

USEFUL NUMBERS

EMERGENCY NUMBERS

POLICE/FIRE/AMBULANCE000
 TTY (24 hour) 106
 Police link (non-urgent property crime)..... 13 14 44
 Police stations, police beats and shop front services
 are available in most suburbs.
 Townsville District Office Mundingburra 4726 8666
 Poisons Information Centre (24 hrs)..... 13 11 26

COUNSELLING

Alcohol, Tobacco & Drugs Service (24 hrs).....
1800 177 833
 Cancer Helpline 13 11 20
 Centacare 1300 672 273
 Lifeline (24 hrs) 13 11 14
 MensLine Australia (24 hrs) 1300 789 978
 NQ Domestic Violence Resource Service... 4721 2888
 Parentline..... 1300 301 300
 Pregnancy Counselling Link 3512 7999
 Red Nose (prev. SIDS & Kids) 1300 308 307

 Relationships Australia - victims..... 1300 364 277
 Sexual Assault Helpline 1800 010 120
 Suicide Call Back Service..... 1300 659 467
 Womens Centre 4775 7555

EDUCATION / LITERACY

James Cook University 4781 4111
 Reading Writing Hotline 1300 655 506
 TAFE Qld North 1300 656 959
 Townsville Flexible Learning Centre.....4724 9600
 Townsville Library Service Aitkenvale 4727 8310
 City..... 4727 9666
 Thuringowa.....4773 8811

EMERGENCY RELIEF ASSISTANCE

North Townsville Community Hub 4751 6511
 Salvos Connect 1300 371 288
 Salvation Army Aitkenvale 4755 0722
 Condon 4723 5607
 St Vincent De Paul Assistance 1800 846 643

HEALTH SERVICES

Australian Hearing Townsville 4771 9100
 Child, Youth & Family Health Services..... 4433 9000
 Child & Youth Mental Health Services..... 4433 9004
 Health Hotline - 13 HEALTH (24 hr health info & advice
 provided by a registered nurse) 13 43 25 84
 Immunisation (Child Health) 4433 9000
 Medicines Line 1300 633 424
 Oral Health Service..... 4433 9900
 Select ability (mental health & wellbeing) 4724 6800
 Sexual Health Services..... 4433 9600
 Townsville Aboriginal & Islander Health 4759 4000
 Townsville Community Health Services..... 4433 9500
 Townsville Hospital 4433 1111
 True (Reproduction & sexual health (Cairns)4031 2232
 Women's Health Qld Wide Inc..... 1800 017 676

HOUSING / ACCOMMODATION

Accommodation Support & Respite Services.....
 4796 6900
 Coast to Country 4772 5530
 FEAT (Family Emergency Accom) 4772 1450
 or 4772 2686 or 4724 1995
 Iris Clay Hostel3151 8720
 Qstars (Qld Statewide Tenant Advice & Referral
 Service)..... 1300 744 263
 Red Cross Homelessness Services Hub.... 4795 2980
 Share house Youth Program.....4771 5346
 Townsville Housing Service Centre (Dept Housing &
 Public Works) 4724 8500
 Yumba Meta Housing Association Ltd..... 4723 5611

SHELTERS

Althea Projects (prev Wee Care) 4779 3332
 Iona House..... 4773 6202
 Oz care 1800 692 273
 Townsville Aboriginal & Islander Youth Shelter.....
 4724 3396
 Women's Shelter (Women's Centre) 4775 7555

LEGAL SERVICES

Indigenous Legal Hotline 1300 650 143
 Legal Aid Qld (Townsville) 1300 651 188
 NQ Women's Legal Service Inc..... 4772 5400
 Seniors Legal & Support Service..... 4721 5511
 Townsville Community Legal Service 4721 5511
 Youth Legal Aid (Legal Aid Qld) 1300 651 188

MULTICULTURAL SERVICES

ESL Class (CIC)..... 4771 4230
 Diversicare Advisory Service 4723 1470
 Townsville Intercultural Centre 4772 4800
 Townsville Multicultural Support Group 4775 1588

PARENTING & FAMILY SUPPORT

Baby Capsule Hire (Kid safe Qld)3854 1829
 Centacare 4772 9000
 Child Safety & Disability Services (Dept of
 Communities)
 Aitkenvale 4799 5201
 Thuringowa 4760 9659
 Townsville 4799 7900
 Dept Human Services Families & Parents.13 61 50
 Child Support..... 13 12 72
 Medicare 13 20 11
 Family Relationship Centre (Centacare) 1300 672 273
 My Child (Dept of Education & Training) 13 36 84
 Playgroup Association Qld.....1800 171 882
 Relationships Australia 1300 364 277
 Save the Children Australia 4773 0400
 Uniting Care Community Qld..... 1300 096 203
 Young Parent Programs (QYS) 4771 4349

SUPPORTED BY



Contact the Community Information Centre on 4727 9730 for other services not included here.

The Centre's publications include the *Community Resource Directory*, *Recreation Directory*,
Halls & Venues Guide, *Arts e-bulletin* and *Information for New Residents*.

www.townsville.qld.gov.au/townsville/infocentre

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