

Mental Health Services

Hawkesbury

Be & Co

R

A community project to support the well-being of socially isolated people through fortnightly Pop Up Cafes in the Hawkesbury.

- 4577 4435
- <https://facebook.com/beco.hawkesbury>

Feedbag Program

R

Supporting mental health, well-being and community connectedness through a Food Hamper program.

- 4573 1166

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

Live Life Get Active

A

Outdoor, physical exercise program for people with emerging or low to moderate mental health issues, such as depression and anxiety.

- Self referral
- www.livelifegotactive.com

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, talk to Youth Beyond Blue.

- 1300 224 636
- www.youthbeyondblue.com

headspace

Y

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

- Penrith: 4720 8800
- www.headspace.org.au/headspace-centres/penrith

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

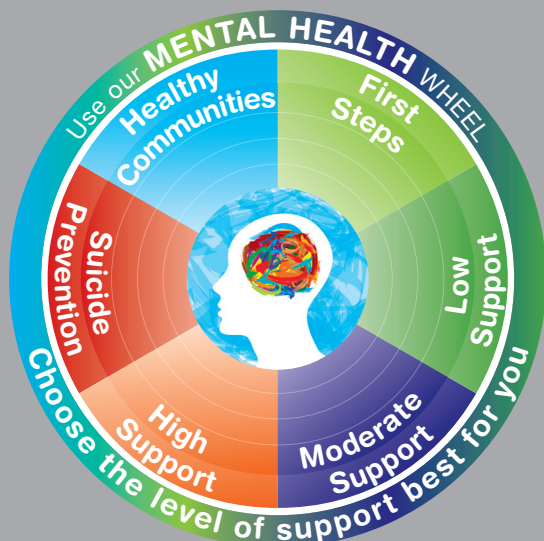
A

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

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

Hawkesbury

Mental Health Support in RACFs

OP

Pilot Program: In-house psychological services being trialled in selected residential aged care facilities.

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

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

Raphael Services

NP

Specialist services to parents experiencing mental health issues during the perinatal period (during pregnancy until the child is four years of age).

- **GP Referral needed**
- www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services

Youth Enhanced Support Service (YESS)

Y

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

- www.parramattamission.org.au/mh-service/youth-early-support-service-yess

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. 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.

- **0429 046 925**
- chiara.capurso@aftercare.com.au

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.suicidcallbackservice.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)



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

While the Australian Government helped fund this (document / material), it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provided herein. Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN. 352_0619_R August 2019