

Mental Health Services

Lithgow

Lithgow Lifeskills

R

Dialectical Behavioural Therapy and Art as Therapy.

- 0428 081 783

Beyond Blue

ALL

Support or information around depression and anxiety; for yourself, a friend or family member.

- 1300 22 4636 (24/7)
- www.beyondblue.org.au
- www.beyondblue.org.au/get-support/get-immediate-support

Head to Health website

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

Mental Health Help website

ALL

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

- 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

MyCompass

A

A personalised self-help tool for your mental health.

- www.mycompass.org.au

Youth Beyond Blue

Y

If you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then talk to Youth Beyond Blue.

- 1300 224 636
- www.youthbeyondblue.com

headspace

Y

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

- Lithgow: 6352 7600
- www.headspace.org.au/headspace-centres/lithgow

NewAccess

Y A R

Early intervention self-referral program for people aged 16 and over who may be experiencing signs of depression and anxiety.

- 8416 1190
- www.neaminational.org.au/our-services-2/community-programs/ohp

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.

- 8416 1190
- www.neaminational.org.au/our-services-2/community-programs/ohp

Psychological Therapy Services

ALL

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

- GP Referral needed
- www.nbmphn.com.au/MentalHealth

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 |

Mental Health Services

Lithgow

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

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

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

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

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

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

Suicide Call Back Service

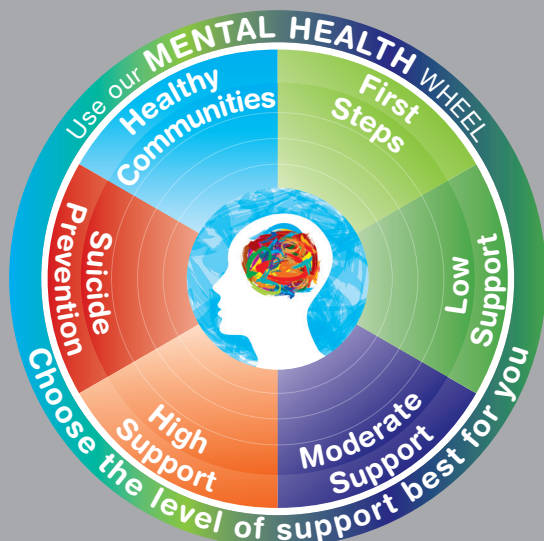
Y 15+ A

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

- 1300 659 467
- www.suicidecallbackservice.org.au

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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Blue Mountains | Hawkesbury | Lithgow | Penrith

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