

# NEED HELP FINDING PSYCHOSOCIAL SERVICES?

*CESPHN has introduced a new Service Navigation tool for Psychosocial Services in our region.*

Central and Eastern Sydney Primary Health Network (CESPHN) has created Service Navigation to help **identify and locate mental health services** within the **central and eastern Sydney** that are right for you and your needs.

If you need help finding a mental health service, please call or email:



**1800 317 526**



**servicenavigation  
@cesphn.com.au**

Service Navigation can be accessed by **patients, their families, carers, GPs, Allied Health professionals or community practitioners** wanting information to assist people who:

- Live in the **Central and Eastern Sydney Primary Health Network region**
- Have a **severe mental illness** and associated **psychosocial functional impairment**
- Need **information or support** to access mental health services or NDIS support