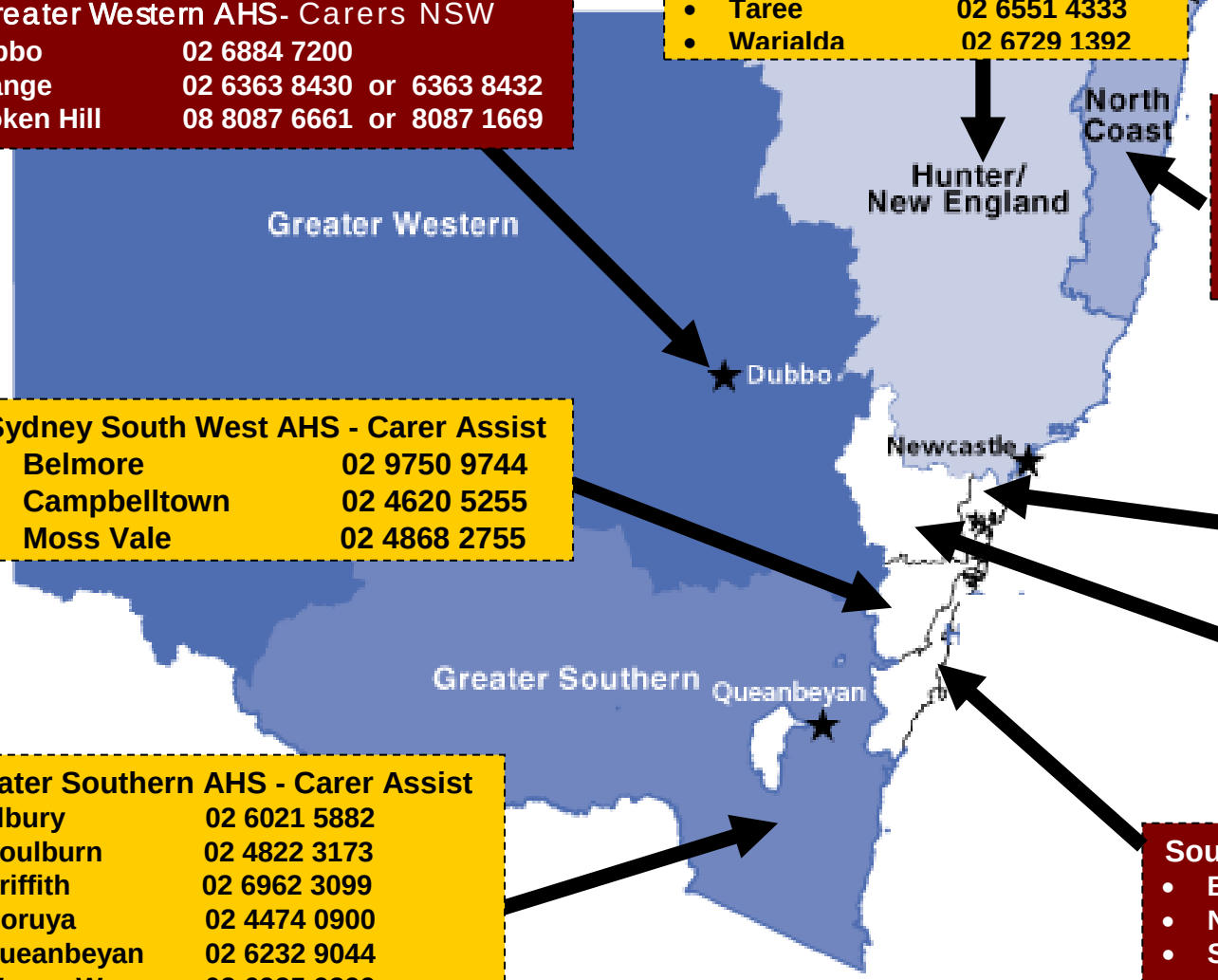

Hunter New England AHS – Carer Assist

- Armidale 02 6772 3211
- Newcastle 02 4925 2811
- Tamworth 02 6761 3222
- Taree 02 6551 4333
- Warialda 02 6729 1392

Greater Western AHS- Carers NSW

- Dubbo 02 6884 7200
- Orange 02 6363 8430 or 6363 8432
- Broken Hill 08 8087 6661 or 8087 1669

North Coast AHS - Carers NSW

- Alstonville 02 6628 6416
- Coffs Harbour 02 6650 0512
- Tweed Heads 07 5599 2141
- Wauchope 02 6585 1600

Sydney South West AHS - Carer Assist

- Belmore 02 9750 9744
- Campbelltown 02 4620 5255
- Moss Vale 02 4868 2755

Northern Sydney Central Coast AHS ARAFMI

Central Coast 02 4369 4233
North Ryde 02 9888 1819

Sydney West AHS - Uniting Care Mental Health

Parramatta 02 8842 8289

Greater Southern AHS - Carer Assist

- Albury 02 6021 5882
- Goulburn 02 4822 3173
- Griffith 02 6962 3099
- Moruya 02 4474 0900
- Queanbeyan 02 6232 9044
- Wagga Wagga 02 6925 9399

South Eastern Sydney Illawarra AHS - Carers NSW

- Bulli 02 4285 0155
- Nowra 02 4422 6514
- Sydney 02 9280 4744

NSW Family and Carer Mental Health Program - NGO contacts within AHS regions