



SNPHN commissioned Mental Health and Alcohol and Other Drugs Services



1300 782 391
02 8072 6899

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.

Category	Target Populations	Services Available	How to Refer		Provider Details
			Direct Referrals	Mental Health Triage	
Low Intensity	People at risk of mental illness , those feeling stressed, flat, low, anxious	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.	✓ 1300 120 446	✓ 1300 782 391	way2wellness.org.au/ 
Mild to Moderate Short Term Psychological therapies (Previously ATAPS)	<p>People with mild to moderate mental illness from under-serviced groups</p> <ul style="list-style-type: none"> • People experiencing financial hardship (people in receipt of pension or benefits, Health Care Card holders, low income earners) • Children (0-11 years old) • Young people (12-25 years old) • Women experiencing perinatal depression • People from culturally and linguistically diverse backgrounds • People who identify as Aboriginal and/or Torres Strait Islander • People who are homeless or at risk of homelessness • People who identify as lesbian, gay, bisexual, transgender, and/or intersex • Carers • People with intellectual disability and co-existing mental illness • People at non-urgent risk of suicide (no clear intent or plan) 	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.		<p>✓ 1300 782 391</p> <p>Required</p> <ul style="list-style-type: none"> • Mental Health Treatment Plan AND • K10+ (Adults) OR K5 (Aboriginal and/or Torres Strait Islander) OR SDQ (Children) 	<p>Psychological Access+ (pccs.org.au/for-health-professionals/psychological-access-plus)</p> 

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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.	✓ <i>Chatswood:</i> 02 8021 3668 <i>Brookvale:</i> 02 9937 6500	✓ 1300 782 391	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.		✓ 1300 782 391 Required <ul style="list-style-type: none"> Mental Health Treatment Plan AND K10+ (Adults) OR K5 (Aboriginal and/or Torres Strait Islander) OR SDQ (Children) 	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.		✓ 1300 782 391 Required <ul style="list-style-type: none"> Mental Health Treatment Plan AND K10+ (Adults) OR K5 (Aboriginal and/or Torres Strait Islander) OR SDQ (Children) 	newvisionpsychology.com.au 

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Category	Target Populations	Services Available	How to Refer		Provider Details
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Youth Severe and Complex	Young people aged 12-25 years with severe and complex mental illness	Clinical case management, psychological interventions, and affordable psychiatry for young people with severe and complex mental illness.		✓ 1300 782 391	parramattamission.org.au/  Parramatta Mission Formerly known as Uniting Recovery
Severe and Complex	Adults with severe and complex mental illness	Mental health treatment services and clinical care coordination for adults with severe and complex mental illness.		✓ 1300 782 391	parramattamission.org.au/  Parramatta Mission Formerly known as Uniting Recovery
Specialty Group	Aboriginal and Torres Strait Islander people with mild to moderate mental illness	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.	Relationships Australia ✓ 1300 364277 OR engage@ransw.org.au	✓ 1300 782 391	gaimaragal.com  The Gaimaragal Group relationshipsnsw.org.au <i>Relationships Australia</i>
Specialty Group	Young people aged 16-24 years with 'intermediate stage' eating disorders	<i>Subsidised</i> 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.	✓ 1800 334 673	✓ 1300 782 391	thebutterflyfoundation.org.au/  Butterfly Foundation for Eating Disorders

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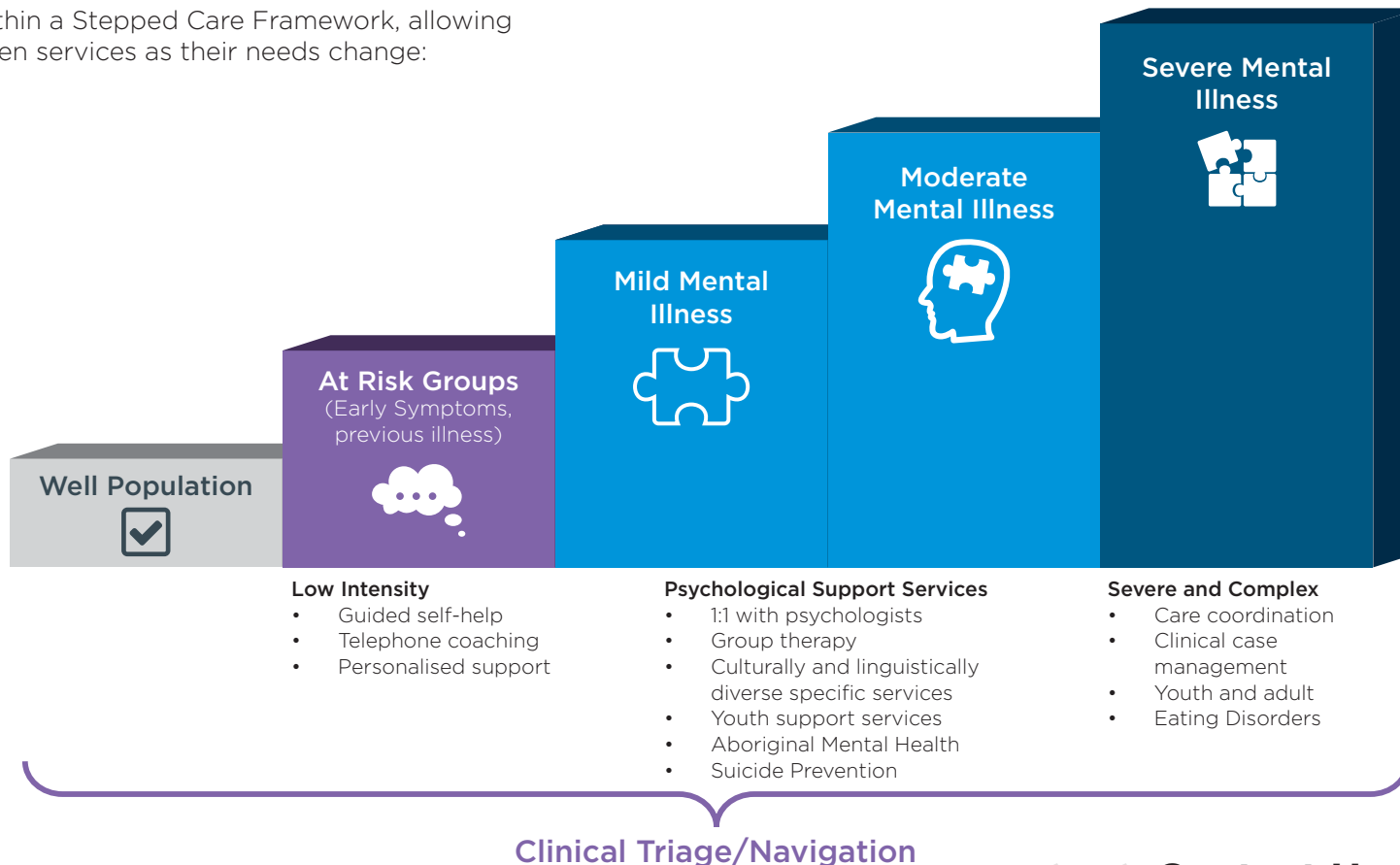
Category	Target Populations	Services Available	How to Refer		Provider Details
			Direct Referrals	Mental Health Triage	
Specialty Group	People who have accessed hospital services following a suicide attempt	Rapid access to mobile, intensive care coordination and psychosocial treatment for people following hospitalisation post suicide attempt.	✓ 1300 002 262	✓ 1300 782 391	ccnb.com.au/  community care + well being
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.	✓ 1800 063 060	✓ 1300 782 391	acon.org.au/  HERE FOR HEALTH
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.	✓ 1800 397 739	✓ 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.	✓ 02 9977 0711	✓ 1300 782 391	sdecc.org.au/  SYDNEY DRUG EDUCATION & COUNSELLING CENTRE


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



 **Download
Mental Health Triage
Referral Form**



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



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