



COMMUNITY SUPPORT AND SERVICES

There are a range of support services that you, your family and support networks may be able to access online and in your local community to supplement the support you are receiving through your workers compensation claim*. This fact-sheet can assist you to locate additional services which could help you in your recovery. Many of these services are free or low cost. The important thing is to find the right support that works for you.

IF YOU NEED IMMEDIATE CRISIS ASSISTANCE.

DIAL 000

* Please note that these supports or services are not provided or compensable under your workers compensation claim. These are additional and alternative options that you and your support network may be able to access in the community, online and through the government. Please contact the organisation directly to confirm any specific eligibility criteria, what services they offer and what their process is.

Your local council

W: olg.nsw.gov.au/find-my-council

Check out your local council or library website for programs or events coming up in your local area.

YMCA Community Services

W: [ymcansw.org.au/
community-services](http://ymcansw.org.au/community-services)

YMCA have local programs and services to help individuals overcome challenges and reach their full potential.

PCYC

W: pcycnsw.org.au

PCYC have a range of programs and activities available. To find out more about what's on offer at your local club visit their individual club site.

Salvation Army

W: salvationarmy.org.au/need-help/

The Salvation Army provides social services across a wide range of areas such as aged care, housing, finding employment, family and domestic violence, homelessness, rural support and youth services.

UnitingCare Australia

W: [unitingcare.org.au/services/
new-south-wales/](http://unitingcare.org.au/services/new-south-wales/)

Services are present in remote, regional and metropolitan Australia, and provide a wide range of services, including aged care, housing services, children's services, Indigenous services, addiction services, mental health programs, disability services, and financial counselling.

St Vincent de Paul Society

W: vinnies.org.au/page/Find_Help/NSW

St Vincent de Paul Society offers programs and services nationally.

To see a full list of services, visit the website and your state/territory.

AbSec

W: [absec.org.au/aboriginal-services-
nsw.html#](http://absec.org.au/aboriginal-services-nsw.html#)

AbSec advocates for Aboriginal community-controlled organisations delivering services for children, young people, families and communities in NSW.

Human services - mobility allowance

W: [humanservices.gov.au/
individuals/services/centrelink/
mobility-allowance](http://humanservices.gov.au/individuals/services/centrelink/mobility-allowance)

For eligible candidates, assistance with transport may be available. This is a mobility allowance for essential travel costs to attend work, study or look for work.

Ask Izzy

W: askizzy.org.au/

A site that connects people with the nearby community services they need when in a crisis. It can identify services that provide food, rent, clothing, health, activities for kids, daycare and homeless assistance.