

WHO IS PSS FOR?

People who live, work or go to school in the Central and Eastern Sydney PHN region and are:

- ✓ Women experiencing perinatal depression
- ✓ Children (0–12 years)
- ✓ Young people (12–25 years)
- ✓ Aboriginal and Torres Strait Islander peoples
- ✓ People from culturally and linguistically diverse (CALD) backgrounds
- ✓ Adults who are, or are at risk of becoming homeless
- ✓ Adults who are unable to access psychological services due to financial or other constraints
- ✓ Adults living within the under serviced local government areas of: Bayside, Canterbury City, Georges River, and Strathfield

FOR MORE INFORMATION

-  www.cesphn.org.au/pss
-  mentalhealth@cesphn.com.au
-  1300 170 554

THIS IS NOT A CRISIS SERVICE IN AN EMERGENCY PLEASE CALL 000

To be put in touch with your local mental health service, call the **NSW Mental Health Access Line** on 1800 011 511

PSS is funded by Central and Eastern Sydney PHN and is delivered by the following organisations:



Lilly Pillay
COUNSELLING INCORPORATED



PSYCHOLOGICAL SUPPORT SERVICES

Psychological Support Services provides **FREE** short term face-to-face psychological therapies for people experiencing mild to moderate mental health concerns.



HOW CAN I ACCESS PSS?



Ask your GP

or one of the following community professionals may be able to refer you:

- ✓ School counsellors/principals
- ✓ Aboriginal health workers
- ✓ Multicultural community health officers
- ✓ Maternal and child health nurses
- ✓ Managers in NGOs

A list of referrers can be found at:

www.cesphn.org.au/pss

search for 'Provisional referrals non GP'

HOW DOES PSS WORK?

1 Referrals to PSS

A referral to PSS is made by a GP or community professional and sent to Central and Eastern Sydney PHN*.

2 Starting your care

The mental health professional will contact you to arrange your first session.

3 Face-to-face sessions

Your mental health professional will provide psychological therapies.

4 Working together

Your mental health professional will provide an update to your GP. After the six sessions, visit your GP for a review.

5 Planning for the future

After you finish all your sessions, visit your GP to discuss any ongoing needs.

WHO PROVIDES PSS?

Services are delivered by trained and qualified **mental health professionals** including:

- ✓ Psychologists
- ✓ Mental health nurses
- ✓ Mental health social workers
- ✓ Mental health occupational therapists

A list of PSS provider organisations and registered PSS mental health professionals can be found at:

www.cesphn.org.au/pss

*Central and Eastern Sydney PHN is committed to providing you with the highest level of service and confidentiality, and this includes **protecting your privacy**. Central and Eastern Sydney PHN is bound by the *Commonwealth Privacy Act 1988* and the *Privacy Amendment (Private Sector) Act 2000*, which outlines the principles concerning the protection of your personal information.

Central and Eastern Sydney PHN acknowledges the traditional custodians of the land on which we work.