

**MEDIA ALERT**

1<sup>st</sup> May 2017

## Northern Sydney PHN announce funding for six mental health and suicide prevention services

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*“12 in 100 people in the Northern Sydney region report mental and behavioural problems with depression and anxiety being the most commonly diagnosed mental health disorders.”*

*“In 2013, 71 deaths occurred in the Northern Sydney region due to suicide, averaging one death every five days.”*

*“Certain population groups in the Northern Sydney region are at higher risk of suicide and self-harm, including humanitarian entrants, men aged 75+ years, lesbian, gay, bisexual, transgender and intersex community members and young people.”*

*“In Northern Sydney there is a higher rate of hospitalisations for mental disorders (2,686 per 100,000) among Aboriginal people compared to non-Aboriginal people (1,860 per 100,000).”*

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It is in response to the above statistics and research, that the Northern Sydney PHN (operated by Sydney North Primary Health Network) is launching **six new Mental Health and Suicide Prevention Services** in Sydney's North.

Member for Mackellar, **Jason Falinski MP** will launch these new services commissioned by the Northern Sydney PHN on **Thurs 4<sup>th</sup> May at 10.30am** at the CCNB Community Care Northern Beaches - Unit 7/8, Level 1 Pittwater Place, 10 Park St, Mona Vale.

Chair of the Sydney North Primary Health Network, Dr Magda Campbell says, “Almost four million people in Australia will experience a mental illness in any one year. Mental illness is the third largest cause of disease burden in Australia after cancer and cardiovascular disease. In response to the National Mental Health Commission's Review of Mental Health Programmes and Services, and as a Primary Health Network representing Northern Sydney we are working on long-term and sustainable mental health reform for our community.”

There are 6 key areas for primary mental health care commissioning:

- Low intensity mental health services
- Child and youth mental health
- Psychological therapies for underserved, at-risk and hard-to-reach groups
- Aboriginal & Torres Strait Islander mental health
- Clinical care packages for people with severe and complex mental illness

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- Community based suicide prevention services

“In September 2016, the Sydney North Primary Health Network held seven mental health and suicide prevention co-design sessions, engaging more than 200 participants from across the region. Stakeholders represented included general practitioners, allied health providers, representatives from local and national non-government organisations, peak bodies, people with lived experience and carers,” said SNPHN CEO Lynelle Hales.

**As a result of these sessions and the tendering process, the six commissioned services are:**

#### [Community Care Northern Beaches \(CCNB\)](#)

CCNB will provide care coordination and psychosocial support to people who have been hospitalised following a suicide attempt. These outreach services will assist clients to maintain safety, build resilience, access required services and further develop support networks.

[www.ccnb.com.au](http://www.ccnb.com.au)

#### [Lifeline Harbour to Hawkesbury & Lifeline Northern Beaches](#)

Lifeline will provide telephone based coaching services for people living in the Northern Sydney region who are experiencing mild or moderate mental health difficulties such as low mood, anxiety and stress. They will support people to access self-help tools and resources, and develop greater resilience and enhanced wellbeing.

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

#### [New Vision Psychology](#)

New Vision Psychology will provide one-to-one and group based psychological interventions to Cantonese and Mandarin speaking people across the region. Services will be flexibly delivered and include outreach services where required.

[www.newvisionpsychology.com.au](http://www.newvisionpsychology.com.au)

#### [Relationships Australia in Partnership with the Gaimaragal Group](#)

Relationships Australia, in partnership with the Gaimaragal Group, will deliver culturally appropriate mental health services to Aboriginal and Torres Strait Islander people across the region. One-to-one service coordination will support Aboriginal and Torres Strait Islander community members to access necessary mental health and related support services. Relationships Australia and the Gaimaragal Group will also provide capacity building activities in the local region, focused on supporting culturally safe practice.

[www.relationships.org.au](http://www.relationships.org.au)

[www.gaimaragal.com/home](http://www.gaimaragal.com/home)

#### [Primary & Community Care Services \(PCCS\)](#)

PCCS will provide one-to-one psychological interventions and care coordination to identified underserved and at-risk groups across the region including people who identify as LGBTI, people from culturally and linguistically diverse backgrounds, children and young people and women experiencing perinatal anxiety and

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depression. PCCS will engage the previous ATAPS workforce to deliver services across the entire Northern Sydney PHN region. Services will be flexibly delivered based on client needs.

[www.pccs.org.au](http://www.pccs.org.au)

### Lifeline Harbour to Hawkesbury

Lifeline Harbour to Hawkesbury will provide group based therapeutic interventions to identified underserved groups across the region. These group programs will complement one-to-one services and support people to build their confidence, manage the symptoms of anxiety, stress and depression and learn new skills in a safe and supportive environment.

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

“The Sydney North Primary Health Network will be working closely with all commissioned providers, local mental health and related services and the Northern Sydney Local Health District to further explore opportunities for integration and better collaboration that will support our communities being able to access the right care at the right time. Our Central Clinical Intake and Triage team will work with referrers and service providers to ensure that people are correctly matched to the services they need and are able to step up and down as their needs change. All commissioned mental health and suicide prevention services will provide a holistic and responsive experience of care with an emphasis on care coordination and effective and timely communication with General Practitioners,” emphasised SNPHN CEO Lynelle Hales.

**END**

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