

Refugee and Multicultural Liaison Officer: 6776 1205 Armidale Hospital
Provides support to families from culturally and linguistically diverse backgrounds in navigating the health system.

Northern Settlement Services: 6771 3973, 0431 464 540 141 Faulkner St Armidale
nssarm@nssservices.com.au www.nssservices.com.au

Service provides casework, information and referral services to new arrival humanitarian entrants, eligible migrants and their families. Funded by Dept Social Services.

UNE International Services: 6773 3192
Advice for international students and their families.



HCPA's coordinator explains the Armidale Families Guide to a newly-arrived family.

English Classes:

English Language Centre: 6773 3151

TAFE English Classes: 6773 7700

Anglican Cathedral: 6772 2269 or 6772 2324

Uniting Church: 6772 3233

Community Church: 6771 4162

Armidale International Association: Wayne Zikan 6771 5076

To enhance the experience of international students while they are in Armidale, organising tours and other events to introduce students to our region.

Overseas Women's Support Group at the Women's Shelter: 6772 5911 Meets on Tuesdays.

Overseas Student Ministry

St Peter's Anglican Cathedral:

Rev. Polly Wong on 6772 2269 or 6772 2524

Translator & Interpreter Service: 13 1450

Aboriginal Family Services:

Aboriginal Mums and Bubs Nurses: 6776 9807

New England Medicare Local: 6771 1146

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| Emergency (Police, Fire & Ambulance) | 24 Hours | 000 |
| Health Direct After Hours GP Helpline | After Hours service | 1800 022 222 |
| Poisons Information Centre | 24 Hours | 13 11 26 |
| Armidale Rural Referral Hospital | 24 Hours | 6776 9500 |
| Medicare Local (213 Rusden St) | 9-5 Mon-Fri | 6771 1146 |
| Lifeline | 24 Hours | 13 1114 |
| Armidale Mental Health | 24 hours | 1800 011 511 |
| Grow Mental Health self-help groups | | 1800 558 268 |
| Early Childhood Helpline | 9-5 Mon - Fri | 1300 656 865 |
| Parent Line (0 - 18 years) | 9-4.30 Mon - Sat | 13 20 55 |
| Tresillian Parents Help Line | 24 Hours | 1800 637 357 |
| Karitane Careline | 7 days | 1300 227 464 |
| Kidsnet advice on sick kids | After Hours service | 9845 2432 |
| Compassionate Friends (bereavement) | 10.30-3 Mon - Fri | 1800 671 621 |
| Family Planning Australia Helpline | 9-5 Mon - Fri | 1300 658 886 |
| Pregnancy, Birth & Baby Hotline | 24 hours | 1800 882 436 |
| Midwives Clinic/Maternity (Armidale) | 24 hours | 6776 9642 |
| Armidale & District Women's Shelter | 24 Hours | 6772 5352 |
| Dads in Distress | 24 hours | 1300 853 437 |
| Domestic Violence Line | 24 Hours | 1800 656 463 |
| Victims Support Line | 24 Hours | 1800 633 063 |

www.facebook.com/groups/buyswapsell

www.newenglandnsdirectory.com



"Children are made readers on the laps of their parents."
Emilie Buchwald

There is only one pretty child in the world, and every mother has it."
Chinese Proverb