

Additional Mental Health Referral Pathways for Mental Health Professionals



Other CESPHE commissioned services

The PHN also commission other mental health programs that could provide support to your patient, please see link for more information

<https://www.cesphn.org.au/mental-health/mental-health-services-commissioned-by-cesphn>

CESPHE Services Guide

<https://www.cesphn.org.au/documents/communications-1/services-guide/3584-cesphn-services-guide/file>

University-based psychology clinics

UTS Psychology Clinic

9514 7339 <https://www.uts.edu.au/about/graduate-school-health/clinical-psychology/what-we-do/uts-psychology-clinic>

A referral from a doctor is not required to make an appointment. Fees are low cost (\$25) and concession fees (\$12.50) available in certain circumstances. Supporting individuals with a wide range of psychological needs including mood problems, stress and anxiety, phobias and fears, trauma, grief and major life transitions, parents and families experiencing a range of emotional and behavioural difficulties. Services are provided by provisional psychologist in their 6th year of training and is provided under the supervision of a team of experienced clinical psychologist/academics.

UNSW Psychology Clinic

9385 3042 <http://www.clinic.psy.unsw.edu.au/>

Tuesdays 9am – 5pm; Wednesdays 8am – 5pm; Thursdays 8am – 5pm; Fridays 8am - 4pm
2 streams in Therapy Sessions.

Stream 1 – Provided by provisional Psychologists.

Fees: \$40.00, or \$20.00 for Concessional card holders.

Sessions are 50 mins.

Sessions will be recorded on audio/visual for clients requesting a provisional psychologist.

Stream 2 – Provided by Clinical Psychologist registrar, Psychologists who have completed training, and receive supervision.

Current wait list - 3 weeks

These sessions are not recorded.

Full Fee - \$160.00, Concession \$140.00; Medicare rebate of \$87.45

Call UNSW Psychology to complete a referral. An intake officer will complete a brief interview over the phone. Clients will be called back whether suitable or not suitable.

UNSW Traumatic Stress Clinic

8627 3314 <http://www.traumaticstressclinic.com/posttraumatic-stress-disorder>

(Mon - Fri 9am - 5pm) E: traumaticstressclinic@unsw.edu.au

This program offers individual treatment for people who have experienced a traumatic event in adulthood more than one month ago and continue to experience post-traumatic stress reactions that cause distress and interfere with daily functioning. The current treatment program involves 11 weekly one-on-one sessions with an experienced clinical psychologist, each lasting approximately 1 ½ hours. Because of the strong language component of the treatment, people who wish to participate in this treatment must be able to do so in English.

The Traumatic Stress Clinic offers treatment for PTSD and prolonged grief at both our Westmead Hospital (Westmead) and University of New South Wales (Randwick) locations.

University of Sydney Brain and Mind Centre Psychology Clinic

9114 4343

<https://www.sydney.edu.au/brain-mind/our-clinics/psychology-clinic.html>

Can assist with mental health issues such as anxiety, depression, life events, grief and loss, health and illness, relationships, parenting and family, behaviour, study and work, resilience, and learning difficulties for adults and children.

As a teaching, training and research clinic at the University of Sydney, is staffed by postgraduate trainees who work under the supervision of highly experienced clinical psychologists and neuropsychologists. Treatments and psychometric assessments reflect the latest developments in clinical practice and the highest standards of care.

ACAP Psychology Clinic

8236 8070 <https://www.acap.edu.au/current-students/acap-psychology-clinic/>

The ACAP Psychology Clinic offers a range of psychological services to the community at a nominal fee or at no cost. Services are provided face-to-face. The services provided by the ACAP Psychology Clinic are informed by current research and adhere to ethical and professional standards to ensure the quality of the services provided.

The clinic is staffed by provisionally registered psychologists or registered psychologists who have completed their undergraduate training in psychology. All provisionally/registered psychologists in the clinic are supervised by qualified and experienced endorsed psychologists.

Australian Catholic University Mary Aikenhead Clinic

02 9701 4708 <http://www.acu.edu.au/mary-aikenhead-clinic>

Provides psychology and counselling services at a low cost. Staffed by postgraduate students undertaking qualifications and supervised by clinical psychologists and experienced counsellors. Provides intervention and support for a range of mental health issues, including Depression, Mood Disorders, Anxiety Disorders, Trauma, Childhood Behaviour Problems, Relationships, Anger Management, Loss and Grief, Eating Problems, Addictions and Chronic Illness including Dementia, Cancer and Developmental Disabilities.

Providing a holistic and client centered services, using a multidisciplinary approach, staff at the clinic work closely with other health disciplines at ACU, including dietitians, exercise physiologists, social workers and allied health professionals.

Our counselling services are free. A one-off payment may apply to cover the cost of materials that have to be purchased. Referrals from medical professionals are welcomed but not required. Clients or parents can simply contact us and make an appointment. Each referral is subject to an intake process and approval.

The Psychology Clinic is located in Strathfield.

Medicare Better Access Scheme Services

Australian Psychological Society

<https://www.psychology.org.au/Find-a-Psychologist>

Better Access Medicare Scheme:

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&qt=ItemID&q=2700>

Black Dog Institute

9382 2991 <https://www.blackdoginstitute.org.au/education-services/clinical-services/> E: clinic@blackdog.org.au

Experienced clinical psychologists supporting clients for face to face or telehealth services. For patients who are 18 years or older, experiencing common mental health disorders, including depression, stress, anxiety, mood disorders, and post-natal support. Black Dog Institute is not able to accept individuals with ADD/ADHD, behavioural disorders, alcohol or substance abuse problems or eating disorders.

Lysn

<https://welysn.com/> GPs can fax referrals to 02 9167 9009

Provides online bulkbilling psychology, via video & phone consultations, saves you time and gives you access to your first choice of qualified Australian psychologists no matter where you are.

Someone Health

1800 491 556 <https://someone.health/>

Our team of Bulk Billing Psychologists are available for video and telephone Counselling 7 days a week and free for Medicare card holders.

Wellbe Counselling & Psychology

9627 1177 <https://www.wellbe.net.au/>

A bulk-billed psychology service with locations close to Parramatta, Strathfield, Windsor, Blacktown, Hurstville and Sydney CBD, with appointments available 7 days a week. Counselling sessions with clinical psychologists, psychologists, occupational therapists and social workers are bulk billed under a Mental Health Care Plan obtainable from your local GP.

Uplift

9363 4550 <https://upliftpsychologicalservices.com.au/about-us/>

Birchtree Centre of Excellence

9518 8719 <https://www.birchtreecentre.com.au/> complex trauma therapy

Sydney Counselling Centre

9415 2223 <http://www.sydneycounselling.com.au>

Bulk billing Provides specialised counselling and support services. Treatments cover Depression, Eating Disorders, Family and relationship problems, Stress Management, Grief

and Trauma, Anxiety, PTSD, Alcohol and Drug addiction. Other services include assessment, Consulting, Mediation, and Forensic Reports, Employee Assistance Programs, Disability Employment (STEPS), and Vocational Guidance. Also works with headspace, North Sydney. An NDIS provider

Inside Out - Institute for Eating Disorders

<https://insideoutinstitute.org.au/treatment-services>

InsideOut is Australia's national institute for research, translation and clinical excellence in eating disorders, with national and global research partnerships. We aim to transform the prevention and treatment landscape for people with eating disorders in Australia, and ultimately find a cure. Our team of expert researchers, clinicians, policy makers and consumer advisors lead the development of several major national and state research, education and training initiatives in eating disorders.

Butterfly Foundation for Eating Disorders NSW

1800 334 673 <http://www.thebutterflyfoundation.org.au>

E: info@thebutterflyfoundation.org.au

Find a therapist: <https://butterfly.org.au/get-support/butterflys-referral-database/>

Provides support and services for people with eating disorders. It includes a telephone support line, treatments, prevention, early intervention, education and training. Support groups are offered for families and carers, and individuals who have eating disorders. Recovery programs are available to the family members and the person experiencing an eating disorder. They are offered in conjunction with other treatments that are being undertaken.

Enough is Enough

<https://www.enoughisenough.org.au/>

Provides a professional service with fully qualified counsellors and psychologists who conduct individual, group or couple counselling either face to face or, in particular situations, via telephone.

Counselling is available for everyone, regardless of cultural or religious background. You can be referred by an agency, a family member or friend or simply refer yourself to our service. Our clinicians specialise in a range of issues including addiction, anger and stress management, bullying and harassment, child and family therapy, conflict resolution, crisis and trauma, depression, domestic violence support, couples counselling, grief and loss, road trauma support and victims of crime support.

Cancer Council

Support line 13 11 20 <https://www.cancerCouncil.com.au/cancer-information/living-well/complementary-therapies/mind-body-techniques/counselling/>

PANDA 1300 726 306 Perinatal Anxiety & Depression Australia <https://www.panda.org.au/>

Gidget Foundation Australia 1300 851 758 <https://gidgetfoundation.org.au/>

Perinatal Anxiety & Depression

Other Specialised Services

Neami National

9570 5933 <https://www.neaminational.org.au>

Recovery orientated supports that aim to improve people's wellbeing and supports them to live independently.

Community Restorative Centre

9288 8700 <https://www.crcnsw.org.au/services/telephone-information/>

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.

Mental Health Carers

1300 554 660

NSW Connections Helpline connects carers with services including support groups, counselling, mental health, housing and accommodation, daily living support, legal, advocacy and complaints.

Revenue NSW

Work and Development Orders (WDOs) are a way to help people who can't pay their fines.

Find a WDO Sponsor <https://www.revenue.nsw.gov.au/fines-and-fees/advocates/wdo-sponsors>

NDIS

1800 800 110 www.ndis.gov.au

Call if you need assistance with your NDIS application or advice on who your Local Area Coordinator is

Disability Advocacy

1300 365 085 www.da.org.au

Disability Advocacy NSW can provide short to medium term, non-legal, issue-based advocacy support to people with disability who have serious and urgent issues.

Service Directories

Ask Izzy <https://askizzy.org.au> A website that connects people who are in crisis with the services needed right now and nearby.

Sunny App 1800RESPECT's app for women with disability who have experienced violence and abuse. Sunny can support to tell their story, understand what has happened, know their rights, find people who can help, understand what abuse is and learn about different types of abuse. Sunny is free to download from the App Store or Google Play Store.

Daisy App an app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area. Service websites are accessible from within the app, which means these sites won't show up in your browser history. This can help protect privacy, especially if another person has access to the phone. Daisy is free to download from the App Store or Google Play Store.

Wayahead Service Directory <https://directory.wayahead.org.au/> 1300 794 991

For When <https://forwhenhelpline.org.au/> 1300 24 23 22

Karitane has joined forces with other early parenting services across Australia to launch this new national navigation service to connect expectant and new parents to mental health support for when they need it.

Find a Psychiatrist <https://www.yourhealthinmind.org>

Mental health information from the Royal Australian and New Zealand College of Psychiatrists

Disability gateway <https://www.disabilitygateway.gov.au/> 1800 643 787

Each <https://www.each.com.au>

Provides a range of health, disability, counselling and mental health services across Australia.

Carers Gateway <https://www.carergateway.gov.au/services-and-support>

Sutherland Services

<https://www.sutherlandshire.nsw.gov.au/Community/Community-Support-Services/Community-Directories/Community-Support-Services-Directory>

Useful list of services and information that may be able to assist with access to health, employment, mental health, multicultural, Aboriginal and Torres Strait Islander and aged care services, support for carers, people with disability, homelessness information, emergency relief.

E-Mental Health services

eMHprac <https://www.emhprac.org.au/directory/> The Directory provides a useful overview of various Australian online and teleweb programs, all of which have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations. This includes apps, online programs, online forums, and phone services, as well as a range of digital information resources.

New Access <https://www.cesphn.org.au/newaccess-coaching> is a free and confidential mental health coaching program for individuals 16yrs+ feeling stressed or overwhelmed about everyday life issues.

Mindspot <https://www.mindspot.org.au/> provides free, digital mental health services to adults across Australia. This means that we provide all our services online or via telephone. These services include confidential psychological assessments and clinically-proven treatments. Our aim is to support people to learn more about their psychological health and learn skills to become emotionally resilient.

myCompass <https://www.mycompass.org.au/> developed by Black Dog Institute to help people better self-manage mild-to-moderate symptoms of depression, anxiety and stress. The program is freely available on any Internet-enabled device, including computers, tablets

(e.g. iPads) and mobile phones. myCompass delivers evidence-based psychological techniques via a range of online learning activities recommended to the user based on their profile or can select learning activities that interest them.

Beyond Blue <https://www.beyondblue.org.au/> provides information and support for anxiety, depression and suicide prevention for everyone in Australia.

This Way Up <https://thiswayup.org.au/> is run by clinical psychologists, psychiatrists, researchers, and web technicians based at the Clinical Research Unit for Anxiety and Depression (CRUfAD) – a joint facility of St Vincent's Hospital and the University of New South Wales. A range of self-paced online programs that teach clinically-proven strategies to help improve the way individuals feel.

eFriend <https://efriend.org.au/> a virtual peer support service and offers befriending sessions to connect you to eFriend Peers via video call or phone call. Our service is free and available to anyone feeling down, stressed, lonely, isolated or worried.

headspace School Support 1800 650 890 <https://headspace.org.au/online-and-phone-support/>

Young people 12-25 years can chat privately with a professional counsellor over the phone or webchat, seven days a week between 9am – 1am (AEDT). It's a safe space if young people want some advice, unsure of what help they need or maybe just want to talk things through.

Head to Health <https://www.headtohealth.gov.au>

Provided by the Australian Department of Health, introduces apps, online programs, online forums, and phone services, as well as a range of digital information resources. Head to Health is a collaboration between the community, people with lived experience, the mental health sector, and the Australian Government Department of Health.

<https://www.headtohealth.gov.au/covid-19-support/chatstarter> **#ChatStarter** was developed by the [National Mental Health Commission](#) in partnership with parents and young people who have experience of mental health challenges and Australia's national mental health organisations - [ReachOut](#), [Butterfly Foundation](#), [Orygen](#), [batyr](#), [headspace](#), [Beyond Blue](#) and [Kids Helpline](#).

Psychosocial and Psychological supports

SANE Australia <https://www.sane.org/get-support/drop-in-service>

For individuals living in central and eastern Sydney region see referral form

<https://www.sane.org/referral>

A national online and telephone mental health charity supporting the lives of people affected by complex mental health issues through following services; 1:1 counselling, peer support, group programs, professionally moderated online community forums and psychosocial support to people living with mental distress to develop a care plan, tailored to their specific needs and preferences.

This service is for individuals with complex mental health issues and trauma, including people who are autistic or have an intellectual disability and need support for their mental health. The service is also open to their families or carers.

This is a peer-led model- participants can receive individual support for up to 12 weeks and can pick and choose what services they would like to access. Outcomes focus on social connection, strategies for ongoing management of mental health, and improved recovery across mental, physical and emotional wellbeing.

Head to Health Pop Up Clinics 1800 595 212 <https://www.cesphn.org.au/mental-health/head-to-health>

Monday to Friday, 8.30am-5:00pm (except public holidays).

Anyone can contact Head to Health Pop Up services. This includes referrals from GPs and other mental health providers, friends or family members. A trained professional will take your call, provide advice and can connect individuals to the best support or service for their needs. Developed to support the mental health of people in NSW, of all ages, struggling during extended lockdown.

Non-Acute Suicide Prevention Supports

Standby Support

1300 727 247 <https://standbysupport.com.au/find-support/>

The StandBy support after suicide program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life. This program is available for individuals, families and friends, witnesses, first responders and service providers. StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual.

Their service is also linked with lived experienced workers. The model of care is for up to 2 years and can go longer depending on everyone's case. Ongoing counselling, StandBy support has partnered with Jesuit Social Services, a specialised bereavement counselling service and Roses in the Ocean.

The state-wide service provides post suicide support to anyone bereaved or impacted by suicide in the form of:

- Counselling
- Links to other support services
- Group Support
- Information and Resources
- Training and upskilling to groups and professionals.

Services are delivered to groups and/ or individuals by professionals trained in Suicide ASIST who have a tertiary background in psychology, social work, and counselling.

Suicide Call Back Service

1300 659 467 <https://www.suicidecallbackservice.org.au/>

A 24-hour, nationwide service that provides free telephone, video and online counselling. Their professionally trained counsellors have specialist skills in working with suicide-related issues and they can help you to work through the pain and distress you may be feeling. The service offers up to four additional phone counselling sessions scheduled at times to best suit individual's needs. There is also access to free video and online counselling on their website.

Suicide Call Back Service offers crisis support to anyone in Australia who is aged 15 years and older, who is affected by suicide. Anyone who is feeling suicidal, worried about someone, who is caring for someone who is feeling suicidal, who has lost someone to suicide and Health professionals supporting people who are affected by suicide. The Suicide Call Back Service provides immediate telephone counselling and support in a crisis. Calls will be answered by a counsellor.

*see NSW Health Local Health District Services for further services

Crisis Support Lines

Lifeline on 13 11 14 <https://www.lifeline.org.au/>

Men's Line Australia 1300 789 978 www.mensline.org.au

For men of any age who would like support, information, or referral to assist them to deal with relationship problems in a practical and effective way.

Kids Helpline 1800 55 1800 young people 5-25 years

QLife 1800 184 527 www qlife.org.au 3pm to 12am everyday

QLife provides Australia-wide anonymous, LGBTIQ+ peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. Their services are for LGBTI individuals, their friends and families, and health professionals in Australia.

1800 Respect 1800 737 732 sexual assault, domestic & family violence

Domestic Violence Line 1800 656 463

www.facs.nsw.gov.au/domestic-violence/helpline

The NSW Domestic Violence Line provides trained counselling and referrals to women experiencing domestic and family violence. Counsellors on the Domestic Violence Line can help:

- get hospital care, counselling and family support services
- understand what an Apprehended Violence Order (AVO) is and how to get one
- develop a safety plan for you and your children
- find emergency accommodation for you and your children
- help you with transport for you and your children
- talk to the police, courts and lawyers.

Full Stop Australia 1800 943 539 (24/7) <https://fullstop.org.au/>

Telephone and online support for anyone in Australia whose life has been impacted by domestic or family violence and their supporters.

NSW Ageing and Disability Abuse Helpline 1800 628 221

Service for information, support or to report abuse, neglect and exploitation of older people and adults with disability in their family, home or community

Psychiatry Supports

Dokotela Telehealth Psychiatry Service

<https://www.cesphn.org.au/telehealth-psychiatry-service>

The Telehealth Psychiatry Service provides free psychiatric consultations to people who are living with severe and complex mental illness in the Central and Eastern Sydney region, who due to socio-economic barriers would not otherwise be able to access psychiatry. Working in collaboration with GPs and other mental health and psychosocial support providers, the key aspects of this initiative are to provide telehealth psychiatry services and to engage with GPs supporting people accessing the service to facilitate capacity building and support ongoing patient treatment plans. Psychiatric consultations will be offered to consumers via secure video conferencing either from their own or a support person's home, or from their service provider or GP's office.

Psych2U 1300 472 866 <https://psych2u.com.au/practitioners/>

Delivering telehealth services across Australia since 2011. Our mission is to deliver quality healthcare to all Australians by bridging the gaps that separate patients from the care they need. Bulk Billed appointments for patients in a Telehealth eligible area (Mixed billing practice, bulk billing may be offered to patients living in rural and remote areas of Australia. This will be discussed when making the appointment.) Where possible, urgent appointments will be organised, however, processing times are approximately 3 to 4 weeks.

GP Psychiatry Support Line 1800 16 17 18 - (02) 4967 5203

<https://www.cesphn.org.au/mental-health/training-and-support#psychiatry-support-line-for-gps>

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 about keeping consumers whose conditions are able to be treated within primary care under the care of their GP. This service is for GPs who practice within the [Central and Eastern Sydney PHN region](#). The service is free, and is available Monday to Friday, 9 am - 5 pm. You can use it as many times as you wish. The service will respond to your enquiry within 24 hours. This is NOT a triage or referral service, nor an emergency service.

For an overview video about the program, visit <https://www.gpsupport.org.au/overview-video>.

Community Psychology Services

CRUfaD Anxiety Disorders Clinic

8382 1400 <https://crufad.org/anxiety-disorders-clinic/>

A specialist clinic which provides assessment and treatment for adults (18+) with anxiety disorders. Treatment with the clinic involves Cognitive Behaviour Therapy (CBT), delivered in face-to-face or telehealth sessions and online CBT courses.

Part of the Clinical Research Unit for Anxiety and Depression (CRUfAD), the Anxiety Disorders Clinic is located at St. Vincent's Hospital. Can provide low/no cost service, face to face or telehealth support via their multidisciplinary team to appropriately support individuals with severe anxiety disorders.

ACON

9206 2000 or Free call 1800 063 060 <https://www.acon.org.au/>

E: acon@acon.org.au Monday to Friday 9am-6pm

ACON provides confidential fee-based short-term counselling (up to 12 sessions) for LGBTIQ people seeking support in relation to their mental health and wellbeing. Volunteer counsellors use a solution focused model and a range of therapeutic approaches to better equip people to deal with life's challenges.

Fees for this service are negotiated according to individual circumstances, and priority is given to people on low incomes or with limited options.

LGBTIQ counselling in Sydney is available Tues and Thurs evenings. To access this service, you will need to undergo a brief assessment in person or over the phone. For more information or to undertake a brief assessment please contact Belinda at Intake on 02 9206 2000.

STARTTS

9646 6700 <https://www.startts.org.au/services/clinical-services/counselling/>

Provides culturally relevant psychological treatment and support, and community interventions to help people and communities heal the scars of refugee trauma and rebuild their lives in Australia.

Embrace Mental Health

6285 3100 www.embracementalhealth.org.au

Embrace provides multilingual mental health information and support for individuals, families and communities from culturally and linguistically diverse backgrounds.

Financial Rights Legal Centre

1800 007 007 www.financialrights.org.au

Provides free telephone legal advice and financial counselling to NSW consumers on credit, debt, and banking matters.

Gambling Help NSW

1800 858 858 www.gamblinghelp.gov.au

Free and confidential phone and online chat gambling support service

Blue Knot Foundation

1300 657 380 www.blueknot.org.au E: helpline@blueknot.org.au

If you are living with the impact of trauma, either as a child or adult, you can speak to a trained trauma counsellor. This service operates from 9am-5pm AEST Monday-Sunday and public holidays.

Services for Children

Kookaburra Kids

1300 566 525 <https://kookaburrakids.org.au/> E: info@kookaburrakids.org.au

The Australian Kookaburra Kids Foundation supports children aged 8-18 years, living in families affected by mental illness. The program provides free evidence-based age-appropriate prevention and early intervention mental health services, embedded within a peer-based social and activity-based format.

Further information, please contact Kelly Marshall, National Community Engagement Coordinator at Kookaburra Kids on 1300 566 525; Mobile 0419 796 042

Link to a short video of 'Rose' a young person who shares her journey as a Kookaburra Kid.

https://youtu.be/3yAyJpk_h0E

Triple P Parenting Positive Parenting Program

<https://www.triplep-parenting.net.au>

A free online program to parents and caregivers of children 0-11 across Australia. It's full of simple strategies to support your children to cope with life's ups and downs and will help you promote your child's emotional wellbeing.

Triple P was developed here in Australia and ranks number one on the United Nations' list of evidence-based programs. It is used in more than 30 countries and has been shown to work across cultures, socio-economic groups and in many kinds of family structures.

Services for Families

Relationships Australia

1300 364 277 <https://www.relationshipsnsw.org.au/support-services-category/counselling-services/>

Offers individual, family and relationship counselling as well as a range of specialist counselling services.

The Benevolent Society Domestic and Family Violence Support

1800 236 762 <https://www.benevolent.org.au/services-and-programs/family-parenting-support/domestic-and-family-violence-support>

Access to counselling, financial assistance, family therapy, court support and advocacy for men, women and children who are at risk of, or have experienced, domestic or family violence

Barnardos Family Connect and Support

1800 066 757 <https://www.barnardos.org.au/services/referral-services/>

This referral service can provide advice and expertise on the most appropriate services for the family. Including Domestic Violence, migrant families and settlement, financial assistance, counselling and medication, parenting programs, youth support, accommodation and mental health supports.

Catholic Care

<https://www.catholiccare.org/family-youth-children/counselling/>

Professional counselling services for individuals and families experiencing relationship and other issues.

Our counselling options help you find a way forward through life's difficult periods. We can help in the following areas:

- Couples and relationships
- Counselling services for men, including behaviour change and anger management
- Domestic violence counselling and support
- Family counselling including post-separation family therapy
- Support for problem gamblers and their families
- Financial counselling
- Pregnancy and fertility counselling

Hopefield

9545 0299 <https://www.hopefield.org.au/counselling-and-psychology.aspx>

Holistic health services (physical, mental & social wellbeing) are accessible to all members of our community. Offering subsidised, Medicare & NDIS therapeutic services including psychology, speech therapy and assistance with development of daily living and life skills. Supporting children, youth and families.

If unable to offer the service directly, can assist links with another service provider.

Orana

9521 8280 <https://oranansw.org.au/> E:welcome@oranansw.org.au

Provides services to the Sutherland Shire for a variety of community services, Community Development, information and referral, home visiting for families with newborns and young children; Safety and Healing – domestic and family violence case work and assistance; Emergency relief assistance; Adult learning and social inclusion opportunities.

Bondi Beach Cottage

93651607 <http://bondibeachcottage.com/family-support-services/> 8:30am-4:30pm Monday–Friday admin@bondibeachcottage.org.au

A not-for-profit community organisation provides for a range of family services including Domestic Violence support, general counselling and case management.

Moving Forward <http://www.movingforward.org.au/services/>

A specialist case management service for children and women who are experiencing, escaping or have left domestic and family violence. We assist them in living safe and fulfilling lives, and always operate our case management through trauma informed and strength-based practices.

Women's Services

Hope Street Women's Services 8061 1541 w2@baptistcare.org.au free counselling appointments for women (including transgender women), and non-binary individuals. We work from an anti-oppressive, trauma-informed, systemic and relational model. The

counselling is non-religious, free, no limit to sessions and available online/phone or in person at Darlinghurst. Provided online, phone and in-person counselling available.

Brigid Justice <https://www.brigidjustice.org.au/>

A legal practice to help women who have suffered control or abuse resolve their legal issues, and achieve justice, compensation, and redress. Employed women on ordinary incomes can find legal advice particularly hard to access. They are ineligible for Legal Aid and can't afford expensive lawyers either. Brigid Justice offer trauma informed, reasonable cost, coherent, and professional legal advice. Brigid Justice engages their clients with social and psychological support. All staff are trained in trauma informed practice.

The best way is to [book online](#) or email lawyer@brigidjustice.org.au to arrange a time.

Wirringa Baiya Aboriginal Women's Legal Service

1800 686 587 <https://www.wirringabaiya.org.au/>

Legal advice and support for a range of issues, including DFV. For all women LGBTI inclusive.

Sydney Womens Counselling Service

9718 1955 E:help@womenscounselling.com.au

<https://whnsw.asn.au/faqconc/sydney-womens-counselling-centre/>

For women 18 years and older, regardless of race or sexual preference. Multilingual staff available. The Sydney Women's Counselling Centre is a community based specialist counselling service that works within a Social Determinants of Health and Trauma Informed Care framework providing counselling to women and girls (including specialist domestic & family violence counselling), who are marginalised and socioeconomically disadvantaged. All programs are holistic and assist clients in stabilising co-occurring presenting issues, and with complex underlying trauma in long term counselling programs.

Women's Health Program

9382 8670 <https://www.seslhd.health.nsw.gov.au/services-clinics/directory/priority-populations/womens-health-program>

E: SESLHD-WomensHealthProgram@health.nsw.gov.au

Aims to improve the health and wellbeing of women living in the South Eastern Sydney Local Health District (SESLHD). Focuses on women experiencing difficulties accessing and benefiting from health services.

Women's Health program provides short-term women's health services for women who are socially or economically disadvantaged, experiencing inequitable access to health services including:

- Aboriginal women
- women from culturally and linguistically diverse backgrounds (particularly those from non-English speaking countries)
- women experiencing homelessness
- women with mental health problems
- women with a disability

Accommodation Supports

Link2Home 1800 152 152 (24/7)

A state-wide telephone line for people who are homeless or at risk of homelessness to seek accommodation and support has been opened by the NSW Department of Family and Community Services.

Link2Home Veterans and Ex-Service 1800 326 989 <https://www.dva.gov.au/financial-support/income-support/help-buy-property-or-find-accommodation/homelessness-support>

Tenants Union of NSW

1800 251 101 www.tenants.org.au

The Tenants' Union of NSW provides high quality legal advice, assistance, and information to tenants, Tenant Advocates, and community workers.

Housing NSW

1800 422 322 www.facs.nsw.gov.au

Provides assistance with finding or keeping housing, applying for private rental assistance or social housing, understanding rights and responsibilities as a tenant or requesting help with a property

New Horizons

8075 2323 www.newhorizons.org.au

Community Living Support (CLS) and Accommodation Support Initiatives (HASI) programs support people aged over 16 years old, with high needs due to their mental health challenges, to live independently in the community. Anyone experiencing or are affected by a chronic and persistent mental health issue which significantly impacts their life, such as schizophrenia, bi-polar or a schizo-affective disorder, can be supported to live and thrive in their community.

New Horizons works with each person to develop their individual care plan that focuses on their strengths, encourages hope and promotes acceptance. The care provided is flexible and responds to a person's changing level of need by adjusting the hours of support provided as required.

The program works in partnership with the Local Health District Community Mental Health Teams. New Horizons can receive referrals directly from any health professional who is monitoring a potential customer's medication treatment. For more information, please contact Team Leader – Sof Waith on 0420 924 960

Neami National

9570 5933 <https://www.neamination.org.au/our-services/housing-and-homelessness/>

Targeted, wrap-around support to prevent homelessness, maintain tenancy and make housing a home.

NSW Health Local Health District Services

Older People's Mental Health Team

<https://www.health.nsw.gov.au/mentalhealth/Pages/services-opmh.aspx>

NSW Older People's Mental Health (OPMH) services provide public specialist mental health clinical care generally to people aged 65 years and over. People under 65 years old, including Aboriginal people aged 50 years and older, can also use this service if it is suitable for their needs.

OPMH services include:

- multidisciplinary community services: This includes specialist old-age psychiatrists, nurses, psychologists, occupational therapists, diversional therapists and social workers.
- acute and non-acute inpatient units/services
- community OPMH partnership services, including residential aged care services, and programs.

Call the **Mental Health Line** on 1800 011 511 for more information on getting help for an older person with mental health concern.

SafeHaven <https://www.health.nsw.gov.au/towardszerosuicides/Pages/safe-haven.aspx>

SafeHaven is a free, confidential and supportive space where people aged 16 and over experiencing emotional distress or suicidal thoughts can chat to someone with lived experience, have a tea or coffee, join in an activity or sit in a quiet spot and listen to music. This is a walk-in service, no appointment and no Medicare card required.

Kogarah SafeHaven Opening days and times: 5pm-9pm Friday to Tuesday

Randwick Monday to Friday 12pm-5pm

Darlinghurst 12pm-4pm Saturday and Sunday, a virtual service is available 5:30pm-8:30pm Thursday

St Vincent's Suicide Prevention Outreach Teams (SPOT) and Safe Haven

<https://www.svhs.org.au/our-services/list-of-services/mental-health/safe-haven>

In SVHN the combined SPOT and Safe Haven will be located at the site of the Former Green Square Hotel, on the corner of Victoria and Liverpool St Darlinghurst. The site will be named the Safe Haven Café. Whilst capital works are undertaken, the SPOT and Safe Haven team will operate out of the O'Brien Centre.

O'Brien Centre, St Vincents Hospital, 390 Victoria St Darlinghurst

12pm-4pm Saturday and Sunday

E: SafeHavenCafe@svha.org.au

For further information on SVHN Suicide Prevention Initiatives Contact:

Clare O'Brien - clare.obrien@svha.org.au

Sydney Children's Hospital Network SPOT and Safe Haven

Safe Haven:

- A drop in space, located in C1East (no appointment needed)
- This is currently open to young people Monday – Friday (excluding public holidays) 10AM-5PM.
- This space aims to serve as an alternative option to the emergency department however please note a young person will not receive the same treatment as if they presented to ED (i.e. comprehensive assessment, medical review etc).

- It has been carefully and specifically designed to provide a calm, safe space for young people
- What a young person can expect when visiting Safe Haven:
 - Peer support
 - Immediate, compassionate care
 - Referrals and connection to local and appropriate support services
 - A follow up service for more support after their visit if needed (this can be a text, phone call, telehealth and is a the preference of the young person)

SPOT:

- 'A mobile response team who can come to you'
- Clinicians and/or Peer Support workers providing assertive outreach in the community (i.e. home/school/service visits)
- What a young person can expect from SPOT:
 - Linking in with community support
 - Peer Support
 - Consultation around managing risk and safety
 - Psycho-education around mental health and wellbeing
 - Mini-interventions including distress tolerance and emotional regulation skills
 - Family support including the Tuning in to Teens parenting program

Sydney Children's Hospital, Randwick

Monday to Friday 12pm-5pm

0439 387 939

E: SCHN-SCH-MHSafeHaven@health.nsw.gov.au

For further information on SVHN Suicide Prevention Initiatives Contact:

Melissa Adattini - Melissa.Adattini@health.nsw.gov.au

NSW Victims of Crime Services 1800 633 063

<https://www.victimsservices.justice.nsw.gov.au/>

NSW Rape Crisis Centre 1800 424 017

NSW Health Sexual Assault Services

<https://www.health.nsw.gov.au/parvan/sexualassault/Pages/health-sas-services.aspx>

Eastern & Central Sydney Sexual Assault Service 9515 9040 & 9515 6111 (after hours)

Southern Sydney Sexual Assault Service, St George Hospital 9113 2494 or 9113 1111 (after hours)

NSW Health Child Wellbeing Unit 1300 480 420

NSW Mental Health Line 1800 011 511 for assessment and referrals to local child and youth mental health services 24 hours / 7 days a week

<https://www.seslhd.health.nsw.gov.au/child-and-adolescent-and-youth-mental-health-service-caymhs>

Child and Family East

9382 8213, Monday – Friday, 8.30am – 5.00pm

<https://www.schn.health.nsw.gov.au/find-a-service/health-medical-services/community-child-health/sch>

offer assessment and therapeutic interventions for a wide range of difficulties encountered by infant, pre-school and school-aged children and their families (children aged 0 – 12 years).

We are a multidisciplinary team comprising child psychiatrists, clinical psychologists and social workers. CAFÉ also offers supervised placements to mental health professionals. Parents and carers of children who live in the Northern part of South Eastern Sydney Local Health District (Botany, Randwick, Waverley and Woollahra council, and parts of the City of Sydney council areas) are welcome to make a direct referral.

Eating Disorder Ambulatory Outpatient Clinic

http://www.slhd.nsw.gov.au/MentalHealth/Services_eating.html 9515 1430

RPA Hospital Professor Marie Bashir Centre, 67-73 Missenden Rd Camperdown

E: mhrpapsych@sswahs.nsw.gov.au 0484 346 291

Provides a consultative psychiatric and dietetic service to people with an eating disorder.

This is an outpatient clinic. It includes assessment, and review for community mental health and primary care clinicians. Patients must be diagnosed with or at risk of an eating disorder and engaged with a GP for consultation during treatment.

Local support for treating eating disorders

Eating Disorder Coordinators Local Health Districts able to provide the following support:

- Consultation and advice on assessment, treatment planning, referral pathways and support of the referral process by providing relevant information and forms.
- Resources on the screening and assessments of eating disorders – including screening tools as well as medical and psychological assessment forms
- Provision of structured training to build capacity of services in screening, assessing and treating eating disorders

Please note that the EDC is not able do the following:

- Provide a crisis service
- Undertake assessment and treatment for patients and/or families
- Take on the role as lead clinician, case manager or care coordinator.

Sarah Reynolds is based at Hurstville Community Mental Health Centre (34 Woniora Road, Hurstville 2220), and can be contacted by e-mail (sarah.reynolds2@health.nsw.gov.au) or phone (8198 7300), Monday to Friday, 8.30 am to 5.00 pm.

Mars Kim is based at Professor Marie Bashir Centre, Missenden Road Camperdown 2050, and can be contacted by e-mail (marcellinus.kim@health.nsw.gov.au) or phone 0429150746, Monday to Friday 8.00 am to 4.30 pm.

International Student Support Services

<https://www.study.nsw.gov.au/live/support-services>

NSW Government Mental health services and support contact list

<https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx>

Aboriginal Health Services and Support for Aboriginal and Torres Strait Islander

Peoples  

The CESPHN Aboriginal Health and Wellbeing program aims to improve the capacity of mainstream primary care services to deliver culturally sensitive services to Aboriginal and Torres Strait Islander peoples. CESPHN also work with Aboriginal Community Controlled Health Services, including Aboriginal Medical Services to support improved Aboriginal Health and Wellbeing.

<https://www.cesphn.org.au/community/services-in-your-region/services-aboriginal-3?highlight=WyJjbG9zaW5nIiwidGhlliwjJ3RoZSIsImdhcCIsImdhcCciLCJjbG9zaW5nIHRoZSIsImNsb3NpbmcdGhllGdhcCIsInRoZSBnYXAiXQ==>

13 YARN

<https://www.13yarn.org.au/>

24/7 national crisis line Free service for people who identify as Aboriginal or Torres Strait Islander living in Australia who can self-refer to this service.

iBobbly app

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>

iBobbly is a social and emotional wellbeing self-help app for Aboriginal and Torres Strait Islander peoples aged 15 years and over. Aimed at assisting people with their mental health and thoughts of self-harm

Wellmob

<https://wellmob.org.au/e-health-topics/mind/suicide-and-self-harm/>

A website which compiles online resources (podcasts, info on apps, campaigns etc) aimed at supporting people with thoughts of suicide and self harm

The National Indigenous Postvention Service (Thirrili)

<https://thirrili.com.au/postvention-support/postvention-services> 1800 805 801

Postvention support. 24/7 service

Aboriginal and/or Torres Strait Islander people where a person in their lives has recently died by suicide

Brother to Brother

<https://www.dardimunwurro.com.au/brother-to-brother/>

24-hour crisis line support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons. Staffed by Aboriginal men who have lived experience.

Babana Yarning Circles

<https://www.cesphn.org.au/general-practice/help-my-patients-with/services-aboriginal/12-program/4704-connector>

Monthly Yarning Circles are held by Babana Aboriginal with the aim of enhancing attendees' overall health and social and emotional wellbeing.

Yarning Circles are for the men in the community and while discussions are focused on Aboriginal and Torres Strait Islander issues, all men who want to make a difference in the community are invited to attend.

WEAVE YOUTH AND COMMUNITY SERVICES

9318 0539 <https://www.weave.org.au/>

Their diverse range of programs have been designed to support children, young people, women and families who face complex issues such as homelessness, family breakdown, mental health and substance use issues and are impacted by intergenerational trauma and significant systemic disadvantage.

TRIBAL WARRIOR ABORIGINAL CORPORATION

9699 3491 <https://www.tribalwarrior.org/>

Connecting Aboriginal children and young adults to culturally appropriate clinical and general support services.

LA PEROUSE HEALTH CENTRE

8347 4800 <https://www.seslhd.health.nsw.gov.au/prince-of-wales-hospital/services-clinics/directory/aboriginal-and-torres-strait-islander-community-services>

They have range of services that help Aboriginal and Torres Strait Islander people and their families to stay healthy. Prince of Wales Hospital and other health services provide clinics at the Centre with access to specialist Doctors and allied health staff including Aboriginal Health Workers.

Yarn Safe

1800 650 890 <https://headspace.org.au/yarn-safe/>

Headspace is a space to yarn safe. Yarn safe has information and resources for Aboriginal young people.

NSW Victims Services

Aboriginal Line: 1800 019 123

Confidential support, free counselling, financial assistance, referral and information for all victims of DFV in NSW.

Gambling Help NSW

1800 752 948 www.gamblinghelp.gov.au

Free and confidential phone and online chat gambling support service. A specific service for Aboriginal people and communities affected by gambling on the same website – Warruwi Gambling Help.

Drug and Alcohol Services

CESPHN Commissioned Services

<https://www.cesphn.org.au/general-practice/help-my-patients-with/drug-and-alcohol-support/commissioned-providers>

A list of the Drug and Alcohol programs that CESPHN has commissioned in line with the assessed needs of the region.

Alcohol and Drug Information Service (ADIS) 1800 422 599 Information, assessment and referral

Drug and Alcohol Specialist Advisory Service (DASAS) 9361 8006 The [DASAS Helpline](#) assists health professionals seeking advice about the diagnosis and treatment of patients with alcohol or drug issues. The DASAS is a free service available to NSW health professionals 24 hours a day and 7 days a week.

The Langton Centre 9332 8777

St George Hospital Drug & Alcohol Service 9113 2944

Sutherland Drug & Alcohol Service 9540 7464

Pathways Maroubra and Pathways Miranda

Provides AOD recovery groups, individual support and case-management

<https://www.cesphn.org.au/general-practice/help-my-patients-with/drug-and-alcohol-support/commissioned-providers#PathwaysMaroubra>

An in-person alcohol and other drug (AOD) program operated by The Salvation Army. Pathways Maroubra is a 12-week program based on contemporary, internationally recognised methods, involving cognitive behavior therapy, acceptance and commitment therapy and motivational enhancement strategies.

- Must be over 18 years old – specifically struggling with alcohol, drugs, and gambling
- Vulnerable population requiring approved activities to clear fines with a Work and Development Order (WDO).
- Treatment for substance-abusing parolees, which focuses on an intervention based transitional case management (TCM) model that focuses mainly on offenders' strengths.

Odyssey House Community Services

Provides aftercare support, psychosocial counselling for individuals with co-occurring substance misuse and mental health (MH) disorders with access to individual care co-ordination and counselling.

<https://www.cesphn.org.au/general-practice/help-my-patients-with/drug-and-alcohol-support/commissioned-providers#OdysseyHouse>

The Haymarket Foundation

Individual and group psychotherapy, harm minimization, assessment and referral, relapse prevention therapy, care coordination, psycho education, crisis intervention etc

<https://www.cesphn.org.au/general-practice/help-my-patients-with/drug-and-alcohol-support/commissioned-providers#HaymarketAOD>

Counselling Online

1800 422 599 www.counsellingonline.org.au

Free alcohol and drug counselling 24/7

Other Resources

NSW Health Care Interpreting Services

NSW Health Care Interpreting Services provide access to professional interpreting services 24 hours a day, 7 days a week, onsite and by telephone in over 120 languages, including Auslan.

Sydney Health Care Interpreter Service – Sydney Local Health District

1800 477 233

Coverage: Sydney and South Eastern Sydney LHD, private patients and GPs need to pay for this service.

In any healthcare situation where communication is essential, health practitioners must engage professional health care interpreters for patients, families and carers who are not fluent in spoken English or who are deaf. The policy [Interpreters - Standard Procedures for Working with Health Care Interpreters](#) must be adhered to by all staff across NSW Health.

Members of the public are not required to contact the NSW Health Care Interpreter Services directly to book an interpreter. The responsibility to book an interpreter lies with the health practitioner who is seeing a patient. There are five Health Care Interpreter Services (HCIS) in NSW. Health practitioners should contact these services first for any interpreting needs:

<https://www.health.nsw.gov.au/multicultural/Pages/health-care-interpreting-and-translating-services.aspx>

Health Pathways Southeastern Sydney

<https://www.seslhd.health.nsw.gov.au/health-professionals/healthpathways-program>

Contact 0421 841 415 Anna McGlynn or 0414 411 581 Sue Baker

Sydney Health Pathways:

<https://sydney.communityhealthpathways.org/LoginFiles/Logon.aspx?ReturnUrl=%2f>

While you wait GP resource pack

<https://www.cesphn.org.au/mental-health/resources-and-links#mental-health-assessment-tools>

What can you do for your client's wellbeing while they are waiting for their first specialist mental health appointment? What can you do actively to manage their wellbeing and help

them prepare for their first appointment? The “While You Wait” suite of resources has been co-designed to help GPs actively manage their client’s wellbeing while they wait for their first specialist mental health appointment.

Physical Health Conversation Guide

<https://www.cesphn.org.au/mental-health/resources-and-links#WYW>

A Co-designed conversation guide for clients with a mental health condition who need support looking after their physical health.

Mental Health Assessment Tools

<https://www.cesphn.org.au/mental-health/resources-and-links#mental-health-assessment-tools>

- K10 assessment form is widely recommended as a simple measure of psychological distress and as a measure of outcomes following treatment for common mental health disorders.
- National Guidance Initial and Assessment Referral for mental healthcare
- This Guidance has been developed by the Australian Department of Health to provide advice to Primary Health Networks (PHNs) on establishing effective systems for the initial assessment and referral of individuals presenting with mental health conditions in primary health care settings.
- Suicide prevention – Safety Plan
- Assists health professionals or support person and individuals to work together in planning out safety procedures during tough times.
- YES Survey - Designed to gather information from consumers about their experiences of care.

Mandatory reporting

132 111 <https://www.facs.nsw.gov.au/families/Protecting-kids/mandatory-reporters/how-to>

Mandatory reporters: How to make a child protection report

CESPHN DV Assist

1800 719 801 E: dfvassist@cesphn.com.au <https://www.cesphn.org.au/general-practice/help-my-patients-with/domestic-and-family-violence/dfv-assist>

DFV Assist is a CESPHN service that supports health professionals to identify and appropriately respond to domestic and family violence (DFV) and facilitate referral pathways to improve outcomes for patients. It is funded by the Australian Government Department of Health.

It's time to talk - D&FV Tool kit for GPs

<https://www.itstimetotalk.net.au/workers-and-gps>

Resource to assist GPs with identifying and responding to women and children who have experienced or are experiencing family violence. The toolkit contains guidelines for patient care, as well as some legal information relevant to your role as a GP.

Eora Health Newsletter

<https://www.cesphn.org.au/preview/aboriginal-health-1/4420-eora-newsletter-winter-2022/file>

NSW Ministry of Health's Towards Zero Suicides Initiatives

<https://www.health.nsw.gov.au/towardszerosuicides/Pages/initiatives.aspx>

Clearing House

CBPATSISP houses a clearing house which shares promising and best practice programs, services, guidelines, resources, and research, recognising the important work of communities and organisations and supporting others to further develop their own Indigenous suicide prevention initiatives.

You can access the clearing house at: <https://cbpatsisp.com.au/clearing-house/>

CBPATSISP Resource Directory

Has a broad range of resources developed and/or adapted by Aboriginal and Torres Strait Islander people. All the resources have been assessed and considered as culturally appropriate by our researchers.

You can access these resources at: <https://cbpatsisp.com.au/suicide-prevention-resources/>

Eating Disorders

- MBS eating disorder item numbers 90250 and 90257
<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&qt=ItemID&q=90250>
- National Eating Disorders Collaboration <https://nedc.com.au/eating-disorder-resources/find-resources/show/cheat-sheet-for-gps/> MBS items for eating disorders - Cheat Sheet for GPs
- The Victorian Centre of Excellence in Eating Disorders <https://ceed.org.au/covid-19-eating-disorders-information-health-practitioners/> Information for health professionals
- Eating Disorders Victoria <https://www.eatingdisorders.org.au/eating-disorders-a-z/covid-19-and-eating-disorders/> Information for clinicians to share with any clients or carers who may be struggling
- Butterfly Foundation <https://butterfly.org.au/> Support for eating disorders and body image issues

NSW Health Multicultural Health Communication Service

The Multicultural Mindfulness Resources aim to help people from culturally and linguistically diverse communities improve their mental wellbeing, by providing a set of culturally-adapted and in-language mindfulness exercises in audio and video format.

<https://www.mhcs.health.nsw.gov.au/about-us/campaigns-and-projects/current-campaigns/mindfulness-program-audio-resources/english>

GROW

<https://www.cesphn.org.au/general-practice/help-my-patients-with/intellectual-disability>

A CESP HN service that aims to enhance the role of primary care providers to meet the complex health needs of people with intellectual disability. This project is a component of the National Roadmap for Improving the Health of People with Intellectual Disability.

DRS4DRS

1300 374 377 (24/7) <https://www.drs4drs.com.au/>

Independent, safe, supportive and confidential service for doctors and medical students across Australia. The Doctors for Doctors Support Service (Drs4Drs) provides doctors and

medical students with up to three counselling sessions of one hour each. It can also provide advice on how to access further care if required.