital

Penrith Derby St, Kingswood
Ph 4734 2000
Emergency 4734 2408

Westmead Hospital

Westmead Cnr Hawkesbury and Darcy Roads
Ph 9845 5555
Emergency 9845 6520

community health centres

These offer a variety of health services, including counselling and support for young people with mental health or drug and alcohol issues, family counselling, and early childhood health services.

Katoomba Community Health Centre

Katoomba 93 Waratah St
Ph 4782 2133

Springwood Community Health Centre

Springwood 288-292 Macquarie Rd
Ph 4751 0100

what the...?

Bulk billing If your doctor **bulk bills**, it means they charge Medicare directly for your appointment. You don't have to pay anything.

get healthy

special services for young people

If you don't feel like seeing your local doctor for whatever reason, the Mountains offers quite a few health services specially for young people.

FPNSW Penrith

Penrith 13 Reserve St
Ph 4749 0500
Family Planning healthline
1300 658 886
www.fpnsw.org.au

This is the place to go for anything to do with sex and relationships. Free reproductive and sexual health care for people age 12 and over, plus free condoms, STI testing, emergency contraception, pregnancy testing, breast check-ups, pap smears, advice and counselling.

Youth Drug and Alcohol Service

Penrith Nepean Hospital,
Derby St
Ph 4734 1333

This is the first number to call if you need help dealing with drug or alcohol addiction.

Headspace

Penrith 606 High Street
Ph 4720 8800
www.headspace.org.au
Mon - Fri 9am-5pm

If you're 12-25 and dealing with mental health issues, this service can help you get the support you need.

Dental Clinic

New appointments & emergencies
ph 1300 769 221 or 4734 2387

Dental services for anyone under 18.

STI (Sexually transmitted infection) Any disease that can be passed on by sexual contact.

what the...?

sexual health

Talking about sex might be a bit embarrassing, but it can be a big help in sorting out how you feel, what's right for you and what you feel ready for. You can get advice and practical help about creating a safe and happy sex life from your local **family planning clinic** or **sexual health clinic**. It's free, and usually private (though you should check first because different places have different rules).

FPNSW Penrith

Penrith 13 Reserve St
Ph 4749 0500
Family Planning healthline
1300 658 886
www.fpnsw.org.au

Free reproductive and sexual health care for people age 12-24. Free condoms, STI testing, emergency contraception, pregnancy testing, breast check-ups, pap smears, advice and counselling.

Blue Mountains Sexual Health Clinic

Katoomba Blue Mountains
District ANZAC Memorial Hospital, Cnr Woodlands Road and Great Western Highway
Ph 4784 6560

Testing and treatment for STIs.

Blue Mountains Women's Health and Resource Centre

Katoomba 124 Lurline Street
Ph 4782 5133
Mon-Fri 9:30-12.30 and 1.30-4:30
www.bmwhrc.org
bmwhrc@bmwhrc.org

A range of health services run by women for women. Services provided include free pap tests, breast checks, contraception, STD, pregnancy testing & more, young women's art space and drop in clinic, free library and computer access, information and referral, acupuncture, massage, counselling and extensive group program.

Adolescent Support Midwife, Clinical Nurse Consultant

Penrith FPNSW, 13 Reserve Street
Ph 4749 0500

If you're under 18 and pregnant, this service provides classes in parenting, referrals to psychologists and ultrasounds, and a choice of where to attend for prenatal care.

PLWHA (People Living with HIV/AIDS)

Katoomba 10 Station St (rear)
Ph 4782 2119
info@pinkmountains.com.au
Open Wed 12.30pm
www.positivelife.org.au

Not actually a medical service, but they help make life easier for people living with HIV and other STIs, by giving info and support.

get practical

get money

You can't do much without cash.

Centrelink

Ph 132 307

www.centrelink.gov.au

Katoomba: 33-35 Waratah St

Springwood: 107-109 Macquarie St

If you're not working, you can get different kinds of **income support** from Centrelink. These include Youth Allowance (under 22 years of age), Newstart (22-plus), and specific payments for people who are parents, carers, sick or disabled.

To find out if you're eligible, get a claim form from the Centrelink website, or go to your nearest office. There are factsheets which tell you how to claim payments from Centrelink. Download them from www.welfarerights.org.au/factsheets or phone **1800 226 028** for a copy.



get a lawyer

You might need legal help if you're in trouble with the law or if you're the victim of a crime. Either way, it's important to know your legal rights. The law is there to protect you, not just punish you, so check out the following info.

Legal Aid

Penrith 95 Henry St

Ph 4732 3077

Youth Hotline (Under 18s)

ph 1800 10 18 10

LawAccess ph 1300 888

529

www.legalaid.nsw.gov.au

Provides qualified lawyers to people who need legal help, but can't afford to pay full price. LawAccess NSW is a free helpline where you can get information, advice and referral to a lawyer.

Elizabeth Evatt Community Legal Centre

Katoomba 4 Station Street

Ph 1300 363 967, 4782 4155

www.eclc.org.au

Free legal services for anyone living in the Blue Mountains, Lithgow, Oberon and Bathurst. Open Mon-Fri 9.30am-4.30pm.

Children's Legal Service

Parramatta Ph 8688 3800

Parramatta: Level 1, 160 Madsen St

If you're under 18, this Legal Aid program can give you free legal advice and representation in Children's Court. It also provides legal advice to young people in all detention centres.

Police Youth Liaison Officer

Springwood Police Station

Ph 4751 0299

What to do if you get approached by the Police

To know what to do if you get approached by the police, head to www.legalaid.nsw.gov.au and search for "get street smart".

For information about what to do if you've been given a fine or Penalty Notice visit www.iclc.org.au

what the...?

Youth Justice Conference

A meeting held between a young person who has committed an offence, their family, the Police, and the people affected by the crime. This is a more supportive alternative to court.

Youth Liaison Officer –

A Police Officer specially trained to work with and support young people. They issue Warnings and Cautions, and can refer young people who have committed an offence to a Youth Justice Conference.

get practical

Get a room

Depending on the circumstances, there are three different ways you can find accommodation in the Blue Mountains: youth refuges, public housing, and private renting.

Crisis Accommodation

If you need a place to stay tonight, start here:

Link2Home

Ph 1800 152 152

Link2Home is the best number to try if you need a place to stay right now. They cover the whole of NSW but they know who to put you in touch with in the Blue Mountains. The service is available 24 hours a day but the best time to catch them is before 10pm at night. They can also help if you need help with your current living situation and want some direction on what to do and who to talk to.

The Right Door

Ph 1800 760 071

Youth Refuges

If you need to find a place to live urgently, you can contact a **youth refuge** – a house for young people who need a temporary place to stay. Most youth refuges are free, but there are pretty strict rules about what you can and can't do while you're living there. For safety reasons, you have to ring a refuge first to get a referral.

Platform Youth Services

Ph 4760 0800

www.platformys.org.au

If you've just become homeless or you're worried that you might have to leave home call Platform any time 24/7. They can help you access **Nepean Blue Mountains Young People's Homelessness and Housing Support Service**.

This is a bunch of different services all rolled into one which makes it easy to access the best support for you.

If you're between 15 and 25 and need to talk to someone about your housing needs, this is the place to call. Or you can drop in Mon-Thurs 9:30am-11:30am.

The Glue Factory

Katoomba 31 Waratah Street

Ph 4782 4436

www.thegluefactory.com.au

z z z.

The Grove Youth Outreach and Support Service

Kingswood 46 Bringelly Rd

Ph 4724 3022

Ph 4724 3032

Ph 4724 3033

chadwickf@missionaustralia.com.au

This service can provide referrals to refuges and other accommodation, and will even help you get to appointments. Once you've got a place, they provide ongoing support to help you avoid becoming homeless in future – with living skills, counselling and education opportunities.

Marist Youth Care

Blacktown 36-38 First Ave

Ph 9672 9288

referrals@maristyc.com.au

Short and medium term care for young people aged 15-24 who are homeless or at risk of becoming homeless.

YPOP - Richmond PRA

Penrith 1/80 Henry Street

Ph 9393 9354

'West Club' Drop-In Centre

252 High St, Penrith.

Ph 9393 9207

www.richmondpra.org.au

This is an accommodation support service and rehabilitation program for young people aged 16-25 who have been diagnosed with a mental illness. They also run a drop-in centre for people aged 18-30 with art groups, cooking classes and a pool table. You'll need a referral first, available through Headspace (see page 11).

Private Renting

Private renting is when you rent a house or room directly from the owner or through a real estate agent. To find out more about how it all works and your rights as a renter (or tenant), go to www.tenants.org.au.

Public Housing

Public housing is owned by the government, and is usually cheaper than renting from a private landlord. If you apply, you may be on a waiting list for a long time. For info on public housing, go to the Dept of Housing's website at www.housing.nsw.gov.au or phone **1300 468 746**.

The nearest offices to the Blue Mountains are:

Wentworth Community Housing, Katoomba Shop 2, 23-27 Cascade St.
Ph 4777 8000

Penrith Level 1, Suite 1002, 29-57 Station St. Ph 4721 6422

Outreach tenancy advice

If you're currently renting and having problems with your landlord, contact the **Blue Mountains Tenants' Advice and Advocacy Service** at the Elizabeth Evatt Community Legal Centre in Katoomba, **ph 4782 4155**. Tenants services available on Mon, Wed and sometimes on Thurs.

Can't afford it?

Rentstart is a government scheme to help you get started in the rental market. If you're over 18, an Australian resident, and have less than \$1000 in the bank, you may be eligible. The scheme helps you to get the bond money together, and in some cases will pay your rent for a week or two. Go to www.housingpathways.nsw.gov.au to download the application forms (search "rentstart") or call **1300 468 746** for more info.

get involved

Who says there's nothing to do round here?

Youth centres

Youth centres are places where anyone from age 12–18 can hang out with their friends.

Youth Centres have kitchens, pool tables, XBoxes and even music rooms where you can record a CD, all for free. They also run programs, which could be anything from jewellery making to sports competitions, bushwalks to gigs. The youth workers here are also good people to talk to if something is worrying you.

For contact details of your nearest youth centre, see the **Who Can I Speak To Locally?** section on **page 5**. You can get more info at www.myst.com.au. Here's a list of drop-in times, when you can show up and just hang out:

Katoomba Wed-Thu 3.00-6.00pm, Fri 3.00-8.00pm

Springwood Friday afternoons (free BBQ).

Mountains Youth Recreation Project

Katoomba Lv 2/ 31 Waratah St

Ph 0421 389 790

www.myst.com.au

Outdoor adventure and exploration program, working mainly with high schools, with camps, rock climbing, canoeing and leadership programs.

Fusion Blue Mountains

Springwood 160 Macquarie Rd

Ph 0423 320 555

bluemountains@fusion.org.au

A Christian support group for people age 12–18. They run day trips designed to help you build confidence, with gladiator sports and laser skirmish, and also run weekly Talk'n'Tucker meetings where you can share a meal and talk through issues from a Christian perspective.

Police Citizens Youth Clubs (PCYC)

Penrith 100 Station Street

Ph. 4732 1755

penrith@pcycnsw.org.au

Lithgow Hoskins Avenue

Ph. 02 6351 2510

lithgow@pcycnsw.org.au

PCYC clubs have great facilities and offer low-cost courses in Martial Arts such as Judo & Karate, as well as sports like boxing, gymnastics and archery. Also run leadership courses, and promote positive relationships between young people and the police.

skate parks & cycling

There are seven skate parks in the mountains. You can find them at:

Katoomba

Great Western Highway (near the train station)

North Katoomba

Melrose Park, Albion St, North Katoomba. A **beginner's** skate park for younger kids and families.

Blackheath

Neate Park, Great Western Highway

Glenbrook

Great Western Highway, at the corner of Hare Street.

Lawson

Bellevue Park Great Western Highway

Springwood

In the park near the Lower Blue Mountains Aquatic Centre.

Winmalee

Hawkesbury Rd, Winmalee

For more information on skate parks and a cycling map see the index at www.bmcc.nsw.gov.au/yourcommunity

cinemas

Katoomba

The Edge Cinema

Ph 4782 8900

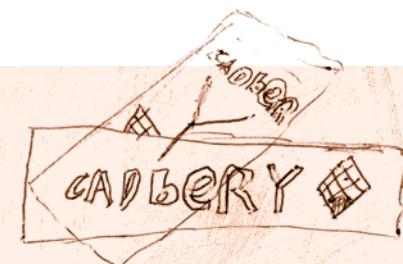
www.unitedcinemas.com.au

Glenbrook

Ph 4739 4433

or 4739 0003

www.glenbrookcinema.com.au



Mount Victoria (Mount Vic Flicks)

Ph 4787 1577

www.mountvicflicks.com.au

get involved

Get hired

Looking for work can be challenging. As well as checking the newspaper and job websites, you can ask the local employment agencies below to help you find work.

They offer services including job matching (helping you find a job that suits your skills and interests), coaching, counselling, resumé and letter writing, and free computer use to access job sites.

Campbell Page

Ph 1300 139 920
www.campbellpage.com.au
Katoomba 122 Bathurst Road
Ph 4780 7377
Penrith 3/570 High St
Ph 4723 7860

Jobfind

www.jobfindcentre.com.au
Katoomba 1/118 Bathurst Street
Ph 4780 8400
Penrith 535-537 High Street
Ph 4747 2300

Max Employment

www.maxsolutions.com.au
Springwood 148 Macquarie Road
Ph 4752 2200
Penrith 606 High Street
Ph 4747 7900

Get smart

Are you passionate about plumbing or aching to be an architect? Want to get skilled up in something useful, or need to get your school certificate? Then it might be time to get studying!

TAFE

Wentworth Falls Mitchell Street
Ph 131 870
www.tafensw.edu.au
www.wsi.tafensw.edu.au

Blue Mountains Youth College

Lawson 1 Yileena Ave
Ph 4759 1012

TAFE offers hundreds of courses, in everything from business to beauty therapy, community welfare to computer services, coffee making to chainsaw skills. You can even do your HSC.

If high school's not working for you, the youth college gives you a chance to get back into education in a more relaxed environment. The subjects you study are similar to school, but there are no exams, no pressure, and you get one-to-one help from a tutor when you need it.

Libraries

Libraries aren't just about books. You can borrow CDs and DVDs, check the latest magazines, and get on the internet, all for free. If you're doing your HSC or other study, you can access loads of premium websites for free using your library membership number.

For info on local libraries check out www.bmcc.nsw.gov.au/yourcommunity/library/

Universities

University of Western Sydney

Kingswood
Ph 1300 897 669
www.uws.edu.au

Just a train ride away, UWS offers a huge variety of courses. Fees vary depending on what you study, but you can apply for funding via a scholarship.

Charles Sturt University

Bathurst
Ph 1800 334 733
www.csu.edu.au

Study on campus or by distance, about 1.5 hours drive from the Upper Mountains.

get involved

Get creative

Need somewhere to express yourself? Whether it's art, music or writing that you love there are lots of ways to help you do your thing.

Music

The youth centres listed on page 4 have recording studios you can use for free.

Blue Mountains Choir
www.academysingers.com.au

Musical and choral training
for anyone aged 9–16.

Mountains Youth Band
www.bmcb.net.au

If you've had some musical training the Youth Band offers a chance to practise, perform and compete with other classical concert bands around the state.

Aerosol Art

Street Art Murals Australia (SAMA)
www.streetartmurals.com.au
info@streetartmurals.com.au
Ph 0450 454 409

A collective of young Blue Mountains aerosol artists led by staff at the Springwood and Katoomba youth centres. They work with local people to create legal works of art in public places.

Get your voice heard

There are times when you might need someone to speak out for you and your friends. You may not be old enough to vote, but your opinion can still be heard by people making decisions.

Blue Mountains City Council Youth Services Development Officers

Katoomba 2-6 Civic Place
Ph 4780 5680
Ph 4780 5545

Help to figure out what services young people in the Mountains need, and work with the community and Council to plan and develop them. They also co-ordinate and support the Blue Mountains Youth Council.

Blue Mountains Youth Council

www.bluemountainshaveoursay.com.au/youthcouncil

The Youth Council helps young people communicate with council and the community. If you're 12–24 years old and interested in getting involved, go to the website to get an application form.

Youth Action

Ph 8218 9800
info@youthaction.org.au
www.youthaction.org.au

Want to change the world? YAPA works with the NSW state government on all kinds of issues related to young people.

what the...?

Advocacy is when one person speaks on behalf of another person or group to try and get a better result for them.

mountains of help

Check it out online at
mountainsofhelp.org.au



Blue Mountains City Council Youth Services, ph 4780 5680 or 4780 5545.
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If you could have mountains of anything, what would it be?

