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New mental health service to support people doing it tough in the Nepean Blue Mountains region

A Head to Health Pop Up service has launched in the Nepean Blue Mountains region to support people whose mental health is being affected by the current COVID-19 outbreak and restrictions.

Last month, the Federal Government announced a \$10.6 million investment to rapidly establish an integrated mental health support line across NSW and 10 Head to Health Pop Up services in areas currently facing extended COVID-19 restrictions. Primary Health Networks in NSW were tasked with establishing these services in just four weeks.

Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network, has worked to establish the service locally. Wentworth Healthcare CEO, Ms Lizz Reay said, "We are proud to announce that after a huge effort over the last few weeks our Head to Health Pop Up service is now up and running, as are the other nine Pop Ups across NSW."

"The service has been set up to be integrated with existing mental health services in each local area, with the additional support of 10 Head to Health Pop Up mental health hub locations which can provide mental health care, through telehealth or COVID-safe face-to-face appointments," said Ms Reay.

This free service is for anyone in NSW of any age, including children, young people and older adults, whose mental health is suffering because of the current COVID-19 situation. No referral is needed," she said.

Ms Reay said that to access the service, people simply call **1800 595 212 Monday to Friday between 8:30am - 5:00pm** from anywhere in NSW. They will be asked to enter their residential postcode and will be transferred to a local, trained mental health professional, who will talk to them about their concerns and help guide them to the right, local mental health support for their individual needs.

"This may include referring them to an existing mental health service in their area, or if appropriate, to receive care at a Head to Health Pop Up mental health hub location, one of which is in Penrith," she said.

"This service will be particularly helpful for people who may not have accessed mental health services before and who may feel overwhelmed by the thought of trying to seek out help," said Ms Reay.

"Mental health issues don't discriminate. The extra pressures of isolation, home schooling, loss of income and the uncertainty of the pandemic is taking its toll on many of our residents. This service will 'hold your hand' through the process of finding the right support for you," she said.

This Head to Health Pop Up service is different to the [Penrith Head to Health](#) centre which is still due to open in December as a permanent mental health clinic in the region.



To access the Head to Health Pop Up service, local residents can simply call **1800 595 212**, **Monday to Friday between 8:30am - 5:00pm** to discuss their needs and concerns.

For more details, visit www.nbmphn.com.au/H2HPopUp where you can download a [Community Flyer](#) and [FAQ fact sheet](#).

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