

## Immediate Help

### Ambulance, Police, Fire

000  
For life threatening emergencies only

### Lifeline

13 11 14

### Suicide Call Back Service

1300 659 467

### 13 Yarn

13 92 76 - Available 24/7

### Beyondblue

1300 224 636 - Available 24/7

### Mensline

1300 789 978 - Available 24/7

### QLife – LGBTIQ

1800 184 527

### Kids Helpline

Aged 5–25  
1800 551 800 - Available 24/7

### Parent Line

1300 301 300  
8am – 10pm - 7 days a week

## Housing Support

### Maroochydore Housing Service Centre

12 First Avenue, Maroochydore  
Mon- Fri: 8:30am - 4:30pm  
Ph: 07 5352 7333

### Homeless Hotline

1800 474 753 - Available 24/7

### Coast2Bay Housing Group

42 Howard Street Nambour  
Mon - Tue/Thu - Fri: 9am - 4pm  
Wed: 1pm - 4pm  
Ph: 1300 796 716  
coast2bay.com.au

### Ask Izzy

List of homeless service providers  
Askizzy.org.au

## Domestic & Family Violence

### Sunny Kids

Cooroy & Noosa  
Ph. 544 777 47  
Mon - Fri: 8:30am - 4:30pm  
After Hours - 0451 055 875

### DV Connect

1800 811 811 - Available 24/7

### Centacare

21 Cornmeal Parade, Maroochydore  
Ph. (07) 5430 9300

### DVConnect Womensline

1800 811 811

### DVConnect Mensline

1800 600 636

### 1800 RESPECT

1800 737 732

### Sexual Assault Helpline

1800 010 120

## Food Relief & Welfare Assistance

### Salvos Connect

6 Bartlett Rd, Noosaville  
Ph: 07 3001 6288  
Salvos Assessment Line (SAL): 9am-5pm Mon-Fri for phone assessment  
Emergency Relief: 9am - 12pm, Tue & Thu (for Financial assistance call first)

### The Hub Noosa

#### (Noosa Food Outlet and Op Shop)

202 Eumundi Noosa Rd, Noosaville  
Tues - Fri: 9am - 2:30pm  
Sat: 9am - 12pm  
Ph: 0421 788 948  
Discounted & emergency food relief

### Youturn

12 Ernest St, Tewantin  
Ph: 5442 4277  
Emergency Relief: Mon & Fri  
By appointment only  
Light snacks & hot drinks

### St Vincent de Paul

4 Eenie Creek Rd, Noosaville  
Ph: 5459 5281 or 5459 5282  
Mon, Wed, Fri: 9:30am - 12pm  
olps4565@svdpqld.org.au

### Making Lives Matter

4 Venture Dr, Noosaville  
Ph: 07 5238 8181  
Mon - Fri: 9am - 4pm  
Sat - Sun: 10am - 3pm  
Emergency food & petrol vouchers

### Pomona & District Community House

Community pantry, free wifi and a place for a cuppa & chat.

### The Little Community Pantry

Located inside Noosa Civic Shopping Centre near Woolworths

## Alcohol & Drug Support

### Family Drug Support

1300 368 186 - Available 24/7

### QuilHN

59 Sixth Avenue, Cotton Tree  
Mon - Fri: 9am - 7pm  
Ph: 07 5443 9576  
Counselling, support groups, NSP, Treatment for Hepatitis C, Sexual Health and Naloxone.

### Alcohol Drug Information Service (ADIS)

1800 177 833 - Available 24/7

### WHOS Najara - Sunshine Coast

Nambour  
07 5476 0877  
Residential rehabilitation treatment

### Lives Lived Well

1300 727 957  
Free alcohol and other drug counselling services for individuals and families, including youth outreach (12-25 years)

### Alcoholics Anonymous Helpline

1300 222 222

## Health & Mental Health Wellbeing

### Lifeline

13 11 14

### 13 HEALTH

Ph: 13 43 25 84  
For general health information and referrals (24/7)

### Head to Health

(mental health advice and support)  
headtohealth.gov.au  
Ph: 1800 595 212.  
Mon- Fri: 8.30am - 5pm

### Waves of Kindness Care Centre

25 Production St Noosaville  
Wed: 12:30pm - 3:30pm  
Thu - Fri: 9:30am - 3:30pm  
Ph. 0499 091 352  
51 Maple St, Cooroy  
Tue: 10am - 3pm  
Welfare support, mental health and health advocacy

### headspace

(youth 12-25 years)  
Maroochydore  
Ph: 5409 4900  
Mon & Fri: 8:30am - 4:30pm  
Tue - Thu: 8am - 6pm  
Gympie  
Ph: 07 5482 1075  
Mon, Wed, Fri: 8:30am - 4:30pm  
Tue, Thu: 8:30am - 8pm

### Making Lives Matter

4 Venture Dr, Noosaville  
Ph: 07 5238 8181  
Mon - Fri: 9am - 4pm  
Sat - Sun: 10am - 3pm  
Mental health, welfare, and referrals

### Noosa Community Health Centre

14 - 16 Bottlebrush Avenue,  
Noosa Heads, QLD 4567  
Ph: 07 5449 5944  
Mon - Fri: 8am - 4:30pm  
Dentists, social support, physiotherapy, NSP, Maternal, child and family health ect

### Mental health access line

Ph: 1300 642 255  
Available 24/7

## Hot Showers & Laundry

### Youturn

12 Ernest St, Tewantin  
Mon - Fri: 9am-3pm  
Ph: 5442 4277  
Laundry, showers, kitchenette

### Pomona & District Community House

1 Memorial Ave, Pomona  
Tue - Fri: 10am - 3pm  
Ph: 07 5485 2427  
(showers only)

### Peregian Beach Community House

5-7 Rufous Street, Peregian Beach  
Mon - Fri: 9am - 1pm  
Ph: 07 5471 2311