

# Mental Health Services

## Lithgow

### GP

ALL

Refer to your local GP for all concerns. Telehealth may be available.

### Head to Health

ALL

Online information, resources and services to help improve your overall sense of well-being or if something is concerning you.

- [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

### Mental Health Help

ALL

A website to help you find the right mental health services or support.

- [www.mentalhealthhelp.com.au](http://www.mentalhealthhelp.com.au)

### MindSpot

A

A free telephone and online service for Australian adults troubled by symptoms of anxiety or depression.

- 1800 614 434
- [www.mindspot.org.au](http://www.mindspot.org.au)

### MyCompass

A

A personalised self-help tool for your mental health.

- [www.mycompass.org.au](http://www.mycompass.org.au)

### headspace

Y

Early intervention mental health support for young people aged 12-25.

- Lithgow: 6352 7600
- [www.headspace.org.au/headspace-centres/lithgow](http://www.headspace.org.au/headspace-centres/lithgow)

### Optimal Health

A

Recovery orientated group program for people with emerging mental health issues or who are at risk of developing mild to moderate mental illness.

- Neami Penrith: 8416 1190
- [www.neaminational.org.au/our-services/community-based-mental-health/community-programs/ohp](http://www.neaminational.org.au/our-services/community-based-mental-health/community-programs/ohp)

### Psychological Therapy Services

ALL

Short-term support for people who have mild to moderate mental health concerns. Additional criteria apply. Telehealth may be available.

- GP Referral needed
- [www.nbmphn.com.au/MentalHealth](http://www.nbmphn.com.au/MentalHealth)

### Lithgow Youth Plus

Y

An outreach service for young people aged 12 to 25 at risk of, or living with severe mental illness in Lithgow.

- 1300 402 585
- [www.marathonhealth.com.au](http://www.marathonhealth.com.au)

### Mental Health Nurse Incentive Program

ALL

Mental Health Nurses work with consumers living with complex and severe mental illness.

- GP Referral needed

### National Psychosocial Support

ALL

Assists people with a severe mental illness and reduced psychosocial function, who are not eligible for the National Disability Insurance Scheme (NDIS). Provided by Aftercare.

- 0429 046 925
- [chiara.capurso@aftercare.com.au](mailto:chiara.capurso@aftercare.com.au)

Our NPS2 and CoS programs continue to support patients previously in the Partners in Recovery program, Day to Day Living and FAMS: closed to new referrals.

### NDIS Support Calculator

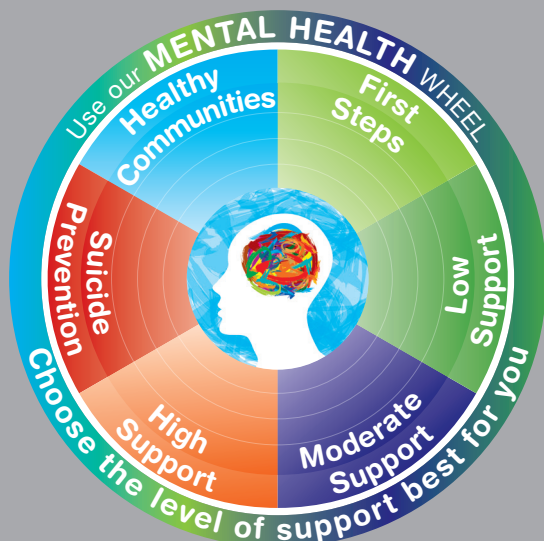
ALL

Free online tool to make it easier for participants, health professionals and providers to identify appropriate services for a potential NDIS participant.

- [www.supportcalculator.com.au](http://www.supportcalculator.com.au)

[www.nbmphn.com.au/MentalHealthServices](http://www.nbmphn.com.au/MentalHealthServices)

If you need help now, please call either Lifeline on 13 11 14 or Emergency on triple zero (000)



### KEY

ALL All Eligible

A Adults

R Rural

M Men

C Children <12

OP Older People

W Women

Y Youth 12-25

NP New Parents

**phn**  
NEPEAN  
BLUE MOUNTAINS  
An Australian Government Initiative

**Wentworth Healthcare**  
Blue Mountains | Hawkesbury | Lithgow | Penrith

# Mental Health Services

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### Lifeline

ALL

Provides all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services.

- 13 11 14
- [www.lifeline.org.au](http://www.lifeline.org.au)

### Peer Led Aftercare

A

For people who may be leaving hospital after a stay related to suicide, a peer led service is available to help support consumer transition back home and in to the community.

- Referral needed from hospital
- [www.nbmphn.com.au/MentalHealth](http://www.nbmphn.com.au/MentalHealth)

### Seek Out Support (SOS)

Y 14+ A

Psychological Therapy Service for people 14 years and older at low to moderate risk of suicide or self-harm.

- 1800 859 585
- [www.ontheline.org.au/ahs](http://www.ontheline.org.au/ahs)

### Suicide Call Back Service

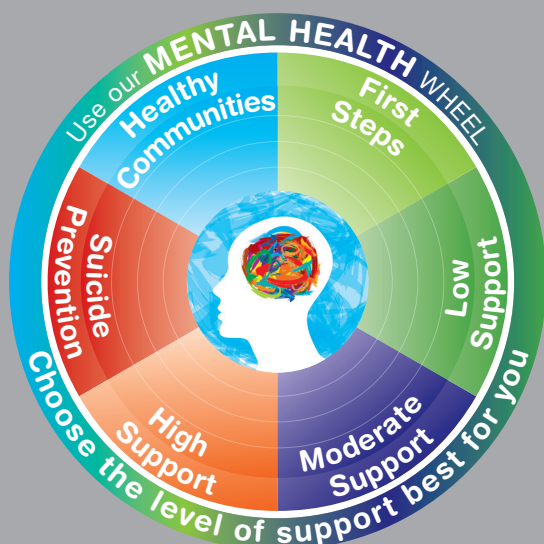
Y 15+ A

People not in our Psychological Therapy Services can access this alternate call back service.

- 1300 659 467
- [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**[www.nbmphn.com.au/MentalHealthServices](http://www.nbmphn.com.au/MentalHealthServices)**

If you need help now, please call either Lifeline on 13 11 14 or Emergency on triple zero (000)



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