

WHO IS PSS FOR?

People who live, work or study in the Central and Eastern Sydney PHN region that would benefit from short term therapy and are unable to access other psychological services, such as the Better Access Initiative, due to financial hardship and other barriers to care.

PSS is best suited to people with mild to moderate mental health needs, that would benefit from a limited number of sessions to help address their concerns.

For more information about who is eligible for PSS including income thresholds and the number of sessions available in the program, **please visit www.cesphn.com.au/pss**

FOR MORE INFORMATION



www.cesphn.org.au/pss



mentalhealth@cesphn.com.au



1300 170 554

PSS 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:



PSYCHOLOGICAL SUPPORT SERVICES

provides **FREE** short term, face-to-face or via telehealth, psychological therapies for people experiencing mild to moderate mental health concerns and financial hardship.



HOW CAN I ACCESS PSS?



Ask your GP

or one of the following non-medical practitioners 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 'non-medical practitioner' referrals.

HOW DOES PSS WORK?

1 Referrals to PSS

A referral to PSS is made by a GP or non-medical practitioner 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 every 6 sessions. It is encouraged that you stay in touch with your GP. After session 12, 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?

Trained and qualified mental health professionals who are **registered** to deliver services under PSS include:

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

You can search for a PSS approved mental health professional on our website service directory:

<https://connect.cesphn.org.au/ServiceDirectory>

*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.

To provide feedback complete the **External Feedback form** on the CESPHN website:

<https://cesphn.foliogrc.com/contacts/>

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