



# CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs Updated November 2020

## MENTAL HEALTH AND SUICIDE PREVENTION



### New Access Coaching

Coaching service providing practical support to people aged 16+ experiencing mild to moderate anxiety and depression, via phone, video conference or face to face. This service is available without a referral and is free of charge. **Ph: 9477 8700** **W: [www.beyondblue.org.au/get-support/newaccess](http://www.beyondblue.org.au/get-support/newaccess)**



### Mindfulness Program for Arabic and Bengali speakers

A 5-week in-language group program for adults aged 18+ promoting emotional balance, resilience, wellbeing and stress reduction. To find out about accessing the program please call Hend Saab, Bilingual Senior Psychologist, St. George Community Mental Health Service.

**Ph: 9382 8670** **E: [hend.saab@health.nsw.gov.au](mailto:hend.saab@health.nsw.gov.au)**

**W: [www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mindfulness?highlight=WyJtaW5kZnVsbnVzcyJd](http://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mindfulness?highlight=WyJtaW5kZnVsbnVzcyJd)**



### headspace

General health and mental health services, alcohol and other drugs, work, school and study support to people aged between 12 and 25, their families and their carers. The CESPHN region centres are [Ashfield](#),



### Psychological Support Services (PSS)

Access to psychological support for people with mild-moderate mental health issues that would benefit from short term therapy and are unable to access the Better Access Initiative for financial reasons. PSS services are available to specific groups and demographics. See website for further detail and eligibility. Referrals can be made online at [www.phncesws.redicase.com.au/#!/referral/create](http://www.phncesws.redicase.com.au/#!/referral/create)

**Ph: 1300 170 554** **F: 1300 112 489** **W: [www.cesphn.org.au/pss](http://www.cesphn.org.au/pss)**



### Information Line for Psychosocial Services

An information and referral service available for providers or people with severe mental health issues who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS).

**Ph: 1800 317 526** **W: [www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/](http://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/)**



### Psychiatry Line for GPs

The GP Psychiatry Support Line is a free service for GPs to help manage the care of mental health consumers, providing advice on diagnosis, investigation, medication and safety plan. The service is not about triaging or referring consumers to a psychiatrist, but rather keeping consumers whose conditions are able to be treated within primary care under the care of their GP. This service is exclusive to GPs who practice within the Central and Eastern Sydney PHN region and is available Monday to Friday, 9am - 5pm.

**Ph: 1800 16 17 18** **W: [gpsupport.org.au](http://gpsupport.org.au)**



### Youth Severe Services

Based in headspace centres, Youth Severe services consist of multidisciplinary mental health teams who see young people with more complex needs requiring care coordination and psychiatry input. Referral via headspace centres.



### Connect and Thrive

Psychosocial support services for adults with severe, persistent mental health issues who are not eligible for the NDIS. Capacity building supports provided one on one and/or in a group.

Anyone can make a referral online at <https://phncesws.redicase.com.au/#!/referral/create> or over the phone. **Ph: 1300 779 270** **W: [www.cesphn.org.au/connectandthrive](http://www.cesphn.org.au/connectandthrive)**



## CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs

### MENTAL HEALTH AND SUICIDE PREVENTION



#### Mental Health Shared Care Program

The Mental Health Shared Care Program provides support to the path of recovery and physical health of a consumer whose care is shared by a GP and the Local Health Networks. Shared Care clearly specifies which service will be responsible for identified aspects of their physical health care.

To be eligible to access, clients need to be care coordinated by either SLHD, SESLHD or St Vincent's Health Australia Mental Health Services.

**W:** [www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mental-health-shared-care-program](http://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mental-health-shared-care-program)



#### Primary Integrated Care Supports (PICS) Program

Clinical care coordination and peer support provided by mental health nurses and peer workers. For adults experiencing severe mental health issues.

Referrals may be made online only at: <https://phncesws.redicase.com.au/#!/referral/create>.

**Ph:** 1300 170 554 **W:** [www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics](http://www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics)



#### Psychosocial NDIS Access Project

This project will assist individuals with a psychosocial disability to navigate the NDIS access and planning process and to test their eligibility for supports under the NDIS.

Delivered by Mission Australia. Referrals by phone or internet.

**Ph:** 1800 317 526 **W:** [www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/information-line-for-psychosocial-services-3](http://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/information-line-for-psychosocial-services-3)



#### SP Connect

Short-term support service for people aged over 16 who have presented to hospital in the context of suicide attempt or suicidal crisis. Referral by hospital staff upon discharge from Prince of Wales, St Vincent's, or Royal Prince Alfred Hospitals.

**Ph:** 9570 5933 **W:** <https://www.neaminational.org.au/find-services/spconnect/> or <https://www.cesphn.org.au/community/services-in-your-region/mental-health/spconnect>



#### Norfolk Island Health and Wellbeing

Improving health literacy and help-seeking behaviours. Health-promotion activities in the region to address physical health, mental health and drug and alcohol.



#### Norfolk Island Child, Youth and Family Counsellor

Psychological therapies and/or counselling services for children, young people, and their families. Referrals available through the GP clinic on Norfolk Island. **W:** [norfolkislandhealth.gov.nf/](http://norfolkislandhealth.gov.nf/)



#### Psychosocial Support Transition and Continuity of Support

Programs for consumers who were previously supported under the now-defunded programs, PHaMs, Partners in Recovery, and Day2Day Living. **PST:** 1300 986 991 **CoS:** 9570 5933



#### PSS – RACFs

Provision of individual and group psychological therapy to residents of residential aged care facilities.

**Ph:** 1300 170 554 **W:** [www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/psychological-support-services-pss](http://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/psychological-support-services-pss)



## CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs

### ALCOHOL AND OTHER DRUGS



#### Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.

Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016

W: [www.amsredfern.org.au](http://www.amsredfern.org.au)



#### ACON: Substance Support Program

Psychosocial counselling, aftercare and care coordination to people of diverse gender and sexuality, partners, family and friends. Available face to face, via telephone or Skype.

Ph: 9206 2000 or 1800 063 060

W: [www.acon.org.au](http://www.acon.org.au)



#### Community Restorative Centre (CRC)

Provides holistic outreach-based rehabilitation to support people with community reintegration on release from custody. Accessible via a Service and Programs Officer (SAPO), parole officer or case-manager.

Ph: 9288 8700 W: [www.crcnsw.org.au](http://www.crcnsw.org.au)



#### Odyssey House

Individual psychosocial counselling, group drug and alcohol counselling, care coordination and aftercare. Group drug and alcohol counselling program delivered in a range of locations.

Ph: 1800 397 739 or E: [referral@odysseyhouse.com.au](mailto:referral@odysseyhouse.com.au)

W: [www.odysseyhouse.com.au/](http://www.odysseyhouse.com.au/)



#### The Haymarket Foundation

Drug and alcohol counselling, care coordination, referrals and waiting list support for people experiencing disadvantage and homelessness and are seeking drug and alcohol treatment. Monday-Friday for apt or drop in.

Ph: 1800 029 202; Drug and Alcohol support: 9197 9740;

Waiting List Support Service: 9197 9731

[www.haymarket.org.au/home](http://www.haymarket.org.au/home)



#### The Salvation Army: Pathways Maroubra

Provides individual support, care coordination, referrals and therapeutic group work.

Self-referrals may be made.

Ph: 9314 2166, 0408 798 172 or 0427 394 155

W: [www.salvos.org.au/need-help/addiction-rehabilitation](http://www.salvos.org.au/need-help/addiction-rehabilitation)



#### The Salvation Army: Oasis Youth Support Network

A drop in centre providing counselling, drug and alcohol support, recreation and group work for homeless and disadvantaged young people aged 16-25 years.

Ph: 9331 2266

W: [www.salvos.org.au/oasis](http://www.salvos.org.au/oasis)



#### The Station

Drug and alcohol counselling, case management, advocacy and referral service for people experiencing homelessness.

82 Erskine Street Sydney Ph: 9299 2252 or drop in W: [www.thestationltd.org](http://www.thestationltd.org)



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### ALCOHOL AND OTHER DRUGS



#### **Uniting: Sydney Medically Supervised Injecting Centre**

An experienced mental health nurse is available on weekdays to support and coordinate care and services for people with mental health needs who attend the Medically Supervised Injecting Centre.

**Ph: 9360 1191 W: <https://www.uniting.org/community-impact/uniting-medically-supervised-injecting-centre--msic.html>**



#### **We Help Ourselves (WHOs)**

Residential therapeutic community programs with a focus on abstinence, opioid substitution treatment reduction or stabilisation. A low to moderate withdrawal service is available to assist with withdrawal management once in the WHOS programs.

**T 8572 7471 | [www.whos.com.au](http://www.whos.com.au)**



#### **Weave Youth and Community Services: 'Speak Out' Dual Diagnosis Program**

Care coordination, counselling, information and referral support and group activities for young people with mental health and drug and alcohol support needs. Drop-in centre.

**Ph: 9318 0539 W: [www.weave.org.au](http://www.weave.org.au)**



#### **WHOs Hub - Lilyfield Day Program The WHOs Hub®**

Lilyfield Day Program offers brief and/or psychosocial interventions delivered through structured one-on-one or group work. It supports clients seeking admission to the residential program, assists in maintaining motivation to seek help while waiting to be admitted and provides a drop-in point and program for those who have left a WHOS residential program.

**T 02 8572 7444 or visit <https://whos.com.au/>**

### AFTER HOURS CARE



#### **Homelessness Outreach Service – Kirketon Road Centre**

Client management, referrals to primary care providers, communication and coordination of care to vulnerable populations including people who may be experiencing or at-risk of homelessness from a fully operational mobile outreach vehicle.

**Ph: 9360 2766 W: [www.seslhd.health.nsw.gov.au/services-clinics/directory/kirketon-road-centre](http://www.seslhd.health.nsw.gov.au/services-clinics/directory/kirketon-road-centre)**



#### **St George GP After Hours Service**

After-hours GP clinic that operates weeknights, weekends and public holidays.

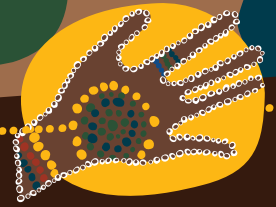
**Ph: 9553 0795 W: [www.stgeorgeafterhoursgp.com.au/](http://www.stgeorgeafterhoursgp.com.au/)**



#### **St Vincent's Hospital Network - Provision Primary Health Care to Vulnerable Individuals**

After-hours primary care including face to face clinics, telehealth clinics, consultations, mobile outreach, health coaching, care navigation and case management to complement existing services by the Homeless Health Service.

**Ph: 1800 602 417 W: [www.svhs.org.au/our-services/list-of-services/homeless-health-service](http://www.svhs.org.au/our-services/list-of-services/homeless-health-service)**



# ABORIGINAL HEALTH

## SUPPORT FOR ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLES



### Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.

**Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016**

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



### Drug and Alcohol Program – Community Restorative Centre

Provides holistic outreach-based rehabilitation to support community reintegration on release from custody. Accessible via a Service and Programs Officer (SAPO), parole officer or case-manager.

**Ph: 9288 8700 W: [www.crcnsw.org.au](http://www.crcnsw.org.au)**



### Integrated Team Care

South Eastern Sydney Local Health District (SESLHD), Sydney Local Health District (SLHD) and the Sydney Children's Hospitals Network have been funded to provide care coordination and outreach services to support Aboriginal and/ or Torres Strait Islander peoples to better access coordinated team care, as well as improving access to culturally appropriate primary care services.

**South East Sydney Local Health District Ph: 9540 8181 E: [seslhd-seahc@health.nsw.gov.au](mailto:seslhd-seahc@health.nsw.gov.au)**

**Sydney Local Health District Ph: 1300 722 276 E: [SLHD - ACTCallCentre@health.nsw.gov.au](mailto:SLHD - ACTCallCentre@health.nsw.gov.au)**

**Sydney Children's Hospital Network Ph: 9382 105 E: [SCHN-SCH-CARPAHeads@health.nsw.gov.au](mailto:SCHN-SCH-CARPAHeads@health.nsw.gov.au)**



### Men's Groups and Yarning Circles - Babana Aboriginal

Babana Aboriginal runs monthly Yarning Circles for Aboriginal men in the region. Yarning circles are a culturally safe and appropriate method to improve social and emotional wellbeing. Topics include suicide prevention, social and emotional wellbeing, housing and employment, addictions such as alcohol and drugs, challenging relationships and issues related to feelings of disempowerment.

**Ph: (02) 9660 5012 W: [babana.org.au](http://babana.org.au)**



### Mental Health – Psychological Support Services and Early Intervention Groups

A number of organisations and service providers deliver culturally appropriate free short-term face-to-face psychological therapy for people experiencing mild to moderate mental health concerns. Referrals can be made by a GP, psychiatrist or paediatrician on the website below. <https://phncesws.redicase.com.au#!/referral/create>

**Ph: 1300 170 554 W: [www.cesphn.org.au/pss](http://www.cesphn.org.au/pss)**



### Weave Youth and Community Services: 'Speak Out' Dual Diagnosis Program

Care coordination, counselling, information and referral support and group activities for young people with mental health and drug and alcohol support needs. Drop-in centre.

**Ph: 9318 0539 W: [www.weave.org.au](http://www.weave.org.au)**



### Youth Health and Wellbeing Program - La Perouse

La Perouse Local Aboriginal Land Council has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

**Ph: 9311 4282 E: [admin@laperouse.org.au](mailto:admin@laperouse.org.au) W: [www.laperouse.org.au/](http://www.laperouse.org.au/)**



### Youth Health and Wellbeing Program - Inner City

Tribal Warrior Aboriginal Corporation has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

**Ph: 9699 3491 E: [info@tribalwarrior.org](mailto:info@tribalwarrior.org) W: [www.tribalwarrior.org](http://www.tribalwarrior.org)**



### Youth Outreach Program

headspace Ashfield provides outreach support and link Aboriginal and/or Torres Strait Islander young peoples to local and culturally appropriate services and programs.

**Ph: 9193 8000 W: [www.headspace.org.au/headspace-centres/ashfield/](http://www.headspace.org.au/headspace-centres/ashfield/)**