



Where to go for support – Illawarra Shoalhaven

When you or your loved one is diagnosed with a life limiting illness

Information and resources

Palliative Care Australia 6232 0700
Mon-Fri | palliativecare.org.au

Palliative Care NSW 8076 5600
Mon-Fri | palliativecare.nsw.gov.au

[Palliative Care NSW Service Guide](#)

[Palliative Caring Booklet](#)

Palliative Care Helpline 1800 022 222
24 hours

Paediatric Palliative Care
paediatricpalliativecare.org.au

My Aged Care 1800 200 422
myagedcare.gov.au

National Disability Insurance Scheme 1800 800 110
ndis.gov.au

Help for carers

Carer Gateway 1800 422 737
carergateway.gov.au

Young Carers Network | Under 25 Years
youngcarersnetwork.com.au

Carerhelp
carerhelp.com.au

Violet
violet.org.au

Help for Aboriginal Communities

Illawarra Aboriginal Medical Service 4229 9495
illawarraams.com.au

South Coast Medical Service Aboriginal Corporation
1800 215 099
southcoastams.org.au

Waminda 4421 7400
waminda.org.au

Help with your mental health & wellbeing

NSW Mental Health Line 1800 011 511
24 hours

Head to Health 1800 595 212
8.30am – 5.00pm, Mon-Fri

Lifeline 13 11 14
24 hours | lifeline.org.au
or Lifeline Crisis Text service 0477 13 11 14

Beyond Blue 1300 22 4636
24 hours | beyondblue.org.au

Help with grief and bereavement

Bereavement Counselling Service
0436 914 142
[Bereavement Counselling Service | Illawarra Shoalhaven Local Health District \(ISLHD\) \(nsw.gov.au\)](#)

Australian Centre for Grief and Bereavement
1800 999 880
9am-5pm, Mon-Fri | grief.org.au

Griefline 1300 845 745
8am-8pm, Mon-Fri | griefline.org.au
[How to support someone who is grieving-free ebook](#)

Help with supporting you

Community Specialist Palliative Care Service
1300 068 458
(referral via GP) | islhd.health.nsw.gov.au/services-clinics/palliative-care

End of Life Packages 1800 999 880
[End of Life packages – fact sheet](#)

National Advance Care Planning Support Service
1300 208 582
9am-5pm, Mon-Fri | advancecareplanning.org.au

End of Life Doula
endoflifedouladirectory.com.au

Social Prescribing 9477 8700
pccs.org.au/social-rx

Gather My Crew
gathermycrew.org.au

HELP App
healthyendoflifeprogram.org



Scan the code for information
on other services