

CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs Updated March 2021

MENTAL HEALTH AND SUICIDE PREVENTION



New Access Coaching

Coaching service providing practical support to people aged 16+ experiencing mild to moderate anxiety and depression, via phone, video conference or face to face. This service is available without a referral and is free of charge. **Ph: 9477 8700 E: gctx@pccs.org.au**

W: www.beyondblue.org.au/get-support/newaccess



Mindfulness Program for Arabic and Bengali speakers

The Mindfulness program provides an evidence-based in-language program for members of the Arabic and Bengali speaking communities in the CESPHN region. The program has been tailored to be culturally appropriate to each of the communities.

To find out about accessing the program, please call Hend Saab, Bilingual Senior Psychologist, St George Community Mental Health Service.

Ph: 9382 8670 E: hend.saab@health.nsw.gov.au



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)

Access to psychological support for people with mild-moderate mental health issues that would benefit from short term therapy and are unable to access the Better Access Initiative for financial reasons. PSS services are available to specific groups and demographics. See website for further detail and eligibility. Referrals can be made online at www.phncesws.redicase.com.au/#!/referral/create

Ph: 1300 170 554 W: www.cesphn.org.au/pss



Service Navigation for Psychosocial Services

An information and referral service available for providers or people with severe mental health issues who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS).

Ph: 1800 317 526 W: www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/



Psychiatry Line for GPs

The GP Psychiatry Support Line is a free service for GPs to help manage the care of mental health consumers, providing advice on diagnosis, investigation, medication and safety plan. The service is not about triaging or referring consumers to a psychiatrist, but rather keeping consumers whose conditions are able to be treated within primary care under the care of their GP. This service is exclusive to GPs who practice within the Central and Eastern Sydney PHN region and is available Monday to Friday, 9am - 5pm.

Ph: 1800 161 718 W: gpsupport.org.au



Youth Severe Services

Based in headspace centres, Youth Severe services consist of multidisciplinary mental health teams who see young people with more complex needs requiring care coordination and psychiatry input. Referral via headspace centres.



Connect and Thrive

Psychosocial support services to assist people experiencing severe mental illness and reduced psychosocial functional capacity who are not currently accessing supports through the NDIS. Psychosocial and capacity-building supports are delivered both one-on-one and in a group setting. Delivered by Flourish Australia.

Anyone can make a referral online: <https://phncesws.redicase.com.au/#!/referral/create> **Ph: 1300 779 270**

W: <https://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/national-psychosocial-support-nps-program>

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Mental Health Shared Care Program

The Mental Health Shared Care Program provides support to the path of recovery and physical health of a consumer whose care is shared by a GP and the Local Health Networks. Shared Care clearly specifies which service will be responsible for identified aspects of their physical health care.

To be eligible to access, clients need to be care coordinated by either SLHD, SESLHD or St Vincent's Health Australia Mental Health Services.

W: www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mental-health-shared-care-program



Primary Integrated Care Supports (PICS) Program

PICS is for adults (aged 18-65) who are experiencing severe mental illness. Clinical care coordination and peer support is provided by mental health nurses and peer workers.

Referrals may be made online only at: <https://phncesws.redicase.com.au/#!/referral/create>.

Ph: 1300 170 554 **W:** www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics



Psychosocial NDIS Access Project

Assists individuals experiencing psychosocial disability to navigate the NDIS access and planning process and to test their eligibility for psychosocial supports through the NDIS. Delivered by Mission Australia.

Referrals can be made online: <https://phncesws.redicase.com.au/#!/referral/create>

Please note the project will cease taking referrals on **7 February 2021**. **Ph:** 0477 725 929

W: <https://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/information-line-for-psycho-social-services-3>



The Way Back Support Service

Suicide prevention service focused on reducing distress for people who have attempted suicide or experienced suicidal crisis. The Way Back combines an evidence-based approach with personal connection and integration with existing health services. Delivered by Neami National. **Referral only via hospitals.**

Ph: 9570 5933 **E:** thewaybacksupportservicesydney@neaminational.org.au



Norfolk Island Health and Wellbeing

Improving health literacy and help-seeking behaviours. Health-promotion activities in the region to address physical health, mental health and drug and alcohol.



Norfolk Island Child, Youth and Family Counsellor

Psychological therapies and/or counselling services for children, young people, and their families. Referrals available through the GP clinic on Norfolk Island. **W:** norfolkislandhealth.gov.nf/



Connector Service

Provides support and connection to and within local Aboriginal communities throughout the CESPHN region in a culturally safe way, focused on suicide prevention and postvention best practice. Delivered by Babana Aboriginal. This service is due to commence operation in early 2021. Referral information coming soon.



Psychosocial Support Transition

Provides psychosocial support to consumers who were previously supported under the now-defunded programs: Partners in Recovery (PIR), Personal Helpers and Mentors (PHaMs), and Day to Day Living (D2DL) as they test their eligibility for psychosocial supports through the NDIS. Clients are assisted to transition to the NDIS if eligible, or into the Continuity of Support program if ineligible.

Delivered by Neami National. **Ph:** 9570 5933

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Continuity of Support

Provides psychosocial support to previous consumers of the Psychosocial Transition Program, and the defunded programs PIR, PHaMs, and D2DL who have been deemed ineligible for psychosocial supports through the NDIS. Psychosocial and capacity-building supports are delivered both one-on-one and in a group setting. Delivered by Neami National. **Ph: 9570 5933**



Emotional Wellbeing for Older People

The EWOP program provides mental health services for older people who reside in Residential Aged Care facilities. This program aims to provide psychological and psychosocial therapies.

Ph: 1300 111 278 E: cesphnmhracs@anglicare.org.au



Re-connect Wellbeing Program - Older Persons

Reconnect aims to reduce social isolation and loneliness, improve wellbeing and increase connections for older people disproportionately affected by COVID-19.

Ph: 1300 364 277 W: <https://www.relationshipsnsw.org.au/support-services/reconnect/>



Residential Aged Care Facilities (RACFs) - Mental Health Education Programs

The program provides mental health education to the staff in the Residential Aged Care Facilities (RACF) in the CESPHN region. CESPHN has commissioned Dementia Australia to provide a free two hour virtual classroom (with CPD) to all staff working in your facility.

The RACFs under the St. Vincent Hospital can access the program with St Vincent's Hospital Network (SVHN) by contacting St Vincent Older people Mental Health Team **Ph: 2 8382 1540**

RACFs in the Sydney LHD and South Eastern Sydney LHD can access the program with Dementia Australia. **E: rebecca.rogers@dementia.org.au**



The Black Dog Institute StepCare

The Black Dog Institute has developed an integrated adult online mental health screening tool for GP practices. The StepCare Tool is a self-screening tool that identifies adults with anxiety, depression, and/or high levels of alcohol consumption. The results of the screening are provided in real time to the GP this providing timely, cost-efficient early intervention and treatment for patients.

W: <https://www.blackdoginstitute.org.au/education-services/stepcare/>

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ALCOHOL AND OTHER DRUGS



Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.
Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016 W: www.amsredfern.org.au



Community Restorative Centre (CRC) AOD Transition Program

Holistic outreach-based rehabilitation to assist with community reintegration for people exiting custody. Support includes pre-release engagement and AOD counselling. Accessible via a Service and Programs Officer (SAPO), parole officer or case manager. The team includes identified Aboriginal and Torres Strait Islander AOD workers. Ph: 9288 8700 W: www.crcnsw.org.au



Odyssey House Community Services: Alcohol and Other Drugs Counselling

Individual and group AOD counselling, SMART Recovery, care coordination and aftercare. Groups delivered in a range of locations.
Ph: 1800 397 739 or E: referral@odysseyhouse.com.au W: www.odysseyhouse.com.au/



ACON: Substance Support Program

ACON provides counselling for people of diverse sexuality and gender, their partners, friends and family in relation to their drug and alcohol use. Counsellors assist clients to reach their goals to manage use, reduce or quit. Clients are supported to develop skills and strategies for relapse prevention, harm minimisation and self-care. Clients can be linked in with a range of ACON programs including care coordination and sexual health testing. Support available via telephone, online or face to face in in Surry Hills.
Ph: 9206 2000 or Freecall: 1800 063 060 W: www.acon.org.au



The Haymarket Foundation: Counselling and Waiting List Support

Drug and alcohol counselling, care coordination, referral and waiting list support for people who experience disadvantage and are at risk of homelessness and seek drug and alcohol treatment. Drug and alcohol counselling for people who experience disadvantage and are at risk of homelessness. Delivered by an experienced clinical psychologist. Depending a person's needs, support can include individual and group psychotherapy, harm minimisation, relapse prevention, psycho education, crisis intervention, family and couples psychotherapy. Counselling provided via telehealth or face to face in Woolloomooloo. W: www.haymarket.org.au Freecall: 1300 029 202 Waitlist Support Service: 9197 9731 Counselling Service: 9197 9740 A: 140 Cathedral Street, Woolloomooloo



Uniting Medically Supervised Injecting Centre: Mental Health Nurse Coordinator

The Mental Health Nurse Coordinator works is a team member at the Medically Supervised Injecting Centre (MSIC) in Kings Cross, a non-judgmental, harm reduction drop-in service for people who inject drugs. This role provides mental health support depending on a clients needs, including brief intervention, assertive follow-up, referral and navigation to access services such as primary health and mental health services. Ph: 9360 1191 W: www.uniting.org/msic A: 66 Darlinghurst Rd, Kings Cross

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ALCOHOL AND OTHER DRUGS



The Salvation Army: Pathways Maroubra

Individual drug and alcohol support, care coordination, referral and therapeutic group work. Self-referrals accepted.

W: <https://www.salvationarmy.org.au/need-help/alcohol-and-other-drug-services/>

Ph: 0408 798 172 M: 0427 394 155



The Salvation Army: Oasis Youth Support Network

A non-residential drug and alcohol program

for homeless and disadvantaged youth aged 16-25. Choices supports young people to develop a range of skills to enable a stable, balanced lifestyle through a range of supports.

Ph: 9331 2266 A: 365 Crown Street, Surry Hills W: www.salvos.org.au/oasis



The Station Drug and Alcohol Service

A drop in and support service for people experiencing homelessness, providing drug and alcohol counselling, care coordination, advocacy and referral. Located in Sydney CBD.

A: 82 Erskine Street, Sydney Ph: 9299 2252 W: www.thestationltd.org



Weave Youth and Community Services: 'Speak Out' Dual Diagnosis Program

Care coordination, counselling, information, referral support and group activities for young people (aged 12-28) experiencing mental health and drug and alcohol support needs. Drop-in centre.

A: Corner Elizabeth & Allen Streets, Waterloo Ph: 9318 0539 W: www.weave.org.au



We Help Ourselves (WHOs): Withdrawal Management Program

A low to moderate withdrawal service for people on entry to WHOS residential programs. WHOS is a therapeutic community in Lilyfield with a focus on abstinence, opioid substitution treatment, reduction or stabilisation.

Ph: 8572 7471 W: www.whos.com.au



WHOS Rozelle Day Program - WHOS Hub®

WHOS Hub is a day program providing psychosocial interventions through structured individual or group work. The Hub assists clients seeking admission to the residential program, maintaining treatment momentum while awaiting entry and provides a drop-in point and a program for those who have left WHOS residential programs.

Ph: 02 8572 7444 W: <https://whos.com.au/>

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AFTER HOURS CARE



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.

Ph: 9360 2766 W: www.seslhd.health.nsw.gov.au/services-clinics/directory/kirketon-road-centre



St George GP After Hours Service

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

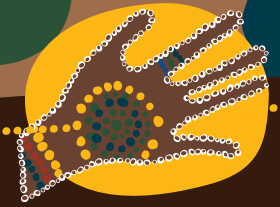
Ph: 9553 0795 W: www.stgeorgeafterhoursgp.com.au/



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.

Ph: 1800 602 417 W: www.svhs.org.au/our-services/list-of-services/homeless-health-service



ABORIGINAL HEALTH

SUPPORT FOR ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLES



Aboriginal Medical Service (AMS) Redfern

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

Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016

W: www.amsredfern.org.au



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.

Ph: 9288 8700 W: www.crcnsw.org.au



Integrated Team Care

South Eastern Sydney Local Health District (SESLHD), Sydney Local Health District (SLHD) and the Sydney Children's Hospitals Network 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.

South East Sydney Local Health District Ph: 9540 8181 E: seslhd-seahc@health.nsw.gov.au

Sydney Local Health District Ph: 1300 722 276 E: SLHD - ACTCallCentre@health.nsw.gov.au

Sydney Children's Hospital Network Ph: 9382 105 E: SCHN-SCH-CARPAHeads@health.nsw.gov.au



Men's Groups and Yarning Circles - Babana Aboriginal

Babana Aboriginal runs monthly Yarning Circles for Aboriginal men in the region. Yarning circles are a culturally safe and appropriate method to improve social and emotional wellbeing. Topics include suicide prevention, social and emotional wellbeing, housing and employment, addictions such as alcohol and drugs, challenging relationships and issues related to feelings of disempowerment.

Ph: (02) 9660 5012 W: babana.org.au



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. Referrals can be made by a GP, psychiatrist or paediatrician on the website below. <https://phncesws.redicase.com.au/#!/referral/create>

Ph: 1300 170 554 W: www.cesphn.org.au/pss



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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.

Ph: 9318 0539 W: www.weave.org.au



Youth Health and Wellbeing Program - La Perouse

La Perouse Local Aboriginal Land Council has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

Ph: 9311 4282 E: admin@laperouse.org.au W: www.laperouse.org.au/



Youth Health and Wellbeing Program - Inner City

Tribal Warrior Aboriginal Corporation has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

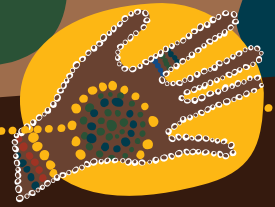
Ph: 9699 3491 E: info@tribalwarrior.org W: www.tribalwarrior.org



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.

Ph: 9193 8000 W: www.headspace.org.au/headspace-centres/ashfield/



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Redfern Aboriginal Medical Service (AMS): Drug and Alcohol Treatment Program

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

Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016

W: www.amsredfern.org.au



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