The services outlined below do not provide crisis support. If you or someone close to you is experiencing distress or is in immediate danger dial 000.

### Mental Health and Suicide Prevention Services - Community Guide

#### ADULT

- **NewAccess Coaching**
  - Goal-focussed support to help manage day-to-day pressures.
  - Self-referral, GP referral, community health professional, other service providers
  - Phone: 1800 010 630
  - [NewAccess Coaching](#)

- **Mindfulness**
  - Mindfulness group programs for Arabic and Bengali speakers
  - Promotion of emotional balance, resilience, wellbeing, and stress reduction.
  - To access phone: 9553 2500
  - [Mindfulness](#)

- **Perinatal Depression (PND) Support Groups**
  - Group programs to support women and their partners during the perinatal period.
  - See your GP or community health professional for a referral - CESPHN online referral form
  - Enquire phone: 1300 170 554
  - [Perinatal Depression (PND) Support Groups](#)

- **Psychological Support Services (PSS)**
  - Short term face-to-face psychological support services.
  - See your GP or community health professional for a referral - CESPHN online referral form
  - Enquire phone: 1300 170 554
  - [Psychological Support Services (PSS)](#)

- **SPconnect**
  - A Suicide prevention-through-connection service which provides one on one care coordination for people who have attempted suicide. Referral discharge from St Vincent’s, Royal Prince Alfred & Prince of Wales Hospitals.
  - Phone: 1300 317 526
  - [SPconnect](#)

- **Information Line for Psychosocial Services**
  - An information and referral service available for providers and people with severe mental illness, who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS).
  - Phone: 1800 779 270
  - [Information Line for Psychosocial Services](#)

- **Connect and Thrive**
  - Psychosocial support services for people with severe mental illness.
  - Anyone can make a referral online or over the phone.
  - Enquire phone: 1300 779 270
  - [National Psychosocial Support](#)

- **Mental Health Shared Care Program**
  - Mental Health Nurse support, linking people to GP services.
  - Specific for patients at St Vincent’s hospital, South Eastern Sydney and Sydney Local Health District
  - [Mental Health Shared Care Program](#)

- **Primary Integrated Care Supports (PICS) Program**
  - Mental Health Nurse and peer worker support.
  - See your GP or community health professional for a referral - CESPHN online referral form
  - Enquire Phone: 1300 170 554
  - [Primary Integrated Care Supports (PICS) Program](#)

- **Health and Wellbeing Project**
  - Support services for Aboriginal and/or Torres Strait Islander young people in the La Perouse area.
  - Self-Referral, GP referral, community health professional, other service providers
  - Phone: 9311 4282
  - [Health and Wellbeing Project](#)

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STEPPED CARE APPROACH
Stepped care is an evidence-based approach comprising of supports based on the individual’s choice and need. These range from health information, to face to face services, and care coordination.

STEPPED CARE MODEL

Health Promotions
Early Interventions
Low Intensity Services
Face-to-Face Services
Multiagency Care

HEALTH INFORMATION
EARLY INTERVENTION
LOW NEEDS
MEDIUM NEEDS
HIGH NEEDS

Public information
Self-help strategies
Public information
Self-help strategies
Public information
Self-help strategies
Public information
Self-help strategies
Public information
Self-help strategies

Digital mental health services
Digital mental health services
Peer supports
Digital mental health services
Peer supports
Digital mental health services
Peer supports

GP and allied health services for those who require them
Face-to-face primary care and clinician-assisted digital mental health
GPs and allied health