

## Lifeline Shops

The Lifeline Shops are the financial cornerstone of Lifeline South Coast. They provide the largest portion of funding and allow the continuation of Lifeline's services in the Illawarra and South Coast.

You'll find great quality recycled clothing, manchester and homewares in our shops. The Auburn St shop also has collectables, interesting items and a huge range of books. Or why not visit Lifeline's little book shop in Unanderra and pick up a great read?

19 Auburn St Wollongong  
T 02 4228 0403

137 Princes Hwy Unanderra  
T 02 4271 5336

22 Centrepoint Kiama (above Ice Creamery)  
T 02 4232 1496

Book Shop  
145 Princes Hwy Unanderra  
T 02 4272 8485

Place donations of quality clothing, shoes, handbags, manchester, homewares, books, CDs and DVDs into a Lifeline Donation Bin, bring them into a Lifeline Shop or at the Lifeline South Coast Auburn St Warehouse. We DO NOT sell or accept donations of electrical items, furniture or mattresses. Call the warehouse on 02 4228 0722 for more information.

## Lifeline's Big Book Fair

Lifeline South Coast Big Book Fairs are held twice a year and cater for booklovers of all ages. Each Fair showcases more than 60,000 books in a range of categories including fiction, non-fiction, reference, hobbies, travel, children's books, art, science, literature, history, biographies, old, rare or just interesting. The profits of each event contribute to the continued operation of Lifeline South Coast services.

Entry to the event is via gold coin donation and effpos is available. Books can be donated all year round.

Volunteers are always needed to join our book teams both sorting at the warehouse and at the event.

For more information, visit the Book Fair page of the website [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au) or call 02 4228 1311.

for 24 hour telephone counselling,  
just pick up the phone

# 13 11 14

## Volunteer with us

More than 90 per cent of people who work for Lifeline South Coast are volunteers. Without their support, we would not be able to be there for our community as life happens.

Lifeline South Coast has a range of volunteering roles within our warehouse, at our shops or events or as a Telephone Counsellor on the 24 hour counselling service. You can choose to help out for a couple of hours at an event or commit to a regular ongoing volunteering role.

Call, email or visit our website for more information – contact details below.

## Supporters

Lifeline South Coast is supported by  
**NSW Health Department**

Lifeline South Coast Financial Counselling Service is provided with the assistance of **NSW Fair Trading**

And thanks to our community partner  
**Southern.IML Pathology**



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# Lifeline South Coast

there as life happens



The logo for Lifeline South Coast NSW, featuring a circular icon composed of small dots to the left of the text "Lifeline" in a large, bold, sans-serif font, with "South Coast NSW" in a smaller font below it.



## 24 hour telephone counselling 13 11 14

Lifeline operates a national 24 hour telephone counselling service on **13 11 14**. The Lifeline South Coast call catchment area covers the coastal region from Helensburgh to the Victorian border. We are a local organisation with a local Board focusing on our local community. Our aim is to be there for our community as life happens.

You can call **13 11 14** and speak to a trained and caring Telephone Counsellor about any issue, no matter how big or small: relationships, loneliness, life decisions, grief, addiction, abuse, stress, depression and suicide. Telephone Counsellors help you talk about your problems and assist you to find ways to solve them.

## Telephone Counsellor training

To become an accredited Volunteer Telephone Counsellor with Lifeline South Coast you will need to pass the national criminal record check and successfully complete the Telephone Counsellor training course. The course has both written and practical elements and takes about 18 months to complete.

Training courses are held in both Wollongong and Nowra and numbers are limited so contact us today to find out the starting date of the course nearest you. Information can be downloaded from the 'volunteer with us' page at [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au) or by calling 02 4228 1311 or 02 4422 7678.

## Financial counselling service Nowra 02 4421 5365

The Lifeline South Coast Financial Counselling Service operates from Nowra and Ulladulla. The service is free, personal, confidential and run by experienced and professionally accredited Financial Counsellors.

You can gain assistance with personal and family budgeting, working through debt or mortgage problems and dealing with bankruptcy proceedings. The Counsellors can help to explore your options and find the best possible solution for all parties.

Appointments are necessary so call the number above to arrange a time and location that suits you.

## Clinical psychology service

Lifeline South Coast collaborates with the Illawarra Division of General Practice (IDGP) to provide a bulk billed clinical psychology service to the Illawarra. Clients should discuss the suitability of the service with their General Practitioner as a referral is necessary.

## Good Mood Guide

The Good Mood Guide was developed by Lifeline South Coast as a self-help tool for people who experience mild to moderate depression. It is a valuable resource for people who see self-help as a way to recovery and the approach is similar to that of a mental health professional. The manual has eight modules, each containing practical and easy-to-read information and a range of activities.

The Good Mood Guide manual can be purchased for \$25 from the Lifeline South Coast administration office on 02 4228 1311.

## Good Mood Guide online

The Good Mood Guide online is simply the Good Mood Guide manual transferred into a website. The information in each module is provided in PDF format, which can be downloaded and read at leisure. It can also be kept and referred back to from time to time. The activities are completed online.

Visit [www.goodmoodguide.org.au](http://www.goodmoodguide.org.au)

## safeTALK

safeTALK is a half-day presentation aimed at increasing suicide alertness in the community. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

Lifeline South Coast has two safeTALK trainers available to work with groups or workplaces. A fee is charged based on the number of participants. For more information contact the Lifeline South Coast administration office on 02 4228 1311.