

## How can I access Psychological Support Services?

Your GP or one of the following support workers can refer you.

- ✓ School counsellors/principals
- ✓ Aboriginal health workers
- ✓ Multicultural community health officers
- ✓ Maternal and child health nurses
- ✓ Non-Government Organisations

*\*Psychological Support Services is not a crisis service. Call NSW Mental Health Access Line on 1800 011 511 for support options or Emergency Services on 000.*



## For more information

Talk to a GP or support worker

 [www.cesphn.org.au/pss](http://www.cesphn.org.au/pss)

 [mentalhealth@cesphn.com.au](mailto:mentalhealth@cesphn.com.au)

 1300 170 554



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

Central and Eastern Sydney PHN wishes to acknowledge the contributions of people, families and carers living with mental health challenges and a lived experience of suicide.



## Psychological Support Services

Free access to psychological support for improved mental health & wellbeing



- Do you want to change your thinking patterns or improve your coping skills?
- Would you benefit from free counselling sessions with a mental health professional?
- Are the costs of mental health services stopping you from seeking help?

## Who is Psychological Support Services for?

✓ I need short-term psychological support.

✓ I live in the Central and Eastern Sydney region.

This includes the following local government areas: Bayside, Burwood, Canada Bay, Canterbury – Bankstown, Georges River, Inner West, Strathfield, City of Sydney, Woollahra, Waverley, Randwick, and Sutherland Shire.

✓ I am unable to access other mental health support services due to financial hardship or low income.

I have an individual income below \$67,000 per year OR my family or household income is below \$140,000 per year.



## Who provides Psychological Support Services?

Trained and qualified mental health professionals who are registered to deliver services under Psychological Support Services includes:

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

You will be allocated a mental health professional that best suits your needs. Bilingual mental health professionals and translation services are available.

*Psychological Support Services is funded by Central and Eastern Sydney Primary Health Network and is delivered by the following organisations:*



## How does Psychological Support Services work?

1

### Referrals to Psychological Support Services

Your GP or support worker will refer you to Psychological Support Services (Central and Eastern Sydney PHN).

2

### Starting your care

Psychological Support Services will allocate you a Mental Health Professional that best suits your needs.

3

### First contact

A mental health professional will contact you to arrange your first session.

4

### Working together

Your mental health professional will provide psychological therapy face-to-face or via telehealth.

5

### Planning for the future

Your mental health professional will provide an update to your GP or referring support worker after 10 sessions to discuss ongoing needs.