SNPHN commissioned Mental Health and Alcohol and Other Drugs Services

The Sydney North Primary Health Network Mental Health Triage provides access to a range of mental health, suicide prevention and alcohol and other drug services offered at no cost to people in the Northern Sydney region.

An experienced clinician will review and assess referrals and allocate each patient to an organisation who will deliver services in accordance with each person's needs. To refer patients via the Mental Health Triage please call: 1300 782 391.

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<tr>
<th>Category</th>
<th>Target Populations</th>
<th>Services Available</th>
<th>How to Refer</th>
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<tbody>
<tr>
<td>Low Intensity</td>
<td>People at risk of mental illness, those feeling stressed, flat, low, anxious</td>
<td>Way2Wellness - Low intensity telephone support, coaching and call back service for people at risk of mental illness, to prevent their mental health from declining. People may self-refer.</td>
<td>✓ 1300 120 446</td>
<td>way2wellness.org.au/</td>
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<td>✓ 1300 782 391</td>
<td>Lifeline</td>
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<tr>
<td>Mild to Moderate Short Term Psychological therapies (Previously ATAPS)</td>
<td>People with mild to moderate mental illness from under-serviced groups &lt;br&gt; • People experiencing financial hardship (people in receipt of pension or benefits, Health Care Card holders, low income earners) &lt;br&gt; • Children (0-11 years old) &lt;br&gt; • Young people (12-25 years old) &lt;br&gt; • Women experiencing perinatal depression &lt;br&gt; • People from culturally and linguistically diverse backgrounds &lt;br&gt; • People who identify as Aboriginal and/or Torres Strait Islander &lt;br&gt; • People who are homeless or at risk of homelessness &lt;br&gt; • People who identify as lesbian, gay, bisexual, transgender, and/or intersex &lt;br&gt; • Carers &lt;br&gt; • People with intellectual disability and co-existing mental illness &lt;br&gt; • People at non-urgent risk of suicide (no clear intent or plan)</td>
<td>Individual, face-to-face psychological sessions for people from under-serviced groups with mild to moderate mental illness OR who are at risk of non-urgent suicide or self-harm. Available at multiple locations across the region.</td>
<td>✓ 1300 782 391</td>
<td>Psychological Access+ (pccs.org.au/for-health-professionals/psychological-access-plus)</td>
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### SNPHN commissioned Mental Health and Alcohol and Other Drugs Services

#### Category Target Populations Services Available How to Refer Provider Details

**Mild to Moderate**

**Young people aged 12-25 years**

- Early intervention mental health, drug and alcohol, sexual health and employment services for young people in a youth friendly environment. People may self-refer.

- **Direct Referrals**
  - Chatswood: 02 8021 3668
  - Brookvale: 02 9937 6500

- **Mental Health Triage**
  - ✔

- **1300 782 391**

- [headspace.org.au/](http://headspace.org.au/)

**Mild to Moderate Short Term Psychological therapies**

**People from the under-serviced groups listed above with mild to moderate mental illness who are appropriate for group therapy**

- Therapeutic group programs providing Dialectical Behavioural Therapy, supporting people with a range of presentations, as well as specific groups for post-natal depression, hoarding and people with mild to moderate intellectual disability. Will be held in various locations across the region.

- **Required**
  - Mental Health Treatment Plan
  - K10+ (Adults) OR K5 (Aboriginal and/or Torres Strait Islander) OR SDQ (Children)

- **1300 782 391**

- [lifelineh2h.org.au/](http://lifelineh2h.org.au/)

**Mild to Moderate Short Term Psychological therapies**

**People from a Chinese cultural background with mild to moderate mental illness or who are at risk of non-urgent suicide or self-harm**

- Culturally appropriate Individual and group psychological services for people from a Chinese cultural background (services available in English, Mandarin, Cantonese, Shanghainese). Includes care coordination, case management, out-of-hours support and outreach.

- **Required**
  - Mental Health Treatment Plan
  - K10+ (Adults) OR K5 (Aboriginal and/or Torres Strait Islander) OR SDQ (Children)

- **1300 782 391**

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<td>Youth Severe and Complex</td>
<td>Young people aged 12-25 years with severe and complex mental illness</td>
<td>Clinical case management, psychological interventions, and affordable psychiatry for young people with severe and complex mental illness.</td>
<td>Direct Referrals: ☑️</td>
<td>parramattamission.org.au/ 1300 782 391</td>
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<td>Mental Health Triage: ☑️</td>
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<tr>
<td>Severe and Complex</td>
<td>Adults with severe and complex mental illness</td>
<td>Mental health treatment services and clinical care coordination for adults with severe and complex mental illness.</td>
<td>Direct Referrals: ☑️</td>
<td>parramattamission.org.au/ 1300 782 391</td>
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<td>Specialty Group</td>
<td>Aboriginal and Torres Strait Islander people with mild to moderate mental illness</td>
<td>The ‘Caber-ra-nanga’ ENGAGE service provides culturally appropriate mental health and suicide prevention services. Indigenous staff will assist in referrals, care coordination, client advocacy and provide culturally relevant information and education.</td>
<td>Direct Referrals: ☑️</td>
<td>gaimaragal.com 1300 364277 OR <a href="mailto:engage@ransw.org.au">engage@ransw.org.au</a></td>
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<td>Mental Health Triage: ☑️</td>
<td>relationshipsnsw.org.au</td>
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<tr>
<td>Specialty Group</td>
<td>Young people aged 16-24 years with ‘intermediate stage’ eating disorders</td>
<td>Subsidised access to the Intensive Outpatient Program, including group therapy and nutrition therapy for young people whose finances would otherwise limit access to the service. Located in Crows Nest.</td>
<td>Direct Referrals: ☑️</td>
<td>thebutterflyfoundation.org.au/</td>
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| Specialty Group       | People who have accessed hospital services following a suicide attempt             | Rapid access to mobile, intensive care coordination and psychosocial treatment for people following hospitalisation post suicide attempt. | Direct Referrals: ✔️ 1300 002 262  
Mental Health Triage: ✔️ 1300 782 391 | ccnb.com.au/                      |
| Alcohol and Other Drugs | Lesbian, gay, bisexual, trans, and/or intersex people with drug and alcohol misuse issues | Substance Support Service - Remote access program (Skype or telephone) providing intensive, structured interventions to Lesbian, Gay, Bisexual, Transgender and Intersex (lesbian, gay, bisexual, trans, and/or intersex) people with alcohol and other drug misuse issues. | Direct Referrals: ✔️ 1800 063 060  
Mental Health Triage: ✔️ 1300 782 391 | acon.org.au/                      |
| Alcohol and Other Drugs | People aged 18 and over with drug and alcohol misuse issues  
Aboriginal and Torres Strait Islander people with drug and alcohol misuse issues | Non-residential day rehabilitation program for adults with alcohol and other drug misuse issues, as well as culturally appropriate services for Aboriginal and Torres Strait Islander people with drug and alcohol misuse issues. Services delivered in Chatswood and Manly. | Direct Referrals: ✔️ 1800 397 739  
Mental Health Triage: ✔️ 1300 782 391 | odysseyhouse.com.au/               |
| Alcohol and Other Drugs | Young people aged 14-25 with drug and alcohol misuse issues                            | AOD Intensive Support Program - Intensive non-residential support program for young people aged 14-25 years with moderate to severe drug and alcohol addiction. Individual counselling, care coordination, group programs and intensive outreach. Services delivered in Chatswood and Manly. | Direct Referrals: ✔️ 02 9977 0711  
Mental Health Triage: ✔️ 1300 782 391 | sdecc.org.au/                      |
SNPHN commissioned Mental Health and Alcohol and Other Drugs Services

Services will operate within a Stepped Care Framework, allowing patients to move between services as their needs change:

**Clinical Triage/Navigation**

- **At Risk Groups** (Early Symptoms, previous illness)
  - Low Intensity
    - Guided self-help
    - Telephone coaching
    - Personalised support
  - Psychological Support Services
    - 1:1 with psychologists
    - Group therapy
    - Culturally and linguistically diverse specific services
    - Youth support services
    - Aboriginal Mental Health
    - Suicide Prevention

- **Mild Mental Illness**
  - Low Intensity
  - Psychological Support Services
  - Clinical Triage/Navigation

- **Moderate Mental Illness**
  - Moderate
  - Psychological Support Services
  - Care coordination
  - Clinical case management
  - Youth and adult

- **Severe Mental Illness**
  - Severe and Complex
  - Psychological Support Services
  - Care coordination
  - Clinical case management
  - Youth and adult
  - Eating Disorders

**Contact Us**

For further information about the Mental Health Triage and services available, please contact:

- **P:** 1300 782 391
- **F:** 02 8072 6899
- **W:** snhn.org.au

Download Mental Health Triage Referral Form

snhn.org.au