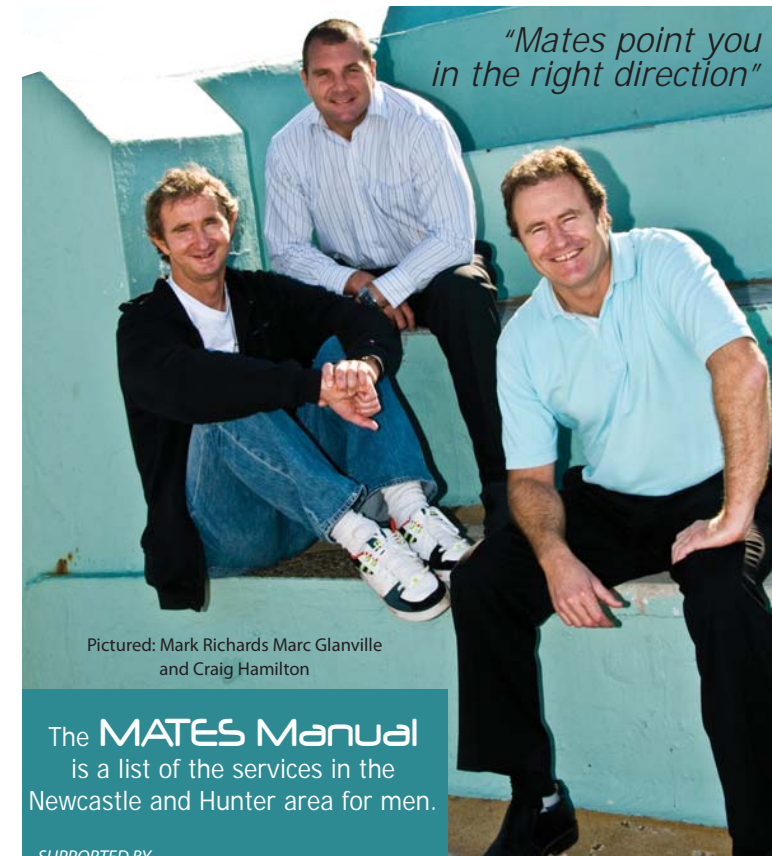




The **MATES Manual** was prepared by Lifeline Newcastle & Hunter with support from the following local businesses:


MATES


Men's Action Towards Engaging Support





 **Culturally / linguistically diverse (CALD)**
 Centrelink Multilingual Service 13 12 02
 Northern Settlement Services 4969 3399
 Multicultural Neighbourhood Ctr 4965 5291
 Telephone Interpreter Service 13 14 50
 Transcultural Mental Health Officer 1800 648 911

 **Indigenous mates**
 Black on Track 0424 441123
 Kirinari Aboriginal Hostel 4943 4362
 Awabakal Newcastle
 Aboriginal Co-op 4969 4711
 Muloobinba Aboriginal Family Support Service 4962 1809
 Wollutuka Education Centre 4921 6863
 Yamuloong 4943 6877

 **Older men**
 OM:NI – Older Men: New Ideas
 Toronto 4959 2300
 Charlestown 4967 6328
 Adamstown 4943 5316
 Nelson Bay 4982 7680
 Carelink 1800 052 222
 Home Care Referral 1300 881 144
 Uniting Care Ageing Hunter, Central Coast & New England Region 4943 6077

 **People with disabilities**
 Disability Advocacy Service - Hunter 4927 0111
 LeapFrog ability 4914 5999
 Life without Barriers 4929 1605

 **Younger men**
 Centacare Youth Outreach 4979 1307
 Newcastle Youth Service 4962 2188
 Youth Info Line 1800 171 800
 The Ark 4969 8066

 **Men's Sheds**
 Morisset 4973 1988
 Salamander Bay 4984 7718
 Windale 0414 213 001
 Edgeworth 4946 3299
 Swansea 4971 1824
 Singleton 6571 2499



AUSCOAL Super
 The industry super fund for Australia's coal community
"An opportunity to support miners and their families through life."
 CEO Bruce Watson



"KCE is proud to support local men through the launch of the MATES Manual."
 Peter Ward - Director



"Everyone needs a mate. The Greater is proud to sponsor Lifeline's MATES initiative to support men in our local community."
 CEO Don Magin



"Hunter Land is proud to support the MATES Manual - a valuable resource for Hunter men"
 Hilton Grugeon - Chairman



"Hunter Water Corporation is a proud partner of Lifeline's MATES Manual and we're looking forward to helping change the way men think about, discuss and treat their own health issues."
 Andrew Sargent - OHS manager



"MATES, everyone needs them"
 Rob Dwyer - RPS HSO Director



"Knight Frank Newcastle is delighted to support Lifeline Newcastle & Hunter and their ongoing work in the local community."
 Guy Littler Director



100% committed to workers, their families and the communities we serve.
"We are proud to sponsor and support this worthwhile initiative by Lifeline Newcastle & Hunter. MATES is an invaluable service that helps many men overcome challenges in these tough times."
 CEO Mark Genovese



Inclusion in the **MATES Manual** does not imply endorsement by Lifeline.
 FEEDBACK/UPDATES
 Please give us your comments on the **MATES Manual** and suggestions for corrections and additions.
 Contact Julienne Constable at Lifeline Newcastle & Hunter
 Ph: 02 4940 2007 julienne@lifelinehunter.org.au Fax: 02 4940 2010
 PO Box 275 Mayfield NSW 2304

First things first



Getting a feed

Salvation Army	
Social and Community Services	4929 2300
Samaritans Emergency Relief	4960 7100
St Vincent de Paul	4961 6885



A place to stay

Newcastle Adult Accommodation Support Service (NAASS)	4908 6710
Newcastle City Mission	4961 1661
The Anchor	4961 6129
Youth Emergency Accommodation	1800 424830



Mates in an emergency

Lifeline Telephone Counselling	13 11 14
Lifeline Newcastle & Hunter	
Personal & Financial Counselling	4940 2000
ACON	4927 6808
Men's Line	1300 789978
Credit Line	1800 808488
Kids Help Line	1800 551800
Mission Australia	4961 0806
	1300 886 999
Salvo Care Line	1300 363622
Crisis line	9331 2000
Vietnam Veterans Counselling Service	4925 2351



Looking after yourself

Hunter Men's Support Group for men sexually abused as children	4924 6333
Men's Health Service	
provides men's health & wellbeing programs	0417 772390
ASCA – Advocates for survivors of Child Abuse	1300 657380
Cancer helpline	1800 422760
	13 11 20
Centacare Psychological and Counselling Service	4979 1172
Gay Counselling Line	1800 184527
Make Today Count	
– for people with life threatening illness	4943 8462
Support after Suicide	4940 2000
Mater Prostate Cancer Awareness group	4928 1340
H.O.P.E. Helping Other Parent Exist	0413 577507
Survivors of Suicide Support Group	0419 993195



Stronger families, Better relationships

Dads in Distress Newcastle	0435 149381
Community Adolescent Team	4969 2477
Home-Start National: Dad's program	4952 9988
Maitland men's group	4932 0950
Al-anon/ALATEEN	4969 3889
Family Services Australia	1300 365859
Interrelate	4957 8888
Maitland Family Support Centre	4933 8200
Newcastle Family Support Centre	4926 3577
Parent Line	13 20 55
Parents at Risk of Shaking their Baby	4940 1500
Relationships Australia NSW	4969 3977
	1300 364277
Unifam Counselling & Mediation	4925 6000
Young Parents Network	4991 0588



Getting training and work

Apprenticeships and Traineeships	13 28 11
Centrelink	13 28 50
TAFE course hotline	13 12 25
University of Newcastle	4921 5000
WEA course helpline	4925 4200

Centrelink can provide details of employment agencies.

Getting on track



Legal business

Child Support Agency	13 12 72
CRC – Community Restorative Centre	4961 4626
	4965 4584
DoCs helpline – for child protection	13 21 11
Family Court Mediation Service	4926 1255
Family Law Hotline	1800 050 321
Hunter Community Legal Centre	4926 3329
Law Access	1300 888 529
Legal Aid	4929 5482
Legal Aid helpline for under 18s	1800 101 810



Managing habits

Bridge house	4961 1257
The Ark	4969 8066
The Hub: youth services	1800 171800
AA – Alcoholics Anonymous	4962 3844
Alcohol & Drug Information Service	1800 422599
Community Drug & Alcohol Counselling Service	4925 7800
GA-Line	1800 633 635
NA – Narcotics Anonymous	4969 6767
Quitline	13 18 48



Mental Health

ARAFMI	4929 5894
Lifeline's Just Ask	
- mental health enquiries	1300 131 114
Kaiyu Enterprises (Clubhouse)	4965 8454
Psychiatric Rehabilitation Association – PRA	4929 3888



Giving something back

Australian Red Cross	4926 3877
Hunter Volunteer Centre	4969 4577
Lifeline Depot	4940 0114
Meals on Wheels	4929 4731
SES	1800 201000

