



# 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	
<b>Low Intensity</b>	People at <b>risk of mental illness</b> , those feeling stressed, flat, low, anxious	<b>Way2Wellness</b> - 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	<a href="http://way2wellness.org.au/">way2wellness.org.au/</a> 
<b>Mild to Moderate Short Term Psychological therapies</b>  (Previously ATAPS)	<p>People with <b>mild to moderate mental illness</b> from under-serviced groups</p> <ul style="list-style-type: none"> <li>• People experiencing financial hardship (people in receipt of pension or benefits, Health Care Card holders, low income earners)</li> <li>• Children (0-11 years old)</li> <li>• Young people (12-25 years old)</li> <li>• Women experiencing perinatal depression</li> <li>• People from culturally and linguistically diverse backgrounds</li> <li>• People who identify as Aboriginal and/or Torres Strait Islander</li> <li>• People who are homeless or at risk of homelessness</li> <li>• People who identify as lesbian, gay, bisexual, transgender, and/or intersex</li> <li>• Carers</li> <li>• People with intellectual disability and co-existing mental illness</li> <li>• People at non-urgent risk of suicide (no clear intent or plan)</li> </ul>	Individual, face-to-face psychological sessions for people from under-serviced groups with mild to moderate mental illness <b>OR</b> who are at risk of <b>non-urgent</b> suicide or self-harm. Available at multiple locations across the region.		✓ 1300 782 391	<a href="http://www.pccs.org.au/">www.pccs.org.au/</a>  <b>Required</b> <ul style="list-style-type: none"> <li>• Mental Health Treatment Plan <b>AND</b></li> <li>• K10+ (Adults) <b>OR</b> K5 (Aboriginal and/or Torres Strait Islander) <b>OR</b> SDQ (Children)</li> </ul>

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<b>Mild to Moderate</b>	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	<a href="https://headspace.org.au/">headspace.org.au/</a>  
<b>Mild to Moderate Short Term Psychological therapies</b>	People from the under-serviced groups listed above with <b>mild to moderate</b> mental illness who are appropriate for <b>group therapy</b>	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  <b>Required</b> <ul style="list-style-type: none"> <li>Mental Health Treatment Plan <b>AND</b></li> <li>K10+ (Adults) <b>OR</b> K5 (Aboriginal and/or Torres Strait Islander) <b>OR</b> SDQ (Children)</li> </ul>	<a href="https://lifelineh2h.org.au/">lifelineh2h.org.au/</a>  
<b>Mild to Moderate Short Term Psychological therapies</b>	People from a <b>Chinese cultural</b> background with <b>mild to moderate</b> mental illness or who are at <b>risk of non-urgent suicide or self-harm</b>	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  <b>Required</b> <ul style="list-style-type: none"> <li>Mental Health Treatment Plan <b>AND</b></li> <li>K10+ (Adults) <b>OR</b> K5 (Aboriginal and/or Torres Strait Islander) <b>OR</b> SDQ (Children)</li> </ul>	<a href="https://newvisionpsychology.com.au">newvisionpsychology.com.au</a>  

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

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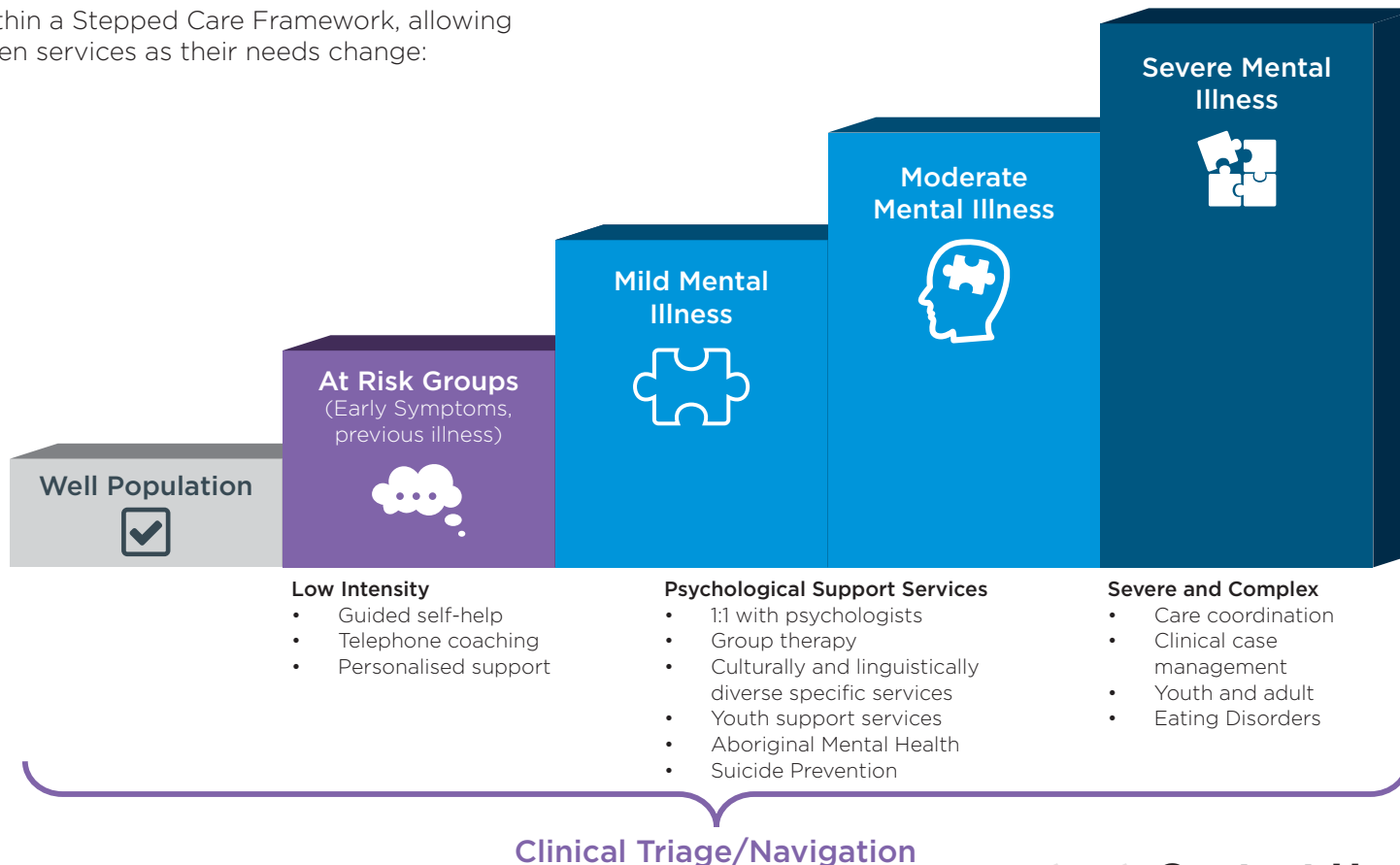
Category	Target Populations	Services Available	How to Refer		Provider Details
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<b>Specialty Group</b>	People who have accessed hospital services following a suicide attempt	Rapid access to mobile, intensive care coordination and psychosocial treatment for people following hospitalisation post suicide attempt.	✓ 1300 002 262	✓ 1300 782 391	<a href="http://ccnb.com.au/">ccnb.com.au/</a>  community care + well being
<b>Alcohol and Other Drugs</b>	<b>Lesbian, gay, bisexual, trans, and/or intersex</b> people with <b>drug and alcohol misuse issues</b>	<b>Substance Support Service</b> - 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	<a href="http://acon.org.au/">acon.org.au/</a>  HERE FOR HEALTH
<b>Alcohol and Other Drugs</b>	People aged 18 and over with <b>drug and alcohol misuse issues</b> <b>Aboriginal and Torres Strait Islander</b> people with <b>drug and alcohol misuse issues</b>	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.	✓ 02 9281 5144	✓ 1300 782 391	<a href="http://odysseyhouse.com.au/">odysseyhouse.com.au/</a> 
<b>Alcohol and Other Drugs</b>	<b>Young people</b> aged 14-25 with <b>drug and alcohol misuse issues</b>	<b>AOD Intensive Support Program</b> - 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	<a href="http://sdecc.org.au/">sdecc.org.au/</a>  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](http://snhn.org.au)



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