

## Cairns Support Services and 24 hour Help Lines

Provided for families who may require emergent access to Cairns based support services during the coming months

### Personal Support:

<b>Providers Name:</b>	<b>Contact Details:</b>
Anglicare Food Bank - <i>Centrelink Concession Card required for free bread, cakes and purchases from low cost shop.</i> - <i>FREE 2 course meals every Wednesday from 5pm. No concession card required for Wednesday meals.</i>	Address: St John's Church Hall, Cnr Lake and Minnie Street, Cairns. Open: 10am to 4pm, Monday to Friday
Anglicare - Youth Support Program	Phone: 4080 5800
Cairns Hospital	Phone: 4226 0000
Family and Child Connect – <i>connecting families to services</i>	Website: <a href="http://familychildconnect.org.au/">http://familychildconnect.org.au/</a> Phone: 13 32 64
ICAN - Financial Counselling	Phone: 1300 369 878
Lives Lived Well - Cairns Alcohol & Other Drugs Support Centre	Phone: 4220 9881
Queensland Health Mental Health Emergency- Acute Care Team	Phone: 1300 642 255
RAATSIC Family Support Information - Cape and Torres	Phone: 1300 663 411
Standby - Support after Suicide, FNQ	Phone: 0407 490 005
Women's Centre FNQ	Phone: 4051 9366 Email: <a href="mailto:wirc@wirc.org.au">wirc@wirc.org.au</a>
Wuchopperen Health Service - Indigenous Health	Address: 6 Moignard Street, Manoora Phone: 4080 1000
YETI - Youth Support and Information	Phone: 4051 4927
Youthlink - Youth Support and Information	Phone: 4031 6179

### Tenancy Support and Advice:

<b>Providers Name:</b>	<b>Contact Details:</b>
Anglicare Homestay - Support for at risk tenancies	Phone: 0417 639 103
Cairns Homeless Services Hub	Address: 149 Bunda Street, Cairns Phone: 4046 8050
Ozcare Homestay - Support for at risk tenancies	Phone: 1800 692 273
QSTARS - Advice and referral service for all renters	Phone: 1300 744 263
Quigley Street Night Shelter	Address: 6-8 Quigley Street, Cairns Phone: 4046 8092
Ruth's Women's Shelter Cairns Ruth's Hub	Address: Shop 108 Raintrees Shopping Centre Phone: 4281 6899 Email: <a href="mailto:rwcairns@bigpond.net.au">rwcairns@bigpond.net.au</a> Email: <a href="mailto:lauren@ruthswomensshelter.com.au">lauren@ruthswomensshelter.com.au</a>
Salvation Army Centennial Lodge	Address: 281-289 Sheridan Street, Cairns Phone: 4031 4432

### Phone Advice:

13 HEALTH (Confidential Health Advice 24/7)	Phone: 13 43 25
Beyond Blue – <i>online chats, support groups, information, referral search.</i>	Website: <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a> Phone: 1300 224 636
Domestic Violence Hotline (DV Connect)	Phone: 1800 811 811
Gambling Helpline	Phone: 1800 858 858
Kid's Help Line – <i>phone counselling, online wellbeing activities.</i>	Website: <a href="https://kidshelpline.com.au/kids">https://kidshelpline.com.au/kids</a> Phone: 1800 551 800
Lifeline Telephone Counselling	Phone: 13 11 14
Mensline Australia	Phone: 1300 789 978
Mensline DV Connect Queensland	Phone: 1800 600 636
Parent Line	Phone: 1300 301 300
Relationships Australia Support and Information	Phone: 1300 364 277