

Mental Health Services

	SERVICE NAME & CONTACT	SERVICE TYPE	SESSIONS	ELIGIBILITY	REFERRAL PATHWAY
Low intensity	<u>Emotional Wellbeing Space</u> 1300 111 278	Wellbeing coaches provide person centred low intensity group and/or 1:1 sessions to support emotional and mental wellbeing	Up to 6 sessions based on individual needs	18-65 years old experiencing mild mental health issues	Direct referral
	<u>Healthy Minds</u>	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	<u>Access Plus</u>	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)
	<u>Lifeline Groups</u>	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+	Direct referral or via Mental Health Triage
	<u>New Vision</u> 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)	
	<u>headspace</u> Chatswood: 8021 3668 Brookvale: 9937 6500	Early intervention mental health, AOD, sexual health, and employment services	As required based on individual needs	12-25 years old experiencing mild to moderate mental health issues	
	<u>Head To Health</u> 1800 595 212	Assessment and referral service. Mental health professionals assess and direct individuals to an appropriate service in the region or to receive care at the Head to Health Hub	As required based on individual needs	People who are experiencing distress or mental health issues	Direct referral
	<u>KYDS</u> 9416 0900	Short-term individual psychological services for young people including family support and therapy	As required based on individual needs	8 -19 years old experiencing mild to moderate mental health issues	Direct referral or via Mental Health Triage

Mental Health Services *continued*

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Severe & complex	<u>Uniting Adult Mental Health</u> <u>Uniting YESS</u> 9196 8700	Clinical care co-ordination, case management, psychological interventions including family support and therapy	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 Uniting Adult MH: 18+ years old	Direct referral or via Mental Health Triage
	<u>Brellah Psychiatry Services</u> 9122 0888	Providing short-term general adult and child and adolescent psychiatry services for underserved groups, for people experiencing severe and complex mental illness	Up to 3 sessions per referral. Maximum of 6 sessions per individual in a 12 month period.	12 years and over experiencing severe and complex mental illness. Unable to afford private services.	Via Mental Health Triage only
	<u>Mission Australia Psychosocial Support Service</u> 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 tailored to individual needs for up to 6-9 months	People experiencing severe mental illness with psychosocial support needs	Direct referral or via Mental Health Triage
Specialty services	<u>Emotional Wellbeing for Older Persons</u> 1300 111 278	Short-term psychological therapies, psychosocial support, and therapeutic interventions to people living in RACFs	As required based on individual needs for up to 3 months	Adults 65+ in RACFs with, or at risk of, mental illness	Direct referral or via Mental Health Triage
	<u>Caber-ra Nanga</u> 1300 364 277	Culturally safe mental health care co-ordination for Aboriginal and Torres Strait Islander people and communities	As required based on individual needs	People from an Aboriginal or Torres Strait Islander background	Direct referral or via Mental Health Triage
	<u>The Way Back</u> 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
	<u>Gidget Perinatal Mental Health</u> 1300 851 758	One to one psychological services for women experiencing mild to moderate perinatal mental health issues	Up to 6 sessions based on individual needs	Women 16 years and over who are in the perinatal period from conception up until the baby is 12 months 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.)