



Helpful Resources in the NSW region

| HEALTH & WELLBEING SERVICES | | |
|---|--------------|--|
| Nutrition | | |
| Nutrition Australia | 6162 2583 | www.actnss.org |
| Counselling | | |
| BCNA Helpline | 1800 500 258 | www.bcna.org.au |
| Beyond Blue | 1300 224 636 | www.beyondblue.org.au |
| Cancer Council Helpline | 13 11 20 | |
| https://www.cancerCouncil.com.au/get-support/?utm_source=&utm_content=&utm_medium=cpc&gclid=Cj0KCQjwt_qgBhDFARIsABcDjOf1a-_mgXjFUNS--QEZtikJle1_DuOJH2vWx81vX2Bw5oMxCbxDAaAr22EALw_wcB&gclsrc=aw.ds | | |
| Free confidential telephone information and support service. Specially trained staff are available to answer questions about cancer and offer emotional or practical support | | |
| Lifeline | 131 114 | www.lifeline.org.au |
| Relationships Australia | 6122 7100 | enquiries@racr.relationships.org.au |