



My Lifestyle Services

Help lines

Lifeline (24 hour counselling)	131 114
Rape Crisis	(02) 9819 6565
Gay and lesbian (ACON)	1800 063 060
Sydney Sexual Health	(02) 9382 7440
Domestic Violence Counselling and Advice	1800 063 060
NSW Quit Line (Tobacco)	131 848
Hepatitis C Helpline	(02) 92072800
Gay & Lesbian	

Sydney Community College

www.sydneycommunitycollege.com.au

Short affordable courses to fill your mind and you can enroll on line.

Meditation Directory

www.meditateinsydney.org

Finance

www.fpa.asn.au

Financial Planning Association of Australia

www.asic.gov.au/fido/fido.nsf

Financial tips and consumer information

www.moneymanager.com.au

Financial tips and latest financial news

Relationships

www.relationships.com.au

Relationship Australia runs courses for building communication skills and other relationship workshops. Relationship help online is the online counselling service for Relationships Australia.

www.familyrelationships.gov.au

Family Relationships Online helps families with access to information about relationship issues.

Re Balance Your Lifestyle

Re Balance Your Lifestyle

Self esteem

www.reachout.org.au

Fact sheets and information

www.betterhealthchannel.org.au

Fact sheets and information.

www.psychology.org.au

You can find a psychologist in your area who specialises in any particular area of interest not just self esteem.

Accommodation

www.sbs.com.au/thenest

Tips and advice around moving out of home check out.

Share Accommodation in Sydney

www.easyroommate.com

www.FlatmateClick.com.au

www.gumtree.com.au

MDECC takes reasonable care in selecting linking websites. However, it is the responsibility of the user to make their own decisions about the accuracy, currency, reliability and correctness of information contained in linked external websites.