

Mental Health services during COVID-19



If you are experiencing mental health issues due to the COVID-19 pandemic there are community organisations in the North Sydney area that can help.

If you are in crisis or having suicidal thoughts, call Lifeline 13 11 44. If you or someone you know is in immediate danger call the Police on 000. These lines are open 24/7.

Service providers are moving to phone or online/telehealth consultations. Medicare subsidised telehealth services have now been expanded to all Australians. Visit headtohealth.gov.au/covid-19-support/covid-19 or speak to your doctor or counsellor for further information.

Local counselling and referrals:

- Lifeline Harbour to Hawkesbury - 9498 8805 www.lifelineh2h.org.au
Bulk-billed psychological and counsellings services via phone or video link
- Way2Wellness - 1300 120 446
Free and confidential telephone support service for mild to moderate mental health support. Monday to Thursday, 1pm - 6pm.
- Lower North Shore Community Mental Health Team - 9462 9100
Telehealth counselling and referrals, after hours crisis line is 9926 7111.
- Relationships Australia - 1300 364 277 www.relationshipsnsw.org.au
Telephone counselling, working towards offering online/video consultations

North Sydney Council support and programs:

- The Lost Bird Found Project - www.northsydney.nsw.gov.au/lostbirdfound
- Planet X Youth Service - 0407 264 564 or contact@planetx.org.au
Telephone and online support and online group activities and programs.

National and State helplines and online information:

- Australian Government Mental Health Portal - headtohealth.gov.au
- NSW Mental Health Line - 1800 011 511, available 24/7.
- Kid's Helpline - 1800 55 1800, available 24/7, kidshelpline.com.au
- lifeline.org.au online crisis support chat - available everyday from 7pm to midnight.
- Lifeline's crisis text line - 0477 13 11 14, available everyday from 6pm to midnight.
- Beyond Blue - 1300 22 4636 www.beyondblue.org.au
- Headspace - 1800 650 890, for 12 to 25 year olds, headspace.org.au

For further updates on COVID-19 visit www.northsydney.nsw.gov.au
Please don't hesitate to give us a call with any enquiries on (02) 9936 8100

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