

The Orana Centre  
2 Rawson St  
Wollongong 2500  
**02 4254 2782**  
8:45am-4:45pm  
Mon-Fri

Port Kembla Hospital  
89-91 Cowper St  
Warrawong 2502  
**0411 408 726**  
8:30am-5pm  
Mon-Fri

Illawarra Shoalhaven Local Health District

**Need an Interpreter?** Interpreters are available if you need help to communicate with staff. The service is free and confidential. We will book an interpreter for you. Call the Translating and Interpreting Service on 131 450 to talk to someone before your appointment.

**Need an Aboriginal Health Worker?** An Aboriginal Health Worker (AHW) advocates for the needs of the consumer who identify as Aboriginal or Torres Strait Islander. They provide support and information to help you. Tell staff you would like to speak to an AHW or if there is an AHW you would like us to contact.

## First Step Program



## Support numbers

### Drug and Alcohol Information and Referral Line

1800 250 015

### NSW Needle Clean Up Hotline

1800 633 353

### Domestic Violence/ Sexual Assault Helpline

1800 737 732

### Mental Health Helpline

1800 011 511

### Lifeline

13 11 14

### Link2Home

1800 152 152

## Free and confidential

- ✓ Free sterile needles, syringes, and other equipment
- ✓ Vending machines- 24hrs access
- ✓ Support and referral
- ✓ Education
- ✓ Group education
- ✓ Hepatitis C testing and treatment
- ✓ Nyxoid (overdose reversal nasal spray)
- ✓ Outreach
- ✓ Needle clean ups
- ✓ Servicing Helensburgh to Ulladulla