CENTRAL AND EASTERN SYDNEY PHN’S COMMISSIONED SERVICES
Mental Health and Suicide Prevention Services - Community Guide

HEALTH INFORMATION

EARLY INTERVENTION

LOW NEEDS

NEW ACCESS COACHING
Goal-focused support to help manage day-to-day pressures.
Self-referral, GP referral, community health professional, other service providers
Enquire phone: 1800 010 636
New Access Coaching

MINDFULNESS
Mindfulness group programs for Arabic and Bengali speakers
Promotion of emotional balance, resilience, wellbeing, and stress reduction.
To access phone: 9533 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.

Website
For resources and links to health information and face-face services.
Visit: www.cesphn.org.au

MENTAL HEALTH AND SUICIDE PREVENTION SERVICES - COMMUNITY GUIDE

MEDIUM NEEDS

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

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

HIGH NEEDS

DIAPSYCHICAL BEHAVIOUR THERAPY (DBT) GROUPS
Face-to-face group therapies.
See your GP for a referral – CESPHN online referral form

PARTNERS IN RECOVERY (PIR)
Linking people to services and supports in the community
Self referral service – online referral form.

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
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

PHN CENTRAL AND EASTERN SYDNEY
An Australian Government Initiative
Phone 1300 986 991 | cesphn.com.au

ADULT

Mindfulness
Mindfulness group programs for Arabic and Bengali speakers
Promotion of emotional balance, resilience, wellbeing, and stress reduction.
To access phone: 9533 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)

SConnect
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.
SConnect

CHILD / YOUTH

Mindfulness
Mindfulness group programs for Arabic and Bengali speakers
Promotion of emotional balance, resilience, wellbeing, and stress reduction.
To access phone: 9533 2500
Mindfulness

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.healthproject.org.au
Health and Wellbeing Project

headspace
headspace services 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

Child and Youth Psychological Support Services (PSS)
Short term face-to-face psychological support for children aged 8-12 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)
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 INFORMATION
  - Public information
  - Self-help strategies
- EARLY INTERVENTION
  - Public information
  - Self-help strategies
  - Digital mental health services
- LOW NEEDS
  - Public information
  - Self-help strategies
  - Digital mental health services
  - Peer supports
  - GPs and allied health services for those who require them
- MEDIUM NEEDS
  - Public information
  - Self-help strategies
  - Digital mental health services
  - Peer supports
  - Face-to-face primary care and clinician-assisted digital mental health
  - GPs and allied health
- HIGH NEEDS
  - Public information
  - Self-help strategies
  - Digital mental health services
  - Peer supports
  - Coordinated, multiagency, face-to-face clinical care including GPs, allied health professionals and mental health nurses