

PRESS RELEASE – 07/02/23

Canterbury Head to Health service opens doors to offer free, immediate mental health support.

Canterbury Head to Health opened its doors in late January, offering **free** and **immediate** support for anyone in Canterbury and the surrounding regions experiencing distress or mental health concerns.

Trained professionals are providing short to medium term mental health support and work with individuals to find the best services to meet their needs. People can visit the new Canterbury Head to Health service or phone 1800 595 212 between 8:30 am and 5:00 pm to receive assistance, with the potential for after hour appointments in the future. No appointments, referrals, Medicare card, or Australian Citizenship needed.

One Door Mental Health has been contracted by Central and Eastern Sydney PHN (CESPHN) to establish this new service as part of the national Head to Health services network, with funding provided by the Australian Government.

"In 2022, we saw the community embrace the service with Head to Health leading the state in the number of individuals accessing support," said Kathi Boorman, CEO of One Door Mental Health. "One Door is looking forward to building on the Head to Health network and continuing to deliver accessible and needed mental health support to people of all ages, genders, sexualities and cultural backgrounds."

The new centre is located at 1205 Canterbury Road, Roselands. It is a short drive from Canterbury Hospital and easily accessible for the community in Lakemba where the existing Head to Health service will be closing mid-year. It is located in a 'health hub' with other services, including general practice, pharmacy, radiology, skin care, audiology, eye care, dentistry, and a café.

"We are pleased to be working with One Door Mental Health as we build services through the Canterbury Head to Health service. We know that the demand for mental health support is high, and this service makes it easy for people to get that help as soon as possible," says Nathalie Hansen, CESPHN CEO.

It is important to note this is not a crisis service. If you are worried that you may harm yourself or someone else, or if immediate help is needed, please call 000.

ENDS

For photos, more information or interview opportunities, please contact:

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About One Door Mental Health

Through One Door Mental Health, people living with mental illness and their families find an inclusive community and innovative services. For more than 35 years, One Door has designed and delivered expert mental health programs, now including NDIS services. To find out more about our vision and mission go to the website www.onedoor.org.au

About the Central and Eastern Sydney PHN

Primary health networks (PHNs) support primary care in Australia through practice improvement, local health system integration and the commissioning of health services in the community that address identified gaps and needs in their local area. Our vision is better health and wellbeing of the people who live and work across our region. We are committed to investing in strategies that will contribute to individual and population health outcomes including fewer preventable deaths and hospitalisations, reduced health risks and health inequities and more prevention behaviours. The Central and Eastern Sydney PHN region stretches from Strathfield to Sutherland, east to the coastline, and includes Lord Howe Island.