

Health Services

Youth Beyond Blue

Are you feeling sad, down or anxious? And are these feelings starting to affect what you would normally enjoy or do? If yes, it's important to find out why and what you can do; www.youthbeyondblue.com

Hunter New England Health

Information about local pre-natal education, young parenting support, sexual assault and speech pathology can be found at www.hnehealth.nsw.gov.au

Counselling Services

A variety of counselling services for young people in the Upper Hunter can be found at www.uhcs.org.au



This service is proudly provided to you by:
Upper Hunter Community Services Inc.
QEII Community Centre • Cnr Bridge & Market St • Muswellbrook
Phone 02 6542 3555 • www.uhcs.org.au

Hotlines

1800 RESPECT	1800 RESPECT
Alcohol & Drug Information Service	1800 422 599
Beyond Blue (anxiety and depression)	1300 224 636
Domestic Violence Hotline	1800 656 463
eheadspace	www.eheadspace.org.au
headspace Maitland	02 4931 1000
Link 2 Home (homelessness enquiries)	1800 152 152
Kids Helpline	1800 551 800
Legal Aid Youth Hotline (under 18)	1800 101 810
Lifeline	13 11 14
Pregnancy Help Australia	1300 139 313
Rape Crisis Centre	1800 424 017
Sexual Assault, Domestic & Family Violence	1800 737 732
Sexual Health Info Line	1800 451 624
Suicide Call Back Service	1300 659 467
Police	000



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Youth Services for the Upper Hunter

An incorporated association auspicing community projects
throughout the Upper Hunter.



UPPER HUNTER
COMMUNITY SERVICES Inc.



Youth Directory

This brochure has been designed to allow you to spend less time searching and more time talking to someone who can help you. Check out the hotlines on the back.

Find all your youth information contact details here and online www.uhcs.org.au/youthservices



Youth Centres and Services

Upper Hunter Shire Council Youth Services

upperhunter.nsw.gov.au/our-services/youth-services.aspx

Merriwa	0447 610 915
Murrurundi	0438 437 082
Scone	0417 287 540
UH Youth Council	www.upperhunteryouthcouncil.com.au

Muswellbrook Shire

Muswellbrook PCYC	02 6541 1434
Upper Hunter Youth Services Inc	02 6543 4841

Singleton Shire

Singleton PCYC	02 6572 1653
Singleton Youth Venue	02 6571 4687

These services also on Facebook

Education, Employment & Training

Aberdeen, St Josephs High School	02 6543 7444
BoysTown Employment Services	02 4015 0800
Merriwa Central School	02 6548 2119
Muswellbrook High School	02 6543 1033
Scone Grammar School	02 6545 3008
Scone High School	02 6545 1455
Singleton High School	02 6571 1199
Singleton, St Catherine's Catholic College	02 6572 9600
Singleton, Australian Christian College	02 6572 1011
Hunter TAFE (Muswellbrook, Scone, Singleton)	131 225
Joblink Plus (Muswellbrook, Scone, Singleton)	02 6764 6666
Youth Express	02 6541 3948

All web links, including Primary School information can be found at:
www.uhcs.org.au/youthservices

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Support Services

Ability Links	02 4905 0700
AusPsych	02 4926 1688
Challenge Community Services	02 6763 1800
Compass Housing	02 6540 9999
Disability Advocacy	02 4927 0111
Endeavour Group	02 4990 2600
Hunter Community Legal Centre	02 4040 9120
Intellectual Disability Rights Service	02 4926 5643
Muswellbrook Library	02 6543 1913
OCHRE, Opportunity Hub, Upper Hunter	1300 363 757
Police, Youth and DV Liaison Officer	02 6542 6999
REACH Foundation	02 8218 9200
Ungooroo Aboriginal Corporation	02 6571 5111
Upper Hunter Homeless Support	02 6542 5051
Wanaruah Local Aboriginal Land Council	02 6543 1288

Upper Hunter Community Services Inc. ph 02 6542 3555

Aboriginal Family Worker
Family Support Service
Generalist Counsellor
Upper Hunter Community and Youth Development Officer

