

MENTAL HEALTH SERVICES

	SERVICE NAME & CONTACT	SERVICE TYPE	SESSIONS	ELIGIBILITY	REFERRAL PATHWAY
Low intensity	Healthy Minds	Digital coach to improve symptoms of mild to moderate anxiety and/or depression	Self-paced program over a number of weeks	People experiencing mild to moderate distress	Patient access: tinyurl.com/healthy-minds-sydney
Mild to moderate short-term psychological therapies	Access Plus	Short-term individual psychological therapies Target group: people experiencing financial disadvantage and at-risk/underserved groups including young people, people from Aboriginal or Torres Strait Islander backgrounds, CALD (culturally and linguistically diverse), LGBTQI, children, carers and women experiencing perinatal anxiety/depression	General pathway = 8 hours Suicide prevention pathway = 12 sessions	Mild to moderate (K10 = 20-29) Experiencing financial hardship and unable to afford gap with Medicare* AND Short term (will not require ongoing therapy)	Via Mental Health Triage only Required: <ul style="list-style-type: none"> Referral Form Mental Health Treatment Plan K10+ (adults) OR K5 (ATSI) OR SDQ (children)
	Lifeline Groups	Short-term group psychological therapy: <ul style="list-style-type: none"> Managing your Mood Being Mums Hoarding Treatment Program 	Programs are 8-16 weeks in a group setting	Experiencing mild to moderate mental health issues Adolescents 14-18 Adults 18+	
	New Vision 1300 001 778	Individual psychological therapies available in Cantonese, Mandarin, Shanghainese	General pathway = 6 sessions Suicide prevention pathway = 12 sessions	From a Chinese cultural background AND Short term (will not require ongoing therapy)	Direct referral or via Mental Health Triage
	headspace Chatswood: 8021 3668 Brookvale: 9937 6500	Early intervention mental health, AOD, sexual health, employment services	Support from clinician + Medicare-rebated psychological sessions	12-25 years old, experiencing mild to moderate mental health issues	Direct referral or via Mental Health Triage
	YESS Warekila 9196 8700	Clinical care co-ordination, case management, psychological interventions, access to psychiatry	Outreach and as-required sessions based on individual needs for up to 12 months	Not currently case managed by NSLHD YESS: 12-25 years old Warekila: 18+ years old	Direct referral or via Mental Health Triage

- In addition to the listed eligibility criteria, the individual must live, work or study in the Northern Sydney PHN region.
- All services are funded by the PHN, with no out-of-pocket expenses for the client.
- Better Access can provide 20 Medicare-rebated sessions to clients per calendar year on an ongoing basis.

Mental Health Triage is not a crisis service. For urgent mental health needs, please contact the **Mental Health Access Line** on 1800 011 511.

(Staffed by mental health professionals, the line gives NSW residents access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers.)

MENTAL HEALTH SERVICES *continued*

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Severe & complex	Mission Australia Psychosocial Support Service 9480 2500	Non-clinical long-term psychosocial support focusing on supported access to clinical services, daily living skills, and connection with friends and family	Support based on client's needs; average length within the service is 6-9 months	People experiencing severe mental illness with psychosocial support needs	Direct referral or via Mental Health Triage
Specialty services	The Way Back 1300 000 125	Non-clinical psychosocial support for people following a suicide attempt	Assertive outreach support tailored to individual needs for up to 3 months	People who have recently attempted suicide or experiencing a suicidal crisis	Direct referral or via Mental Health Triage
	Emotional Wellbeing for Older Persons 1300 111 278	Short-term psychological therapies, psychosocial support, and therapeutic interventions to people living in RACFs	Support for up to 3 months reflective of individual needs and timeframes	Adults 65+ in RACFs With, or at risk of, mental illness	Direct referral or via Mental Health Triage
	Caber-ra Nanga 1300 364 277	Care co-ordination including access to 1:1 psychological therapies	As required based on individual needs	People from an Aboriginal or Torres Strait Islander background	Direct referral or via Mental Health Triage

ALCOHOL AND OTHER DRUGS SERVICES

	SERVICE NAME & CONTACT	SERVICE TYPE	SESSIONS	ELIGIBILITY	REFERRAL PATHWAY
Alcohol & other drugs	Odyssey House 1800 397 739	Community-based group programs, individual counselling, and case management for people with substance misuse issues	As required based on individual needs	18+ years old	Direct referral or via Mental Health Triage
	SDECC 9977 0711	Youth-specific drug & alcohol counselling and case management, group and individual counselling for parents	As required based on individual needs	12-25 years old (and support for their parents around child's substance misuse issues) *12-13 year-olds require consent	Direct referral or via Mental Health Triage

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