

Name	Contact	Address	Hours	Notes
Brookvale Community Health Centre/ Child and Youth Mental Health Service	9388 5150	612-624 Pittwater Road, Brookvale (directly across from Warringah Mall)	9am-5pm	If your child is of moderate to high risk of harm to self or serious mental health concerns evident.
Domestic Violence Line	1800 65 64 63		24 hours	
Sexual Assault Helpline	1800 200 526		24 hours	
Family Referral Services	1800 066 757			Free service. Links to other services: DV, financial assistance, family mediation, youth support.
Butterfly Foundation	9412 4499			Support for students with eating disorders.
Mental Health Carers Australia	1300 554 660			Free service. Provides support and advocacy for families and friends of people living with a mental illness or disorder.
Headspace Brookvale	9937 6500		9am-530pm	
Relationships Australia	1300 364 277	Dee Why	9am-5pm	
Sydney Drug Education & Counselling Centre (SDECC)	9977 0711	91 Pittwater Rd, Manly	9am-5pm	
Avalon Youth Hub	0487 936 875	59 Old Barrenjoey Road, Avalon Recreation Centre		www.avalonyouthhub.org.au Drop in: Monday 12-5 pm, Wednesday 3-5 pm, and Thursday 3-5 pm.