



Mental Health Services in the Lower North Shore, Northern Sydney Local Health District

Service	Description	Location	Eligibility	Referral	Contact number/Website
EMERGENCY					
Mental Health Line	Hotline designed to address crisis situations requiring urgent action, provide information and advice.				1800 011 511
000	Call if life is at risk.				000
Lifeline	Hotline for crisis support and advice and suicide prevention services.				13 11 14
HOSPITAL ACCESS					

Mental Health Drug & Alcohol Service – Northern Sydney Local Health District	Prevention and health promotion, telephone triage, assessment, early intervention, acute inpatient and emergency services, longer term inpatient and community support, including residential programs, specialist services and recovery services. These clinical and wellbeing-based services are offered to people living in our community.	Level 1, Royal North Shore Community Health Centre, 2C Herbert St, St Leonards, NSW 2065		Self-referral Health professional Mental Health Line	9462 9199 http://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Mental-Health.aspx
Acute Team Northern Sydney Local Health District	Clinical service providing mental health assessment, short-term intervention and care coordination.	RNS Community Health Centre, Royal North Shore Hospital Campus, 2C Herbert Street, St Leonards, NSW 2065	Ages 18-65	Self-referral Health professional Mental Health Line	9462 9100

Northside Group	Private Mental health clinics providing 24/7 inpatient care and day programs for depression, anxiety, bipolar, schizophrenia, PTSD, borderline personality disorder.	St Leonards Clinic, 2 Fredrick St, St Leonards, NSW 2065 Cremorne Clinic, 3 Harrison Street, Cremorne, NSW 2090			St Leonards 9433 3555 Cremorne 9909 8577 http://www.northsidegroup.com.au
Greenwich Hospital - Hammond care specialist mental health for older people	In patient service to people over 65 who are at risk of developing mental illness and people who may present with severe behavioural or psychiatric symptoms of dementia.	97-115 River Road, Greenwich, NSW 2065	Ages 65+	Through the hospital system or via the Mental Health Line 1800 011 511	
WEBSITES AND SEARCH ENGINES					
Wayahead Directory	Website providing information on mental health and a directory of services in NSW.				https://wayahead.org.au

Christian Counsellors Association of Australia - 'Find A Counsellor'	Directory where one can search for a Christian counsellor in their chosen area specific to their need.				http://www.ccaa.net.au
Black Dog Institute	Website providing information and resources on mental wellbeing with a focus on depression.				https://www.blackdoginstitute.org.au
Beyond Blue	Website providing information and resources on mental wellbeing with a focus on depression and anxiety.				1300 22 4636 https://www.beyondblue.org.au
Beyond Blue - 'Find a Professional'	Website with links to directories where one can search different disciplines and services available in their chosen local area.				https://www.beyondblue.org.au/get-support/find-a-professional
Sane	Website providing information and resources on mental wellbeing.				1800 18 7263 https://www.sane.org

ReachOut	Online mental health service with information for young people and parents and self-help tools.				https://au.reachout.com
Children of Parents with A Mental Illness (COMPI)	Website with information and resources for parents experiencing mental illness and for their children.				http://www.copmi.net.au
The Butterfly Foundation	Website providing information and resource with a focus on eating disorders. Support groups for people experiencing eating disorders and body image issues and for their carers.	Supports groups meet in Crows Nest			https://thebutterflyfoundation.org.au National Helpline 1800 33 4673
COMMUNITY SERVICES AND SUPPORT					
Mental Health Care Plan	Medicare rebates for up to 10 sessions with allied health services, most often used to access psychology. Discuss this with treating GP.				

Anglicare Counselling and Programs	<p>Counselling - Improved communication, enhanced family functioning, relationship enrichment, better emotional and mental health, enhanced self-awareness, smoother life transitions</p> <p>Programs – family mental health support service, NDIS, Anglicare art space</p>				<p>1300 111 278</p> <p>https://www.anglicare.org.au/what-we-offer/counselling/</p> <p>https://www.anglicare.org.au/what-we-offer/mental-health/</p>
Headspace	Early intervention for young people addressing mental health, physical health, work and study and drug and alcohol. Support to any person involved in the care of a young person.	30 Devonshire St, Chatswood, NSW 2067	Ages 12-25	Self-referral Health professional	8021 3668 https://headspace.org.au

Taldumande Youth Services	24/7 crisis refuge, supported accommodation, community programs with a focus on the issues of homelessness and family breakdown as a result of many challenges including mental illness.	168 Pacific Hwy, North Sydney, NSW 2060	Ages 12-21		9460 3777 https://www.taldumande.org.au
Parramatta Mission – Karrikin Youth and Adolescent Mental Health Service	Assertive outreach mental health service for young people with a multidisciplinary care approach.	47 Hercules St, Chatswood, NSW 2067	Ages 12-25		9196 8700
Parramatta Mission - Warekila Adult Mental Health Service	This service works alongside the treating GP with a multidisciplinary care approach.	47 Hercules St, Chatswood, NSW 2067	Ages 18+		9196 8700
Wayahead Anxiety Support Group	A small support group that meets on the first Monday of the month from 7-9pm.	Dougherty Community Centre, 7 Victor Street, Chatswood			9339 6013

Bradfield Park Carers Program	Respite to carers of people experiencing a mental illness	The Kirribilli Centre 16-18 Fitzroy St, Kirribilli, NSW 2061		Self-referral Health professional	9922 4428 http://www.thekirribillicentre.org/carers-program/#/about-carers-program/
Carers NSW - NSSG Support Group	Support group for carers of those living with mental illness. Meeting First Thursday of the month 7pm.	Uniting Church Cnr Nicholson Street & Shirley Road Crows Nest, NSW, 2065			0451 038 307 nssglead@hotmail.com
Carers NSW - Various carer support groups and programs	Practical, financial, emotion support groups and programs.		Varying eligibility	Self-referral Referral on behalf of individual with consent.	https://www.carersnsw.org.au/how-we-help/support Carers NSW Carer Line on 1800 242 636
Compeer Friendship program	A program linking someone experiencing mental illness with a constant volunteer to provide friendship and a chance to socialise.		Ages 18+	Self-referral Referral on behalf of individual with consent.	https://www.vinnies.org.au/page/Find_Help/NSW/Compeer_Friendship_Program/

School, university, TAFE, college counsellor					
COUNSELLORS/PSYCHOLOGISTS - this is NOT a comprehensive list					
Lisa Champion	Christian Individual/Couple counsellor	Pymont	408460518		http://www.champion.net.au
Simon Foster	Christian Counsellor/Psychotherapist	Neutral Bay	0404 018 777		
Peter Davidson	Counsellor/Therapist	City	0426 505 650		http://peterdavidsoncounsellor.com/
Paula Davis	Christian Counsellor/Psychotherapist	Drummoyne	0418 796 404		
Anglican Counselling	Practise of Christian Psychologists	Summer Hill			
Resilience Centre	Practise of Christian Psychologists	Epping			

The National Disability Insurance Scheme (NDIS):

The NDIS is a new way of providing disability services to the community (mental illness is now included in the term 'disability'). Rather than government funding going directly to non-government organisations to provide services to the community, the government is

now providing funding packages to eligible individuals. These packages allow the individual to purchase services from the non-government and private sector and informal supports (e.g a cleaner).

To be eligible an individual must be under 65 and be able to prove that an impairment or condition impacts on their daily functioning and is likely to be permanent. Any person over 65 must go through the My Aged Care system.

Steps to access NDIS:

- Call the National Disability Insurance Agency (NDIA) on 1800 800 110 and request to be registered for NDIS
- NDIA will send an Access Request form which will need to be completed by a relevant health professional/s (e.g. psychiatrist, psychologist, occupational therapist, GP, etc.)
- Once completed and returned to NDIA, they will assess the evidence and provide a response within 21 days
- If accepted onto the Scheme NDIA will arrange for an assessor to come and meet the individual to discuss a funding package suitable to their needs
- If at any point an individual's needs change the plan can be reviewed by request
- If not accepted an individual is allowed to contest the decision if more evidence is provided to NDIA

Examples of services an individual could access through the NDIS if deemed eligible:

- Allied health e.g. psychologist, occupational therapist, social worker, psychiatrist, physiotherapist, exercise physiologist and dietitian
- Counselling e.g. financial, gambling and hoarding
- Employment services
- Community support worker to help individual access the community
- In home nursing care and cleaning
- Community day programs
- Respite
- Teaching aid and support
- Assistive technology

There are many service providers who provide these services through NDIS within the same area so one will need to research online and contact them directly to get more information.

A few NDIS service providers currently providing mental health services in the Northern Sydney Local Health District are:

- Community Care Northern Beaches (CCNB)
- New Horizons
- One Door Mental Health
- Aftercare

One program these services provide is Partners in Recovery (PIR) which, under NDIS work as support coordinators. If wanting some help finding services in the community this program should have a few suggestions to help find the right NDIS provider and service.

Service	Description	Location	Eligibility	Contact number/Website
Partners in Recovery	This program provides support coordination for people experiencing severe and persistent mental illness and have complex support needs. It assists with helping to access a suitable combination of services for the individual.	There are many providers however the leading agency is Community Care Northern Beaches (CCNB)	NDIS	https://health.gov.au/internet/main/publishing.nsf/Content/mental-pir https://ccnb.com.au/services/partners-in-recovery/ CCNB 1300 002 262