



Dear ClubsNSW members,

Lifeline Regional SA and Far West NSW (Regional Community Care Limited) is a non-profit, non-government organisation servicing the Far West of NSW and regional SA including Lifeline Connect Centres in Broken Hill NSW, Clare SA and Port Pirie SA.

Our organisation is committed to an Australia free of suicide; delivering suicide prevention programs, training and awareness. We have over 35 staff and over 300 volunteers committed to the core business of suicide prevention. Lifeline Regional SA and Far West NSW relies heavily on fundraising and the retail arm of the organisation to cover operational costs and our commitment to delivering free services to the local community.

Our Lifeline Connect Centre in Broken Hill is an early intervention model for suicide prevention which aims to connect the community and improve social and emotional wellbeing. Lifeline Connect intends to build a safety net for community members experiencing difficulties and/or crisis.

A particularly challenging time in Broken Hill this year; [the closure of CBH Resources' Rasp Mine in Broken Hill causing the company to lay off 200 workers](#), [Willyama High School mould infestation displacing 600 students and staff](#), and the [current power outages experienced in the Far West NSW](#), is impacting the mental health and wellbeing of the Broken Hill community. Our Lifeline Connect Centre Coordinators and Counsellors have seen an increased demand for services as more people find themselves experiencing difficulties and/or crisis due to disruptions in their daily lives and financial stress.

In the last financial year, we received over 600 enquiries to our Lifeline Connect Centre in Broken Hill and facilitated 779 counselling sessions for individuals across the Far West.

Donations to Lifeline help support the continuation of much needed local services.

Your donation will directly fund:

- Suicide awareness and prevention, including mental health training
- Face-to-face counselling services
- Volunteer training and support
- Christmas toys for local families in need
- Lifeline Connect Centre operations

With your donation Lifeline Regional SA and Far West NSW can continue to deliver lifesaving services to the Broken Hill community.

**To make a donation online** please visit: <https://www.llsafwnsw.org.au/donate>

**To donate via bank transfer:** Bank Account: Westpac  
BSB: 032 816  
Account: 22 3182  
Account Name: Regional Community Care Limited

**For more information** please call 08 8087 7525 or email [comms@llsafwnsw.org.au](mailto:comms@llsafwnsw.org.au)

Lifeline Connect Broken Hill  
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Lifeline Regional SA & Far West NSW ABN 73 164 421 054  
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# Lifeline Connect Broken Hill



**Connecting you to local support**

**194 Argent St, Broken Hill NSW, 2880**

**9:00am – 5:00pm, Monday - Friday**

**(08) 8087 7525**

**[www.lisafwnsw.org.au](http://www.lisafwnsw.org.au)**

# What is Lifeline Connect?

A community hub and contact point for anybody who wants to “have a chat” or who may need referral to other services.

Free counselling without the need of referral, diagnosis or specific criteria.

A place to deliver quality training in suicide prevention, crisis support and wellbeing.

A positive and supportive environment, promoting social inclusion and community connection.

A team of qualified counsellors and trained volunteers ready to connect and support members of their community.

**For more information  
about Lifeline Connect please visit:  
[www.lisafwnsw.org.au/services](http://www.lisafwnsw.org.au/services)**

# How does Lifeline Connect work?



So you have identified that there is a problem that you require help with. That's a big step, well done!



But where can you go for help, assistance or advice?



You don't want to repeat yourself numerous times or visit several places before finding the assistance you need



So that you can be supported quickly & confidentially; without the runaround



Trained & knowledgeable volunteers will connect and refer you to a suitable service and can speak to that service on your behalf



Lifeline Connect is here for you!



Everyone is welcome at Lifeline Connect



All counselling services are free of charge and conducted in a confidential, non-discriminatory and respectful manner.

# Who are Lifeline Connect Counsellors?

Lifeline's counsellors are accredited, well-trained professionals providing free and essential services. You can be confident in our counsellors as you work together to identify and implement strength-based strategies specific to you, and work towards your goals whilst developing your self-confidence and resilience.

At Lifeline Connect there is free face to face, video, and phone counselling available.

## **Lifeline Connect Counsellors can help you with:**

- General wellbeing, anxiety and depression
- Anger management
- Financial and gambling
- Relationships
- Suicide and self-harm
- Alcohol and other drugs
- Grief and loss

**To arrange a free counselling appointment please call (08) 8087 7525 or visit Lifeline Connect at 194 Argent St, between 9:00am and 5:00pm, Monday to Friday.**

For out of hours crisis support please call Lifeline **13 11 14**.

## Training

At Lifeline Connect, there are qualified educators licensed to deliver a number of on-site community training in mental health first aid and suicide intervention.

**For more information about our training please visit:**  
[www.lisafwnsw.org.au/training](http://www.lisafwnsw.org.au/training)

## Volunteers

Volunteers are at the core of our service delivery. As a volunteer at Lifeline, your time is valued and full training is provided. Volunteers are always welcome at our Connect Centres, retail stores, garage/tip shops, and warehouses.

- Give back to your community
- Meet new people
- Learn new skills

If you are interested in volunteering with Lifeline please call (08) 8087 7525.

**For more information about volunteering please visit:**  
[www.lisafwnsw.org.au/get-involved](http://www.lisafwnsw.org.au/get-involved)



LifelineConnectBrokenHill



lifelinesafwnsw



Lifeline Regional SA & Far West NSW

## Out of hours crisis support



**CALL 13 11 14**

24/7 Crisis Support



**CALL 13 92 76**

24/7 Aboriginal & Torres Strait  
Islander Crisis Support



**CHAT with us**

[www.lifeline.org.au](http://www.lifeline.org.au)

24/7



**TEXT us**

0477 13 11 14

24/7

### About Us

Lifeline Regional SA & Far West NSW (previously Lifeline Broken Hill Country to Coast) is a non-profit, non-government organisation servicing Broken Hill and regional SA including Lifeline Connect Centres in Broken Hill, Clare and Port Pirie. We have retail stores in Broken Hill, Clare, Gawler, Moonta, Port Augusta, Port Pirie, and Wallaroo.

Our organisation is committed to an Australia free of suicide; delivering suicide prevention programs, training and awareness. We have over 35 staff and over 300 volunteers committed to the core business of suicide prevention. Lifeline Regional SA & Far West NSW relies heavily on the retail arm of the organisation to cover operational costs and our commitment to delivering free services to the local community.



# Lifeline

Regional SA &  
Far West NSW



# Lifeline Broken Hill's Annual Toy Delivery

## Making sure no child goes without for over 20 years.

Each year Lifeline Broken Hill distributes hampers of new toys to families in need living in the Far West. Hundreds of children's toys are donated to Broken Hill Lifeline Connect Centre and are delivered to Menindee, Wilcannia, and Broken Hill families in need. Families can register their children 10 years and under. Donations come in both new unwrapped toys and cash.

The Toy Delivery has occurred for over 20 years and provides almost 1/3 of the combined population of Menindee, Wilcannia, and Broken Hill's children under 10 with gifts at Christmas time. Lifeline is thankful for the continued support we receive from the local Ulysses Bike Club who generously volunteer to ride to all of Broken Hill's primary schools, collecting kindly donated toys.

Last year the Lifeline Broken Hill Annual Toy Delivery program provided more than 550 children with toy hampers giving children Christmas gifts that they otherwise may not have had.

Since the Toy Delivery began and as times get tougher; more and more families are in need of support during Christmas.

In preparation for this year's Annual Toy Delivery program, Lifeline Broken Hill is starting its Christmas preparations early and is asking for the community to donate new toys to the organisation. We want to make sure that not even one child goes without this Christmas.

Lifeline is calling all community members and business groups to donate new toys or provide financial donation to the program.

Businesses or community groups wanting to support this year's Toy Delivery can contact Lifeline to get involved.

 08 8087 7525  [lfsafwnsw.org.au](https://lfsafwnsw.org.au)