

Important Phone Numbers

for Older People



Triple Zero	000
National Emergency Services Text Number	106
Healthdirect	1800 022 222
Poison Information Centre	13 11 26
National Dementia Helpline (Dementia Australia)	1800 100 500
My Aged Care	1800 200 422
Carer Gateway	1800 422 737
Asthma Australia	1800 278 462
Cancer Council Helpline	13 11 20
Continence Foundation of Australia	1800 33 00 66
National Diabetes Services Scheme (NDSS)	1800 637 700
Lifeline	13 11 14
Beyond Blue	1300 22 4636
NSW Health Mental Health Line	1800 011 511
FriendLine	1800 424 287
Homeless Hotline	1800 474 753
Open Arms	1800 011 046
Older Persons COVID-19 Support Line	1800 17 18 66
Aged Care Quality and Safety Commission	1800 951 822
OPAN – Aged Care Advocacy Line	1800 700 600
National Seniors Australia	1300 76 50 50
Seniors Rights Service (NSW)	1800 424 079
Department of Veteran Affairs	1300 838 372
Elder Abuse Helpline	1800 353 374
First Nations Line	1800 002 345
Centrelink Older Australians Line	13 23 00
Australian Taxation Office (ATO)	13 28 61
National Debt Helpline	1800 007 007
Legal Aid NSW	1300 888 529
Disability, Sickness and Carers Line	13 27 17
Community Transport services (start at My Aged Care)	1800 200 422
Translating and Interpreting Service (TIS National)	131 450
Warrigal (Free Call)	1800 927 744