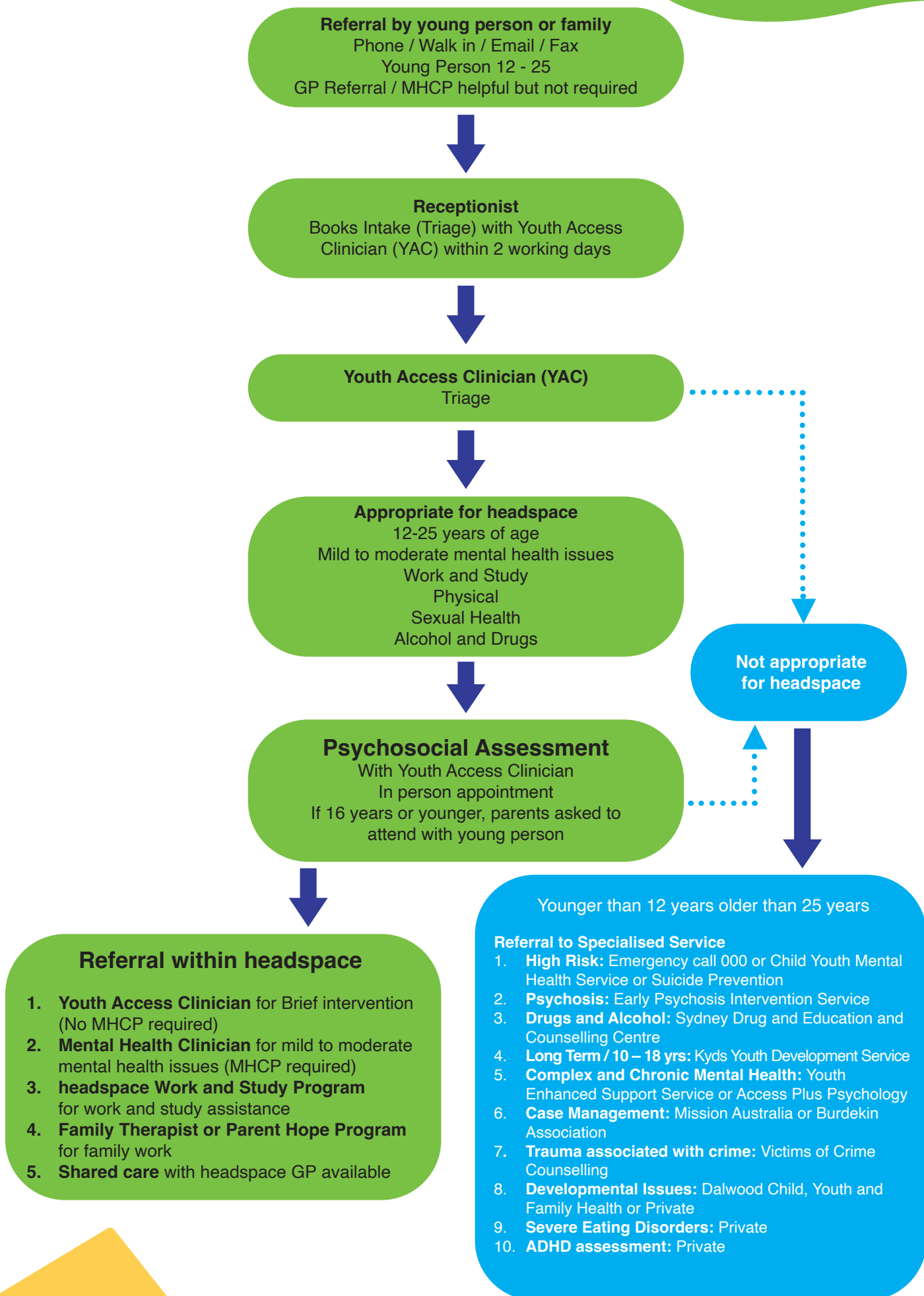


headspace pathway



important numbers

MENTAL HEALTH CRISIS

Mental Health Line: 1800 011 511

HIGH RISK

Child Youth Mental Health Service (CYMHS) provides specialist mental health assessment and intervention to infants, children and young people (under 18 years old, unless still at school) with moderate to severe and complex mental health issues and their families.

CYMHS Parents and Clinicians

Access Line

St Leonards: **9462 9222**

Top Ryde: **9926 5844**

Hornsby: **9485 6155**

Brookvale: **9388 5150**

Brookvale referrals

can be faxed to: **9388 5199**

Out of Hours Youth Response Team

operates 2 pm to 10 pm for suicidal and high-risk youth 12 - 25 years old. Provides telephone assistance and / or home visits. Can be accessed by parents by calling the Mental Health Line on **1800 011 511**.

Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

Ph: **1300 659 467** or online chat <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>

PSYCHOSIS

Early Psychosis Intervention Service

(EPIS) is a comprehensive service for 18 - 24-year-olds with recent onset psychosis. The service includes counselling, review of medication, psychological interventions, group programs and family education and is offered for up to 2 years.

Referral via the mental health triage line **1300 782 391**

DRUGS AND ALCOHOL

Sydney Drug Education and Counselling

Centre (SDECC) provides free counselling and support for young people aged 12 - 25 with problematic alcohol and other drug (AOD) use and their families.

Ph: **9977 0711** Referral form link

<https://sdecc.org.au/for-professionals/>

MILD TO MODERATE MENTAL HEALTH

Access Plus provides 8 - 12 hours of free psychological support for people who have difficulty accessing appropriate mental

health support due to financial or other circumstances. Referral via the **Mental Health Triage Line: 1300 782 391**
Referral form link: <https://sydneynorthhealthnetwork.org.au/wp-content/uploads/2018/01/SNPHN-Mental-Health-Triage-Referral-Form-050118-1.pdf>

KYDS Youth Development Service

(KYDS) is a free, confidential counselling service for young people aged 10 - 18 years for as long as they need. Unlimited sessions and no MHCP needed. Located on the North Shore. Phone **9416 0900**
E-mail counsellor@kyds.org.au

EATING DISORDERS

The Northern Sydney Local Health District (NSLHD) Eating Disorders

Service offers outpatient eating disorder treatment to people with a diagnosed eating disorder aged 18yrs and over. For people under 18yrs the service can provide support to young people and their families by linking them in with appropriate community treatment options. Please visit nslhd.health.nsw.gov.au/eatingdisorderservice or contact **02 8877 4652** or NSLHD-EatingDisorder@health.nsw.gov.

SEVERE AND COMPLEX MENTAL HEALTH

Youth Enhanced Support Service (YESS)

provides care to young people aged 12 - 25, with complex mental health needs and associated functional impairment. YESS offers a psychiatrist, a peer worker, and mental health clinicians with individual sessions, family work and group programs for up to 12 months, at no cost to the young person.

Ph: **1800 937 776** Referral form link: https://www.uniting.org/content/dam/uniting/documents/mental-health/yess/YESS_referral_form.pdf

Lifeline offers low-cost counselling for individuals and couples as well as psychological intervention with a MHCP. A wide range of support groups and various treatment programs are also available. Easy access, self-referral welcome.

Lifeline Northern Beaches (15yrs+)

Ph: 9949 5522 (office hours)

Email: counselling@lifelinenb.org.au

www.lifelinenb.org.au

Lifeline Harbour to Hawkesbury (18yrs+)

Ph: 8287 1126 (office hours)

Email: appointments@lifelineh2h.org.au

www.lifelineh2h.org.au

CASE MANAGEMENT

Mission Australia provides assistance organising emergency accommodation, case management, counselling, and a life skills program. Referrals are taken from clients, families and friends and external agencies.

Ph: **9480 2500** Email for referrals:

northernSydneyServices@missionaustralia.com.au

Burdekin Association

provides accommodation for young people, support for families, support for out of home care, aftercare and youth outreach. Referrals can be made by health worker, family, friends and self-referral. Intake officer needs to speak to the young person themselves.

Ph: **8976 1777**

TRAUMA ASSOCIATED WITH CRIME

Victims of Crime Counselling provides 22 hours of free counselling for people experiencing the psychological and emotional impacts of a crime that occurred in NSW including the witnessing of domestic violence.

Victims Access Line: **1800 633 063** Link to web application <https://victimsservices.justice.nsw.gov.au/victims-services/how-can-we-help-you/victims-support-scheme.html>

DEVELOPMENTAL ISSUES

Dalwood Child Youth and Family Health

offers a community paediatrician. Wherever possible a GP referral is preferred, however if a client is unable to get one prior to an appointment, they will still be seen.

Ph: **9951 0300**

GENDER AND SEXUALITY

ACON provides care to sexuality and gender diverse people. They provide support with sexual health, mental health, alcohol and drugs, and community care programs including domestic and family violence support. Phone: **9206 2000**

Twenty10 supports LGBTQIA+ young people. They provide counselling, social support and youth programs, assistance with housing and case management. Phone: **8594 9555**

headspace Brookvale

Level 2, 1A Cross Street, Brookvale NSW 2100

Phone: 9937 6500

headspacebrookvale@newhorizons.org.au

headspace Chatswood

30 Devonshire Street, Chatswood NSW 2067

Phone: 8021 3668

headspacechatswood@newhorizons.org.au

Outreach at Avalon Youth Hub

(appointment only)

59 Old Barrenjoey Road,

Avalon Beach NSW 2107

Phone: 9937 6500

headspacebrookvale@newhorizons.org.au

Outreach at Ryde (appointment only)

The Northern Centre, 3-5 Anthony Road

West Ryde NSW 2113 Phone: 8021 3668

headspacechatswood@newhorizons.org.au

Outreach at Hornsby (appointment only)

Mission Australia, 1 Coronation Street,

Hornsby NSW 2077 Phone: 8021 3668

headspacechatswood@newhorizons.org.au