

# SCOPE

## A YWCA YOUTH SERVICE

This z-card contains information about services available in the ACT and surrounding areas that are friendly, easy to access and are specifically designed to help you with any questions or enquiries you may have. They welcome your call. Most of these services are free or low cost.



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### Youth Services at the YWCA of Canberra

**SCOPE** Life skills workshops, community development and face to face case management. 6257 1640

**Lanyon Youth and Community Centre** Youth and Family Support. 6294 4633

**Supporting Families with Adolescents** Mediation, counselling and support. 6258 5933

All services are free and confidential.

### Websites

**Youth Services Directory**  
[www.makingcontact.net.au](http://www.makingcontact.net.au)

**Youth in the City**  
[www.youthinthecity.org](http://www.youthinthecity.org)

**Youth and Community Info**  
[www.youth.act.gov.au](http://www.youth.act.gov.au)

**Legal Aid information**  
[www.legalaid.canberra.net.au](http://www.legalaid.canberra.net.au)

### Useful 24-hour Numbers

**Police/Fire/Ambulance** 000

**Poisons Information** 131 126

**Life Line** 131 114

**Legal Aid - Advice Line** info, assistance, 1300 654 314 or Switch 6243 3471 or 019440084, urgent after hours enquiries.

**Community Health Alcohol and Drug Service**  
6205 4545

**Rape Crisis Centre**  
Counselling and Support  
6247 2525

**Health First**  
Health Info. For health questions, symptoms, advice etc. 6207 7777

**Calvary Hospital**  
6201 6111

**Canberra Hospital**  
6244 2222

**Domestic Violence Crisis Service**  
6280 0900

**Mental Health Crisis Team**  
1800 629 354

### Mental Health

These services provide information relating to mental health issues, outreach and counselling.

**Child and Adolescent Mental Health Service Intake Line**  
Counselling and Assessment (prefer referral from other service, with moderate to severe mental health problems). 6205 1971

**Mental Health Foundation ACT**  
Info, outreach, drop in centre and respite, referral and supported accommodation, Phillip. 6282 6658

**Bungee** Recreational and creative programs. Assessments and referrals. Belconnen. 6253 1166

**Youth and Wellbeing.**  
Outreach, advocacy and info. 6295 4334

**Richmond Fellowship**  
Residential care and family support, Pialligo. 6248 6118

**SAILS Centacare** Outreach, support, advocacy, life skills and stress management, Watson. 6163 7600

### The Law

Provide assistance and information on a range of legal matters, such as employment, housing, fines and legal rights and responsibilities of young people.

**ACT Human Rights Office**  
Information and assistance with issues of discrimination. 6207 0576

**The Youth Law Centre**  
Free legal and referral service for young people, open 1.00-5.00pm Civic. 6262 7077

**Public Advocates Office**  
Court support for young people, Civic. 6207 0707

**Legal Aid advice line**  
Legal advice, info and assistance. 1300 654 314

**Legal Aid Office**  
Legal advice, info, assistance and representation, Civic. 6243 3471

**After Hours Legal Assistance**  
Legal advice, information and assistance. 0429 440 084



## Health Services and Well-being

Looking out for your physical, mental and social health needs.

**Junction Youth Health Services**  
Free health service for young people, Civic. 6247 5567

**Sexual Health and Family Planning ACT**  
Sexual health and well-being, Civic. 6247 3077

**Health First**  
Health info. 6207 7777

**Canberra Sexual Health Centre**  
Sexual health and well-being, Woden. 6244 2184

**Queanbeyan Sexual Health Service** Sexual health and well-being. 6298 9233

**ACT Community Care (Youth Program)** Range of medical practices. 6205 2000

**Hepatitis C Council**  
Provides info and support on Hep C, Civic, 6253 9999 or 6257 2911

**Winnunga Nimmityjah Aboriginal Health Service**  
Holistic care for Aboriginal and Torres Strait Islander people, Narrabundah. 6284 6222

**AIDS Action Council**  
HIV/AIDS ed, treatment, treatment advice and vitamin service for HIV clients, counselling and secondary, needle and syringe program. 6257 2855

**THROB** Gay and same sex attracted men's info and support phone line 6pm-10pm. 6247 2726

**WISH** Gay and same sex attracted women's information phone line. 6257 4915

**AFP Gay and Lesbian Liaison Officers (GLLO's)**  
GLLO's have been trained to deal with Gay, Lesbian, Bisexual, Transgender and Intersex issues with sensitivity. 6256 7777

**Free Stuff**  
Provides crisis assistance and emergency relief through food vouchers, furniture, clothing, financial assistance and counselling.

**Barnardos**  
(Downer) 6241 5466

**Salvation Army**  
(Dickson) 6247 3635

**Smith Family**  
(Phillip) 6285 4000

**St. John's Care**  
(Reid) 6248 7771

**St. Vincent De Paul**  
(Outreach) 6282 2722

**Got a Place?**  
These services provide info and assistance on housing, renting and government housing for all ACT residents.

**ACT housing helpline**  
6207 1500.

**ACT Shelter** Info on housing issues, Civic. 6247 3727

**Tenant Advice Service**  
Advice and info on tenancy and housing issues. 6247 2011

## Youth Centres

For 12-25 year olds, a place to hang out and have a chat, free resources, free food, free pool, most have free access to Internet.

**Belconnen U-Turn**  
6264 0260

**Gugan Gulwan**  
(Wanniassa- Indigenous youth centre) 6231 9555

**Gungahlin** 6123 4411

**Lanyon** 6294 4633

**Queanbeyan** 6297 2921

**Tuggeranong** 6293 2146

**Woden** 6282 3037

**Youth in the City** 6232 2444

**Cooma** 6452 5914

## Work Stuff

**Centrelink**  
**Youth Allowance & Austudy Payments**  
132 490

**Appointments**  
131 021

**Abstudy**  
132 317

**Job Placement**  
**Employment Training**  
**Centacare**  
6163 7600

**Multicultural Service Officer**  
6219 3233

## A Safe Place to Stay

Provides 24-hour crisis accommodation and support for young people.

**Canberra Emergency Accommodation Service**  
(CEAS at Lifeline) 6257 2333

**Belconnen Youth Service**  
(12-17yrs) short term and crisis accommodation, and also for independent medium term. 6231 2221

**Canberra Youth Refuge**  
(16-19yrs in Downer) 6247 0330

**Lasa Youth Centre**  
(12-18yrs in Waramanga) 6288 6248

**Lowana Young Women's Service**  
(13-18yrs female only) 6231 3297

**Queanbeyan Youth Refuge**  
(15-18yrs) 6232 9717

**Money Matters**  
Having Trouble looking after your cash? Use these services.

**CARE Financial Services**  
Credit, budgeting, financial advice line, debt counselling and consumer law. 6257 1788

**Gambling Care**  
Financial and gambling counselling. 6247 0655

**Salvation Army Moneycare Counselling Service**  
Budgeting, debt recovery and bankruptcy advice. 6247 3635

## Alcohol and Drug Services

These services provide information on alcohol and drug-related issues, support, counselling, needle and syringe programs.

**Alcohol and Drug Program ACT Health Support**, info and links to other services. 6207 9977

**Alcohol and Drug Service Queanbeyan**. Info, counselling, support, needle and syringe program. 6299 1725, intake line 1800 809 423

**Directions ACT** Counselling, support, info, needle and syringe program. 6122 8000

**Ted Noffs Foundation**  
Residential drug withdrawal unit for 14-18yrs. 6123 2400

**Women's Information Resources and Education on Drugs and Dependency (WIRED)** Info, resources, counselling and outreach. 6248 8600

**Alateen**  
Support for young people that have a family member or loved one with problem with alcohol. 6249 8866

## Support Services

These services provide information, advice, support, and links to other services.

**YWCA Youth Services**  
(See YWCA Youth Services Section)

**SCOPE** 6257 1640  
**Lanyon Youth Centre**  
6294 4633

**CYCLOPS ACT**  
(Connecting Young Carers to Life Opportunities and Personalised Support) 6232 2432

**SAMSSA** (Service Assisting Male Survivors of Sexual Assault) 6262 7377

**MensLink** (Advocacy, support, life coaching, mentoring, sport and bike repair workshops for males 12-25yrs) 6239 4699

**RecLINK** (Recreation and leisure activities for young people) 6247 0206

**Reconnect** (Opportunities, choices and support for young people and families) 6163 7600

**Migrant Resource Centre** (Ed, welfare, job skills)  
Also refer to all youth centres in the ACT and surrounding area. 6248 8577

**Multicultural Youth Services**  
6247 1794

