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FEDERATION

YOUTH

INFORMATION

FEDERATION COUNCIL

Corowa **02 6033 8999**
or AH **1800 110 088**

Urana **02 6930 9100**

Events and Youth Officer
02 6033 8974

EMERGENCY NUMBERS

Police/Fire/Ambulance **000** or **112** (mobile only)

Lifeline Free Call **131 114**

Kids Helpline Free Call **1800 551 800**

Suicide Call Back Service **1300 659 467**

HOSPITALS

Corowa Hospital **02 6033 7555**

Urana Health Services **02 6920 8106**

Yarrawonga Hospital **03 5743 8111**

MEDICAL CENTRES

Corowa Medical Centre **02 6033 5500**

Corowa Medi-Clinic **02 6033 5638**

Howlong Medical Centre **02 6026 5307**

Urana Medical Centre **02 69208333**

Yarrawonga Medical Centre **03 5744 3115**

LOCAL SERVICES

Albury Community Health Services (Howlong)
02 6026 5480

Corowa Amaranth Foundation **02 6033 1738**
(Mental Health, Grief Loss & Trauma and Adolescent Counselling)

Corowa Community Health **02 6033 7555**

Corowa Community Hub **02 6044 2800**
(Intereach, Centrelink, Housing, Mental Health & Family Relationships)

Urana Community Health **02 6920 8101**

VISITING SERVICES

Aboriginal Health Services **02 6040 1200**

Child and Adolescent Mental Health **1800 800 944**

Hume Riverina Community Legal Service **1800 918 377**
(free legal services and referrals)

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REGIONAL COUNSELLING SERVICES

Albury-Wodonga Counselling **02 6056 9538**
Narrandera Child, Youth and Family Services
02 6959 4839

YES - Youth & Family Services (Albury)
02 6058 6200 or **1800 885 355**

BULLYING

Bully Zero Australia Foundation
1800 028 559 (1800 0 BULLY)
Kids Help Line **1800 55 1800**
kidshelpline.com.au/teens

DOMESTIC VIOLENCE

Domestic Violence Helpline **1800 656 463**
Domestic Violence Police Liaison Officer **02 6023 9299**

LGBTQ

Albury Hume Phoenix
humephoenix.com.au
Q Life **1800 184 527**

MENTAL HEALTH

Amaranth Foundation (Corowa) **02 6033 1738**
Albury Wodonga Headspace **02 6055 9555**
Mind Australia (Wangaratta) **1300 286 463**
Reachout.com au.reachout.com
Wagga Wagga Headspace **02 6923 3170**

SEXUAL HEALTH

Albury Sexual Health **02 6058 1831**
Wagga Sexual Health **02 6938 6492**