



Finding it difficult to cope but don't know where to turn?

Call the **South Eastern and Northern Sydney Family Referral Service** on **1800 066 757**.



- We can help you find useful services in your local area
- You can speak to us by telephone, you can visit our offices, we can meet you in your home or somewhere convenient for you
- We link young people, children and families to culturally sensitive services wherever possible
- We provide free interpreters

Your link to support
Tel: 1800 066 757

Email: sensfamilyreferral@barnardos.org.au

Web: www.barnardos.org.au

Hours: 8am-6pm Monday to Friday (excluding public holidays)

We can link you with services to help with:

- Domestic violence
- Migrant and settlement
- Financial assistance
- Counselling and mediation
- Child and parenting programs
- Youth support
- Housing and accommodation
- Mental health support and any other services you may need

