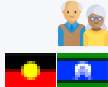












CENTRAL AND EASTERN SYDNEY PHN'S COMMISSIONED SERVICES


Mental Health and Suicide Prevention Services - Community Guide


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


	HEALTH INFORMATION	EARLY INTERVENTION	LOW NEEDS	MEDIUM NEEDS	HIGH NEEDS
ADULT	<p>Website For resources and links to health information and face-face services. Visit: www.cesphn.org.au</p>				
			<p>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 New Access Coaching</p> 		<p>Dialectical Behaviour Therapy (DBT) Groups Face-to-face group therapies. See your GP for a referral - CESPHN online referral form Enquire phone: 1300 170 554 Dialectical Behaviour Therapy (DBT) Groups</p> 
		<p>Mindfulness Mindfulness group programs for Arabic and Bengali speakers Promotion of emotional balance, resilience, wellbeing, and stress reduction. To access phone: 9553 2500 Mindfulness</p> 			<p>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 317 526. Information Line for Psychosocial Services</p> 
			<p>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</p>		<p>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</p> 
			<p>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)</p> 		<p>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</p>
CHILD / YOUTH		<p>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 www.laperouse.org.au Health and Wellbeing Project</p> 			<p>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. SPconnect</p>
		<p>headspace headspace centres across Australia provide a range of face-to-face information, support and services to young people aged 12 to 25 years, their families, and their carers. This includes general health services, mental health services, alcohol and other drug services, and work school and study support. Self-Referral, family and carer referral, GP referral, community health professionals and other service providers Find a centre and book appointment over the phone or visit Headspace</p> 			<p>South Eastern Sydney CASPAR - Sydney hEIT Mental health support for young people who are at risk or who experience severe mental illness. Through a referral by Headspace</p>
			<p>Child and Youth Psychological Support Services (PSS) Short term face-to-face psychological support for children aged 0-12 and youth 12-25. See your GP or a community health professional for a referral - CESPHN online referral form Enquire phone: 1300 170 554 Child and Youth Psychological Support Services (PSS)</p> 		

 Indicates additional specific services for Aboriginal and/or Torres Strait Islander peoples

 Indicates additional specific services for residents of aged care facilities

 Indicates additional specific services for LGBTQIA communities

 Indicates services for Aboriginal and/or Torres Strait Islander peoples only

 Indicates additional specific services for culturally and linguistically diverse peoples (languages other than English)

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

