

## **MEDIA RELEASE**

31 March 2017

### **SNPHN announces an expanded range of local mental health services**

Sydney North Primary Health Network (SNPHN) is pleased to announce the local organisations that will receive Federal funding to provide new mental health services in the Northern Sydney region.

“With 12% of the Northern Sydney population aged 15 years and over reporting mental health concerns<sup>1</sup>, the funding will increase capacity of local service providers to meet demand for mental health programs,” said SNPHN Board Chair, Dr Magdalen Campbell.

SNPHN worked with the local mental health sector, including GPs, psychologists and consumers, to understand and plan the services required in Northern Sydney. The new services commissioned will provide additional services and options across the region.

“**Lifeline Harbour to Hawkesbury** has been commissioned to provide Low Intensity Mental Health services, including telephone coaching to support the use of self-help tools and digital technologies,” said Dr Campbell.

“A partnership between **Relationships Australia and the Gaimaragal Group** will also deliver Aboriginal and Torres Strait Islander mental health services. This involves supporting people to access culturally appropriate and sustainable treatment options.”

Several other programs have also been commissioned in the region to support at risk and underserved community members to access mental health support. This includes our Aboriginal, youth, homeless, culturally and linguistically diverse, and Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities.

“**Primary and Community Care Services** will provide one-on-one psychological services to underserved groups across the region, utilising the existing local workforce of psychologists and allied health professionals,” said Dr Campbell.

“SNPHN has also funded a partnership between **Lifeline Harbour to Hawkesbury and Lifeline Northern Beaches** to deliver group therapy sessions across the region.

“**New Vision Psychology** will provide specialist psychological services to Mandarin and Cantonese speaking people across the region,” said Dr Campbell.

SNPHN CEO, Ms Lynelle Hales said: “We are delighted with the innovative opportunities that have emerged through this commissioning process and look forward to working with the commissioned organisations to deliver high quality mental health services to meet the needs of our Northern Sydney communities.”

---

<sup>1</sup> SNPHN LGA Health Profile (2016), accessible at <http://sydneynorthhealthnetwork.org.au/wp-content/uploads/2016/12/SNPHN-LGA-fact-sheet-SNPHN-NEW-151216-1.pdf>

**Phone:** (02) 9432 8250  
**Email:** [info@snhn.org.au](mailto:info@snhn.org.au)  
**Address:** Level 1, Building B  
207 Pacific Highway, St Leonards NSW 2065  
**Post:** PO Box 97, St Leonards NSW 1590  
**[www.snhn.org.au](http://www.snhn.org.au)**

“We would like to congratulate these service providers on their successful tender applications and we look forward to working together to achieve better health and better care in the region”, said Ms Hales.

- ENDS -

**Media Enquiries**

Anya Rowlandson  
Communications Manager  
Sydney North Health Network  
E: [arowlandson@snhn.org.au](mailto:arowlandson@snhn.org.au)  
T: (02) 9432 8231

**About Sydney North Primary Health Network**

Northern Sydney PHN, operating as Sydney North Primary Health Network is one of **31 Primary Health Networks (PHNs)** established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community and **co-design and commission new services where it has been identified through our Population Health Planning and Needs Assessment process, that a service gap exists.**

We work across the local primary healthcare system with general practice, allied health providers and services to improve the coordination of care for people who are at risk of poor health outcomes so that they receive the right care in the right place at the right time.

**Phone:** (02) 9432 8250  
**Email:** [info@snhn.org.au](mailto:info@snhn.org.au)  
**Address:** Level 1, Building B  
207 Pacific Highway, St Leonards NSW 2065  
**Post:** PO Box 97, St Leonards NSW 1590  
**[www.snhn.org.au](http://www.snhn.org.au)**