

Mental Health, Alcohol & Other Drugs

Services in Blue Mountains

Coordinated or Funded by Nepean Blue Mountains PHN

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Australian Government



This service is supported by funding from the Australian Government under the PHN Program.

Mental Health, Alcohol & Other Drug

Mental Health Nurse Incentive Program

Adult clients with severe mental illness.

A mental health nurse works closely with client/GP/psychiatrist to provide coordinated clinical care during periods of significant disability. Referral from GP or psychiatrist needed.

- www.nbmphn.com.au/MHNIP

Access to Allied Psychological Services (ATAPS) – General Service

Clients (12 years and older) on health care card or pension card with mild to moderate mental health disorders and meet one of the following criteria:

- Re-referral of clients who have accessed ATAPS in 2017 and require service in 2018
- Co-morbid alcohol and other drugs issues which must be clinically/socially significant
- People who identify as LGBTIQ or have concerns in relation to their experience of sexuality or gender
- Carer of a person with disability, medical condition, mental illness or frail and aged (must not be a paid professional carer)

A psychologist, mental health social worker, or mental health nurse can provide up to 12 sessions of psychological strategies. Referral from GP needed.

- www.nbmphn.com.au/ATAPS

Who can use these services?

Children / Youth
/ Young People

Aboriginal & Torres
Strait Islander people

Women

Access to Allied Psychological Services (ATAPS) – Perinatal Service

Women in perinatal period (either pregnant or with infant up to 12 months) with or at risk of developing mild to moderate mental health disorder.

A psychologist, mental health social worker or mental health nurse can provide up to 12 sessions of psychological strategies. Referral from GP needed.

- www.nbmphn.com.au/ATAPS

Access to Allied Psychological Services (ATAPS) – Aboriginal & Torres Strait Islander Service

Aboriginal clients with or at risk of developing mild to moderate mental health disorder.

A psychologist, mental health social worker or mental health nurse can provide up to 12 sessions of culturally appropriate psychological strategies. Referral from GP needed.

- www.nbmphn.com.au/ATAPS

Access to Allied Psychological Services (ATAPS) – Children's Service

Children up to 12 years of age with or at risk of developing a mild to moderate emotional, behavioural, or mental health disorder (family must hold health care card).

A psychologist, mental health social worker or mental health nurse can provide up to 12 sessions of psychological strategies to children and their families. Referral from GP or paediatrician needed.

- www.nbmphn.com.au/ATAPS

Partners in Recovery (PIR)

Clients living with severe and persistent mental illness and complex needs.

Coordinated care services to assist clients to access a range of clinical, mainstream and other services. PIR is assisting current clients to become NDIS participants and access NDIS supports.

New referrals are being accepted until the maximum client level is reached. Referrals can be made by phone.

- www.nbmphn.com.au/PIR • 4708 8144

Access to Allied Psychological Services (ATAPS) – Suicide Prevention Service

Clients 14 years and older at low to moderate risk of suicide.

A psychologist, mental health social worker or mental health nurse can provide up to 2 months of psychological strategies to support a client at low to moderate risk of suicide. Referral from GP needed.

- www.nbmphn.com.au/ATAPS

Individual Capacity Building Project for PIR Clients

Clients living with severe and persistent mental illness and complex needs.

Provides the opportunity for PIR clients to undertake individual capacity building activities prior to their transition to the NDIS. This may include social and community participation, improved daily living and health and wellbeing.

- www.aftercare.com.au

gs – Services in the Blue Mountains

Adults

Healthcare providers

'Gatekeepers'

People with roles in the community that can support and identify those in need (eg. teachers, coaches etc)

Blue Mountains Aboriginal Culture and Resource Centre – Young Strong & Deadly

Young Aboriginal people at risk of mental illness, and alcohol and other drugs addiction (male and female 13-28 years).

An early intervention service focussing on connection to culture, to address the rising use of crystalline methamphetamine (ICE) and the increasing risk of suicide and mental illness. This is a region-wide program with workshops held in each LGA.

• nbmphn.com.au/AOD • 4782 6569

Dianella Cottage – a program of The Lyndon Community

Women with coexisting mental health, and alcohol and other drugs issues.

A drug & alcohol program that supports women with coexisting drug, alcohol and mental health issues, including post traumatic stress disorder (PTSD) and complex trauma, for all stages of substance abuse. This program is based at Katoomba and also delivers services in Lithgow 2 days a week.

• www.lyndon.org.au/womens-drug-alcohol-blue-mountains
• 4782 9265

headspace

Young people aged 12-25 years.

The headspace Penrith Centre provides integrated services for young people and their families and friends to improve mental health outcomes for young people. Services address mental health, general health, alcohol and other drugs issues as well as provide vocational support. Any young person within the Nepean Blue Mountains region can access services at headspace Penrith. A referral is not necessary but referrals can be made by any service provider, including GPs.

• www.headspace.org.au/headspace-centres/penrith • 4720 8800

Lyndon Community (based at Lithgow & Katoomba) – Making Choices Program

Men and women recovering from alcohol and / or other drugs addiction.

Alcohol and other drugs after care and relapse prevention – assessment and one-on-one after care.

• nbmphn.com.au/AOD • 4782 9265

Nepean Community & Neighbourhood Services

Aboriginal people with a dual diagnosis of alcohol and other drugs addiction and mental illness.

A service that coordinates care for Aboriginal people with a dual diagnosis of alcohol and other drugs addiction and mental illness. This is a region-wide program based at Penrith.

• www.nepeancommunity.org.au • 4706 0280 or 0439 455 139

The Ted Noff's Foundation (Region wide program based in Katoomba and delivers services to Lithgow)

Young people at risk of alcohol and other drugs addiction.

Targeted early intervention for alcohol and other drugs use in young people (with a particular focus on crystalline methamphetamine use).

• www.nepeancommunity.org.au • 8886 2800 or 0447 321 181

The University of Sydney – Poche Centre for Indigenous Health

Aboriginal people – workforce development.

A program to develop a skilled Aboriginal workforce as an important precursor to culturally secure services. This program is delivered through supported cadetships and scholarships.

• www.sydney.edu.au/medicine/poche

Lyndon Community (AOD First Aid & GP AOD Education)

GPs, practice nurses and practice staff.

Professional development for general practice staff regarding alcohol and other drugs. AOD First Aid workshops and GP information sessions are provided in each LGA.

• www.lyndoncommunity.org.au

Wesley Community Services Limited

Key gatekeepers in the community.

Suicide prevention education and training for people who may have a gatekeeper role in the community (eg. coaches, teachers etc). It also offers a suicide prevention 'train the trainer' program.

• www.wesleymission.org.au

Black Dog Institute – CPD training in Low Intensity Mental Health Services

GPs, practice nurses and other primary care providers.

Providing education on low intensity mental health options available for people with emerging or low to moderate mental illness.

• www.blackdoginstitute.org.au

Other mental health services are also available in the Blue Mountains.

To search all services available, visit mentalhealthhelp.com.au

Mental Health Navigation Tool

The Mental Health Navigation Tool is an easy to use website with general mental health advice and information on local mental health services, supports and programs.

Find the mental health information you need **within just 5 clicks!**

Visit

mentalhealthhelp.com.au
on your smart phone, tablet or desktop computer.



partnersinrecovery

Blue Mountains • Hawkesbury • Lithgow • Penrith

Partners in Recovery is funded by the Department of Health.