

MENS SUPPORT NETWORK presents

TAMWORTH MASTER SUPPORT SERVICES DIRECTORY

2026

Expanded Community + Regional + NSW Referral Edition

Crisis & Emergency Support

Service	Description	Contact
000 Emergency	Police, Fire, Ambulance	000
Lifeline	24/7 crisis support	13 11 14
MensLine Australia	Counselling & support for men	1300 789 978
13YARN	Indigenous crisis support	13 92 76
NSW Mental Health Line	Mental health triage	1800 011 511
Suicide Call Back Service	Phone & online counselling	1300 659 467
Beyond Blue	Mental health support	1300 22 4636
Kids Helpline	Youth counselling	1800 55 1800

Mental Health & Wellbeing

Service	Description	Contact
headspace Tamworth	Youth mental health services	(02) 6762 9290
Flourish Australia	Psychosocial recovery support	Referral
One Door Mental Health	Carer and family support	Referral
Neami National	Mental health recovery	Referral
Tamworth Community Health	Community health & wellbeing	(02) 6767 7700
HealthWISE	Counselling & Aboriginal wellbeing	Local

Housing & Homelessness

Service	Description	Contact
Link2Home	Housing crisis support	1800 152 152
DCJ Housing NSW	Public housing assistance	13 11 72
Mission Australia	Housing & homelessness support	Regional
Salvation Army Tamworth	Emergency relief & support	Local
St Vincent de Paul	Housing & financial assistance	Local
SORA Community Services	Homelessness & DV support	Local

Drug & Alcohol

Service	Description	Contact
ADIS NSW	24/7 alcohol & drug support	1800 250 015

SMART Recovery	Peer addiction recovery	Online/Local
Alcoholics Anonymous	Alcohol recovery groups	AA Australia
Narcotics Anonymous	Drug recovery groups	NA Australia
Rosalie House	Residential rehabilitation	Tamworth

Domestic & Family Violence

Service	Description	Contact
1800RESPECT	DV counselling & support	1800 737 732
Relationships Australia NSW	Men's behaviour change	1300 364 277
Legal Aid NSW	DV legal support	1300 888 529
SORA DV Services	Local DV support	Local

Aboriginal & Torres Strait Islander Services

Service	Description	Contact
13YARN	Indigenous crisis support	13 92 76
Aboriginal Legal Service NSW/ACT	Legal assistance	1800 765 767
Aboriginal Hostels Ltd	Accommodation support	Regional
HealthWISE	Aboriginal wellbeing support	Local

Veterans & Defence

Service	Description	Contact
Open Arms	Veteran counselling	1800 011 046
DVA	Veterans affairs support	1800 838 372
RSL Tamworth	Veteran community support	Local

Disability & NDIS

Service	Description	Contact
NDIS	Disability funding & support	1800 800 110
Northcott	Disability support services	Regional
Sunnyfield	NDIS & disability support	Tamworth
Life Without Barriers	Disability & youth support	Regional

Employment & Education

Service	Description	Contact
Workforce Australia	Employment services	13 62 68
Joblink Plus	Regional employment support	Local
TAFE NSW Tamworth	Training & education	1300 823 872

Health Services

Service	Description	Contact
Tamworth Community Health	Allied health & community care	(02) 6767 7700
GP Access After Hours	After-hours medical support	1300 130 147
Hunter New England Health	Regional health services	Regional