

Mental Health Services

Blue Mountains

GP

ALL

Refer to your local GP for all concerns. Telehealth may be available.

Head to Health

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

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

headspace

Y

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

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

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.

- Neami Penrith: 8416 1190
- www.neaminational.org.au/our-services/community-based-mental-health/community-programs/ohp

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. Telehealth may be available.

- 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

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
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Mental Health Services

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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 PHaMs: 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

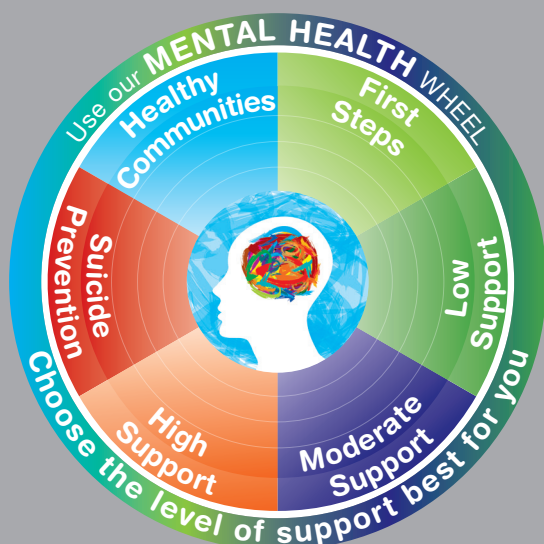
Y 15+ A

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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