

### **ACT and Districts Stoma Association Inc**

*A voluntary, non profit organisation formed to further the mutual interests and welfare of its members.*

2nd Floor - 1 Moore Street  
ACT Health Centre  
Canberra  
**6205 1055**  
stoma@actstoma.net.au  
www.actstoma.net.au

### **ACT Deafness Resource Centre**

*Help to manage the effects of hearing loss on everyday life by providing information, advice and guidance.*

Grant Cameron Community Centre  
Level 1B, 27 Mulley Street  
Holder  
**6287 4393**  
www.actdrc.org.au

### **ACT Men's Shed Association**

*Located across the ACT, the modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture.*

**1300 550 009**  
asms@mensshed.net  
www.mensshed.org.au

### **Advance Care Planning**

*ACP is a series of steps you can take to help you plan for your future health care, if you become unable to express your choices for treatment.*

**5124 9274**  
acp@act.gov.au  
www.health.act.gov.au/services/

### **Australian Red Cross Home Visitor Service**

*Volunteers supporting socially isolated people.*

**1800 733 276**  
contactus@redcross.org.au  
www.redcross.org.au

### **Better Hearing Australia Canberra**

*A volunteer run support group for anybody who has, or is affected by hearing loss. Including information to those newly diagnosed, hearing loss management and lip reading classes; and support for those with hearing aids and cochlear implants.*

Hughes Community Centre at Hughes Shops  
2 Wisdom Street  
Hughes  
**6281 3962**  
bhacanberra@gmail.com  
www.bhacanberra.org

### **Beyond Blue**

*Provides information and support to help everyone in Australia through tough times, to achieve their best possible mental health, whatever their age and wherever they live.*

**1300 224 636 - 24/7**  
www.beyondblue.org.au

### **Cancer Council ACT**

Unit 1 (The Annex)  
173 Strickland Crescent  
Deakin  
**6257 9999**  
reception@actcancer.org  
www.actcancer.org/

### **Community Health Intake ACT Health**

*Access to a wide range of community-based health services, including podiatry and dental.*

Moore Street  
Canberra  
**6207 9977**  
actcc.ccintake@act.gov.au  
www.health.act.gov.au

### **COVID-19 Pandemic Hotline**

*A new COVID-19 hotline which will help older Australians get the critical information they need to stay healthy and safe during the pandemic, providing an accessible one-stop source for personal support, questions and up to date guidelines. Monday to Friday, except public holidays from 8:30am to 6pm.*

**1800 171 866**

### **Diabetes NSW & ACT**

**1300 342 238**  
customerservice@diabetesnsw.com.au  
www.diabetesnsw.com.au

### **Domestic Violence Crisis Service**

*Provides crisis intervention, advocacy, referral, information, support and practical assistance for people subjected to, or using, violence and abuse in relationships, giving priority to those subjected to violence.*

PO Box 1922  
Fyshwick  
**6280 6999 office / 6280 0900 24 hours**  
admin@dvcs.org.au  
www.dvcs.org.au

### **EveryMan**

*Confidential conversations with experienced counsellors focused on men and their families.*

Room 3.05 - Third Floor  
Griffin Centre, Genge Street  
Canberra  
**6230 6999**  
www.everyman.org.au

### **Health Direct**

*A government funded service providing 24 hour quality approved health information and advice.*

**1800 022 222**  
www.healthdirect.gov.au

### **Heart Foundation Helpline**

*A free service providing information on heart health.*

**13 11 12**  
health@heartfoundation.org.au  
www.heartfoundation.org.au

### **Housing Options COTA (ACT)**

*Assistance with accessing home care packages, community support systems, residential aged care facilities and government services. Advice and assistance for carers (including respite care options). Information on ACT public housing and private housing options, on home modifications, downsizing and decluttering; and advice on retirement villages.*

Wisdom Street  
Hughes  
**6282 3777**  
housing@cotaact.org.au  
www.cotaact.org.au

### **Lifeline**

*Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.*

**13 11 14**  
www.lifeline.org.au/get-help/

### **MARSS Australia Inc Migrant and Refugee Settlement Services**

*Whoever you are and wherever you come from, MARSS will help you with your settlement and all aspects of your life in Australia.*

180 London Circuit  
Canberra  
**6248 8577**  
info@marss.org.au  
www.marss.org.au

### **MATES - Australian Red Cross**

*Volunteers supporting socially isolated people.*

**6234 7663**  
socialinclusionact@redcross.org.au  
www.redcross.org.au

### **Men's Business Communities@Work Ngunnawal**

*Connection, construction and conversation. Every Friday 10am to 1pm.*

Ngunnawal Community Centre  
Jabanungga Avenue  
Ngunnawal  
**6126 9022**  
admin@commsatwork.org  
www.commsatwork.org

### **Mensline Australia**

*Professional counselling and support for Australian men anywhere, anytime.*

**1300 78 99 78**  
talkitover@mensline.org.au  
www.mensline.org.au

### **National Continence Helpline**

*A free telephone service that offers confidential information, advice and support.*

**1800 33 00 66**  
info@continence.org.au  
www.continence.org.au

### **National Dementia Helpline**

*Provides information, support and guidance on all forms of dementia.*

**1800 100 500**  
helpline@dementia.org.au  
www.dementia.org.au/helpline/webchat

### **Northside Community Service**

*Aged and disability services. Case management, community transport for medical and related activities, centre based social groups and volunteer social support.*

2 Rosevear Place  
Dickson  
**6171 8000**  
reception@northside.asn.au  
www.northside.asn.au

### **Older Persons Mental Health Community Team**

*Assessment and treatment for older people with mental health issues.*

Calvary Hospital  
Haydon Drive  
Bruce  
**6205 1957**

### **Onelink**

*For people experiencing or at risk of homelessness, provided by Woden Community Services, with assistance from the ACT Government.*

**1800 176 468**  
info@onelink.org.au  
www.onelink.org.au

### **Prostate Cancer Support Group ACT**

*Provides information, support and assistance to men who have been diagnosed and/or been treated for prostate cancer, and their partners.*

**6290 1984**  
secretary@prostate-cancer-support-act.net  
www.prostate-cancer-support-act.net

### **Seniors Card - COTA ACT**

*The combined ACT Seniors/MyWay card provides access to a variety of benefits and concessions from local government and businesses, including public transport.*

COTA Hughes Community Centre  
Wisdom Street  
Hughes  
**6282 3777**  
seniorscard@cotaact.org.au  
www.cotaact.org.au

### **Sleep Apnoea Association Inc**

*Guidance, ongoing information and advice to sufferers of sleep apnoea and similar sleep disorders, new treatments, latest medical equipment and related news and information.*

PO Box 1461  
Tuggeranong  
**6230 7800**  
sleepact@yahoo.com.au  
www.sleepapnoea-act.org.au