

CENTRAL AND EASTERN SYDNEY PHN'S COMMISSIONED SERVICES

Mental Health and Suicide Prevention Services - Community Guide

The services outlined below do not provide crisis support. If you or someone close to you is experiencing distress or is in immediate danger dial 000

HEALTH INFORMATION

EARLY INTERVENTION

LOW NEEDS


MEDIUM NEEDS

HIGH NEEDS

ADULT

For resources and links to health information and face to face services visit www.cesphn.org.au

NewAccess Coaching
Goal-focussed support to help manage day-to-day pressures.
Self-referral, GP referral, community health professional, other service providers
Ph: 9477 8700 E: gctx@pccs.org.au
[New Access Coaching](#)




Mindfulness
Mindfulness group programs for Arabic and Bengali speakers
Promotion of emotional balance, resilience, wellbeing, and stress reduction.
Ph: 8382 8670 or 9087 8320 E: hend.saab@health.nsw.gov.au
[Mindfulness](#)




Perinatal Depression (PND) Support Groups
Group programs to support women and their partners during the perinatal period.
See your GP or community health professional for a referral – CESPHN online referral form
Enquire phone: 1300 170 554
[Perinatal Depression \(PND\) Support Groups](#)


Psychological Support Services (PSS)
Short term face-to-face psychological support services.
See your GP or community health professional for a referral – CESPHN online referral form
Enquire phone: 1300 170 554
[Psychological Support Services \(PSS\)](#)




Dialectical Behaviour Therapy (DBT) Groups
Face-to-face group therapies.
See your GP for a referral – CESPHN online referral form
Enquire phone: 1300 170 554
[Dialectical Behaviour Therapy \(DBT\) Groups](#)



Service Navigation for Psychosocial Services
An information and referral service available for providers and people with severe mental illness, who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS).
Phone: 1800 317 526.
[Information Line for Psychosocial Services](#)




Connect and Thrive
Psychosocial support services for people with severe mental illness.
Anyone can make a referral online or over the phone.
Enquire phone: 1300 779 270
[National Psychosocial Support](#)




Mental Health Shared Care Program
Mental Health Nurse support, linking people to GP services.
Specific for patients at St Vincent's hospital, South Eastern Sydney and Sydney Local Health District
[Mental Health Shared Care Program](#)

Primary Integrated Care Supports (PICS) Program
Mental Health Nurse and peer worker support.
See your GP or community health professional for a referral – CESPHN online referral form
Enquire Phone: 1300 170 554
[Primary Integrated Care Supports \(PICS\) Program](#)



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.
Ph: 9570 5933 E: thewaybacksupportservicesydney@neaminational.org.au. Referral only via hospitals. Contact [Neami](#).

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. This service is due to commence in early 2021. Referral information coming soon.




CHILD / YOUTH


Health and Wellbeing Project
Support services for Aboriginal and/or Torres Strait Islander young people in the La Perouse area.
Self-Referral, GP referral, community health professional, other service providers
Phone: 9311 4282 www.laperouse.org.au
[Health and Wellbeing Project](#)



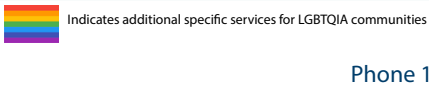
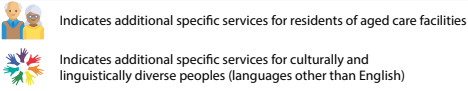
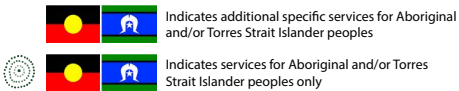
headspace
headspace centres across Australia provide a range of face-to-face information, support and services to young people aged 12 to 25 years, their families, and their carers.
This includes general health services, mental health services, alcohol and other drug services, and work school and study support.
Self-Referral, family and carer referral, GP referral, community health professionals and other service providers
Find a centre and book appointment over the phone or visit [Headspace](#)



Child and Youth Psychological Support Services (PSS)
Short term face-to-face psychological support for children aged 0-12 and youth 12-25.
See your GP or a community health professional for a referral – CESPHN online referral form
Enquire phone: 1300 170 554
[Child and Youth Psychological Support Services \(PSS\)](#)



South Eastern Sydney CASPAR - Sydney hEIT
Mental health support for young people who are at risk or who experience severe mental illness.
Through a referral by [Headspace](#)



STEPPED CARE APPROACH

Stepped care is an evidence-based approach comprising of supports based on the individual's choice and need. These range from health information, to face to face services, and care coordination.

STEPPED CARE MODEL

