



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

### MENTAL HEALTH AND SUICIDE PREVENTION



#### New Access Coaching

Coaching service providing practical support to people experiencing anxiety or depression, via phone, video conference or face to face.

Free call: 1800 010 630



#### 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](#), [Bondi Junction](#), [Camperdown](#), [Hurstville](#), and [Miranda](#).



#### Psychological Support Services (PSS)

Short term face-to-face psychological therapies for:

- Women and their partners during the perinatal period
- Children aged 0-12 years and Young people aged 12 to 25 years
- Aboriginal and/or Torres Strait Islander peoples
- People from Culturally and Linguistically Diverse (CALD) backgrounds
- Homeless adults, or those at risk of homelessness
- Adults unable to access psychological therapies due to financial/other constraints
- Adults living in the LGAs: Bayside, Canterbury City, Georges River, Strathfield
- People at risk of /or who have attempted suicide or intentional self-harm

CESPHN online referral form.

Enquiries: 1300 170 554 Fax: 1300 112 489 Website link: [www.cesphn.org.au/pss](http://www.cesphn.org.au/pss)



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

Mental Health Nurse and peer worker supports for people who experience severe mental illness. CESPHN online referral form.

Enquiries: 1300 170 554 Fax: 1300 112 489

[www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics](http://www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics)



#### Dialectical Behaviour Therapy (DBT) Groups

Face-to-face group therapies.

CESPHN online referral form. People referred to DBT groups must be currently accessing psychological therapies

Enquiries: 1300 170 554 Website: [cesphn.org.au/pss](http://cesphn.org.au/pss)



#### Mindfulness groups for Arabic and Bengali speakers

A 5-week in-language program promoting emotional balance, resilience, wellbeing and stress reduction.

Enquiries to St George Mental Health Services: 9553 2500



#### Partners in Recovery (PIR)

Service available to people experiencing ongoing serious mental illness.

Enquiries: 1800 035 626

Sutherland Shire and St George areas Website: [www.sespir.com.au](http://www.sespir.com.au)

Eastern Sydney including Bondi and Waverly Website: [www.espir.com.au](http://www.espir.com.au)



#### SPconnect

One-on-one care coordination for people who have attempted suicide.

Referral on discharge from St Vincent's, Royal Prince Alfred and Prince of Wales hospitals.

Enquiries: 9570 5933 W: [www.neaminational.org.au/get-support/find-service/spconnect](http://www.neaminational.org.au/get-support/find-service/spconnect)



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### ALCOHOL AND OTHER DRUGS



#### Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.  
Enquiries: 9319 5823 or drop in at 36 Turner St, Redfern NSW 2016.  
Website: [www.amsredfern.org.au](http://www.amsredfern.org.au)



#### ACON: Substance Support Program

Psychosocial counselling, aftercare and care coordination to LGBTQIA people, partners, family and friends. Available face to face, via telephone or Skype.  
Enquiries: 9206 2000 or Free call: 1800 063 060 Website: [www.acon.org.au](http://www.acon.org.au)



#### Community Restorative Centre (CRC)

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.  
Enquiries: 9288 8700 Website: [www.crcnsw.org.au](http://www.crcnsw.org.au)



#### Haymarket Foundation

Mental Health Nurse and peer worker supports for people who experience severe mental illness. CESPHN online referral form.  
Enquiries: 1300 170 554 Fax: 1300 112 489  
[www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics](http://www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics)



#### NUAA (NSW Users and AIDS Association)

Weekly wellbeing groups for women who use drugs and experience intimate partner violence.  
Enquiries: 1800 644 413 and 8354 7300 W: [www.nuaa.org.au/get-involved/make-a-query/](http://www.nuaa.org.au/get-involved/make-a-query/)



#### Odyssey House

Psychosocial counselling, care coordination and aftercare via

- AOD Recovery Group Program
- Mental Health Recovery Group Program
- Individual psychosocial counselling

Free assessment Odyssey Team. Free call: 1800 397 739 or email: [cscs@odysseyhouse.com.au](mailto:cscs@odysseyhouse.com.au)



#### The Salvation Army: Pathways Maroubra

Provides individual support, case management, referrals and therapeutic group work. Self-refer via Phone: 9314 2166 or drop in.  
For your nearest centre visit [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. Enquiries: 9331 2266 Website: [www.salvos.org.au/oasis](http://www.salvos.org.au/oasis)



#### Uniting: Sydney Medically Supervised Injecting Centre

Non-judgmental harm reduction drop-in service for people who inject drugs. Holistic support provided, including a mental health nurse coordinator for people with mental health and drug and alcohol support needs. Free call: 1800 864 846  
W: [www.uniting.org/who-we-help/for-adults/sydney-medically-supervised-injecting-centre](http://www.uniting.org/who-we-help/for-adults/sydney-medically-supervised-injecting-centre)



#### SESLHD Dialectical Behavioral Therapy (DBT)

12-week DBT groups for people who use alcohol and other drugs. Eligibility via SESLHD Drug and Alcohol services. Enquiries: 9332 8759



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

### ALCOHOL AND OTHER DRUGS



#### 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.

**Enquiries: 9318 0539 Website: [www.weave.org.au](http://www.weave.org.au) W: [www.uniting.org/who-we-help/for-adults/sydney-medically-supervised-injecting-centre](http://www.uniting.org/who-we-help/for-adults/sydney-medically-supervised-injecting-centre)**



#### We Help Ourselves (WHOs)

A residential therapeutic community with a focus on abstinence, opioid reduction or stabilisation. A low to moderate withdrawal service is available to assist with detoxification before commencing WHOS programs.

**Enquiries: 8572 7471. Website: [www.whos.com.au](http://www.whos.com.au)**



#### The Station

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

**Enquiries: 9299 2252 or drop in. Website: [www.thestationltd.org](http://www.thestationltd.org)**

### AFTER HOURS CARE



#### St George GP After Hours Service

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

**Enquiries: 9553 0795 Website: [www.stgeorgeafterhoursgp.com.au/](http://www.stgeorgeafterhoursgp.com.au/)**



#### 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.

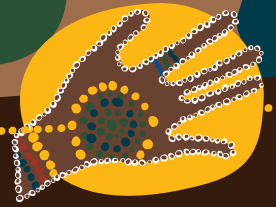
**Enquiries: 9360 2766**



#### 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.

**Enquiries: 1800 602 417. Website: [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



### **Integrated Team Care**

South Eastern Sydney Local Health District (SESLHD) and Sydney Local Health District (SLHD) 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.

**Enquiries: SESLHD - 9540 8181 Email: [seslhd-seahc@health.nsw.gov.au](mailto:seslhd-seahc@health.nsw.gov.au) Enquiries: SLHD - 1300 722 276 SLHD-ACTCallCentre@health.nsw.gov.au**



### **Mental Health – NewAccess Coaching**

Bolton Clarke provides NewAccess, a free service that provides support to people experiencing mild anxiety or depression via phone, video conference or face to face.

**Free call: 1800 010 630**



### **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. CESPHN online referral form.

**Enquiries: 1300 170 554 Fax: 1300 112 489 Website link: [www.cesphn.org.au/pss](http://www.cesphn.org.au/pss)**



### **Youth Health and Wellbeing Program**

La Perouse Local Aboriginal Land Council has two health and wellbeing coordinators to engage with and support young people to access culturally appropriate mainstream services to address their health and wellbeing needs.

**Enquiries: 9311 4282 Email: [admin@laperouse.org.au](mailto:admin@laperouse.org.au)**



### **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.

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



### **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.

**Enquiries: 9288 8700 Website: [www.crcnsw.org.au](http://www.crcnsw.org.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.

**Enquiries: 9318 0539 Website: [www.weave.org.au](http://www.weave.org.au)**



### **Aboriginal Medical Service (AMS) Redfern**

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

**Enquiries: 9319 5823 or drop in at 36 Turner St, Redfern NSW 2016.**

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