

# Mental Health, Alcohol & Other Drugs

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Services in Penrith

Coordinated or Funded by Nepean Blue Mountains PHN

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# Mental Health, Alcohol & Other

## 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](http://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:*

- 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](http://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](http://www.nbmphn.com.au/ATAPS)

## 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](http://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](http://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](http://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](http://www.nbmphn.com.au/PIR) • 4708 8144

## 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](http://www.aftercare.com.au)

# er Drugs – Services in Penrith

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](http://nbmphn.com.au/AOD) • 4782 6569

## 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](http://www.headspace.org.au/headspace-centres/penrith) • 4720 8800

## 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](http://www.nepeancommunity.org.au) • 4706 0280 or 0439 455 139

## ONE80TC Relapse Prevention-Aftercare Program

*Adult men and women including ex-prisoners.*

This aftercare program is based at Kingswood on Tuesday and Friday. The service involves intake, assessment and treatment planning for a program of support over approximately 6 months. The aim of the program is to prevent relapse. Clients should have completed some form of rehabilitation or detoxification treatment prior to entering the program. SMART recovery groups are conducted weekly. Self referrals are welcome as well as referrals from health professionals and others. This service is free of charge.

• [info@one80tc.org](mailto:info@one80tc.org) • 1800 679 657

## 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](http://www.nepeancommunity.org.au) • 8886 2800 or 0447 321 181

## We Help Ourselves (WHOS) Relapse Prevention-Aftercare program

*Adult men and women.*

For clients recovering from alcohol and/or other drugs addiction after exiting WHOS, Nepean Detox or other residential treatment placements. This service is based at WHOSWEST Penrith and is free of charge. Self referrals are welcome as well as referrals from health professionals and others.

• [www.whos.com.au](http://www.whos.com.au) • 8572 7401 or 8572 7421

## 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](http://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](http://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](http://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](http://www.blackdoginstitute.org.au)

# Other mental health services are also available in Penrith.

To search all services available, visit [mentalhealthhelp.com.au](http://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](http://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.