



# Health & Wellbeing

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Michael Cusack's Sydney GAC

# Need to see a doctor?

- Every person with an Irish or British passport is entitled to free emergency care regardless of your visa status in Australia, (this also extends to mental health. Anyone can present to A&E when mentally unwell and receive care).
- Just bring your passport along to Emergency and all care from there on is covered.
- If you are a citizen or permanent resident in Australia you are entitled to Medicare
- If you are from Northern Ireland (and have a British or Irish Passport) you can apply for Medicare under the Commonwealth rule
- If you have chronic conditions such as asthma or diabetes it is a good idea to register with GP in your area so you can be linked to specialist doctors.

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# Irish Support Agency

**02 9300 8019 (24hrs), 1800 186 966**



## **Based in Bondi, their vast provision of services include;**

- Individual and family assistance during serious illness or injury
- Health and Mental Health services
- Funeral and/or repatriation arrangements
- Visits to people in their homes, in hospital, nursing homes or prisons
- Information and support with housing and accommodation problems
- Employment support & resume building
- Legal referrals and support
- Helping make contacts and to settle in Sydney





# Support Services

## Drug and Alcohol

### Langton Centre

This is an outpatient clinic of Sydney hospital. It runs a number of programme's to provide help and support to those dependent on alcohol or drugs. It is operated by specialist staff highly skilled and trained in dealing with these issues. Programmes are adopted to suit each individual. You can simply call up and make an appointment.

**Langton centre**  
**591 South Dowling Street**  
**Surrey Hills**  
**02 9332 8777**





# Support Services

## Gambling and Financial Issues

### **St Vincent's Gambling treatment programme**

390 Victoria Street ,

Darlinghurst

**02 8382 9601**

### **Inner city Gambling Help**

Bronte Road

Bondi Junction

**02 9332 3506**

Both facilities are again operated by very experienced staff. They provide programmes that help people work through their issues. Just call up and make an appointment

Gambling Helpline **1800 858 858**





# Cabhrú



## Free Counselling for Irish Abroad

The advertisement features a dark green background. At the top left is the 'Cabhrú Irish Abroad Service' logo. Below it, the text 'Free Online Counselling From Home' is written in white. The central image shows a silhouette of a person sitting on a ledge, looking out at a city skyline at night with a map of Ireland overlaid. At the bottom, the text 'Visit [www.helplink.ie](http://www.helplink.ie) For More 7 Days a Week #helpfromhome' is displayed. Social media handles for Twitter and Facebook are also included.

**Helplink Support Services ([helplink.ie](http://helplink.ie))** are an Irish non profit organisation providing mental health services online and by phone nationwide and now internationally!

This support service now runs a **free online counselling service for the Irish abroad** which is called Cabhrú.

<http://www.helplink.ie/cabhru/>

Supported by:  An Roinn Gnóthaí Eachtracha agus Trádála  
Department of Foreign Affairs and Trade and the 



HEALTHY MINDS... HEALTHY BODIES... HEALTHY CLUBS...



#MCHealthandWellbeing

[www.michaelcusacks.com](http://www.michaelcusacks.com)



**HELP AND SUPPORT IS JUST A PHONE CALL AWAY...**

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**Australian Emergency**  
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**Mental Health Support**  
Lifeline 13 11 14  
Beyond Blue 1300 22 4636

**Drug & Alcohol Support**  
Langton Centre 02 9332 8777

**Mates in Construction**  
1300 642 111

**Gambling & Financial Support**

St. Vincent's Gambling  
Treatment Programme  
02 8382 9601

Inner City Gambling Help  
02 9332 35 06

**Irish Support Agency**  
**Sydney NSW**  
02 9300 8019

**WE ARE HERE TO LISTEN**

**SOMEONE TO TALK TO**

Healthy Minds...  
Healthy Bodies...

**HEALTHY CLUBS**