

MENTAL HEALTH/OTHER INFORMATION - for NEPEAN, BLUE MOUNTAINS, HAWKESBURY, LITHGOW LGA's

SERVICE HEADINGS & CONTACT DETAILS	DESCRIPTION OF MENTAL HEALTH & OTHER SERVICES
<p>Emergency Number (000) in Australia for ambulance, police or fire brigade.</p>	<p>Ring 000 only if you or others are in danger. Tell them what the problem is, give them your name and address; they will send help as soon as possible. Only ring 000 if either you or client can't get to the Emergency Department (ED) of the local hospital.</p>
<p>How to access Mental Health Services</p> <p>Best ways of getting help</p>	<ol style="list-style-type: none"> 1. Ring 1800 011 511 This is the Mental Health Line (also called Access Line / Intake Line / Referral Line) THIS IS THE BEST NUMBER FOR ANY NEW PATIENT trying to get help IF IT IS NOT AN EMERGENCY. When you call 000, you'll hear 3 options: <ul style="list-style-type: none"> -press 1 on your phone if you live in the local area; -press 2 on your phone if you are calling from a different area; -press 3 on your phone if you need general health information 2. See your GP/ doctor. Ask GP to refer you to a mental health professional (counsellor, psychologist or mental health unit) 3. Go to the Emergency Department of the local hospital. You will be referred to the appropriate mental health service from there. 4. Ring the Emergency number (000) if you think it is necessary, and the patient or yourself are in a life-threatening situation.
<p>KEY MENTAL HEALTH SERVICES</p>	<p>This website, www.mentalhealthhelp.com.au has the latest 2016 information about mental health services available listed in the Nepean, Blue Mountains, Hawkesbury and Lithgow areas. Most other information on this directory is available through this website.</p> <p>Recent changes (since 01 July 2016) will direct new clients to be assessed for NDIS (National Disability Insurance Scheme) and a budget allocated to each patient so that appropriate services can be purchased by the client.</p>
<p>1.The Mental Health Line/Access Line/ Intake Line / Referral Line 1800 011 511</p>	<p>1. The Mental Health Line/Access Line/Intake Line/Referral Line 1800 011 511 will assess the caller and refer them to the appropriate mental health service in the appropriate area.</p>

NEPEAN MENTAL HEALTH SERVICES	(Include Penrith and surrounding area)
<p>*Please note that these numbers are mainly for existing clients or family/carers calling about a specific enquiry. Some agencies will talk to you, but usually they will transfer you to the Mental Health Line 1800 011 511.</p> <ol style="list-style-type: none"> 1. Acute Inpatient Unit/ Mental Health Centre Level 2, Nepean Hospital. Phone: 02 4734 2544 2. High Dependency Unit – Mental Health Centre, Level 2, Nepean Hospital. Phone: 02 4734 2544 3. Plains Access - Community Assessment and Liaison Centre Nepean Hospital Phone: 1800 011 511 4. Nepean PECC Unit – Emergency Department Nepean Hospital Phone: 02 4734 1698 5. Specialist Mental Health Older People Service Level 1 Mental Health Centre, Nepean Hospital Telephone: 02 4734 4720 6. Anxiety Disorders Clinic Telephone: 02 4734 3404 7. Assertive Community Treatment Team 28 Gidley St, St Marys NSW 2760 Telephone: 02 9833 6800 8. St Marys Community Mental Health 26 Gidley St, St Marys NSW 2760 Telephone: 02 9833 6800 9. Child and Youth Mental Health Service Level 3, Borec House 23 Station St, Penrith NSW 2750 (near Westfield Plaza, near train station) Telephone: 02 4732 2388 10. Penrith Community Mental Health Soper Place, Penrith NSW 2750 Telephone: 02 4732 9450 	<div data-bbox="710 123 1045 224" data-label="Image"> </div> <p>There are videos on the Web/You Tube – use the search words “Nepean Mental Health Centre”.</p> <p>There is also a promotional video from Nepean Hospital of <u>Get Happy with Pharrell Williams for Mental Health Month 2015 for the Nepean Blue Mountains Local Health District (NBMLHD)</u></p> <p>Clients can be assessed by calling the Mental Health Line 1800 011 511.</p> <p>PECC (Psychiatric Emergency Care Centre) at Nepean Hospital. Clients are assessed and referred to PECC if necessary.</p> <div data-bbox="710 1008 1372 1355" data-label="Image"> </div>

<p>Penrith/Nepean – Other Support</p> <p>11.Support Group - Carers only – PENRITH A group for all family members and carers run by the Mental Health Family & Carer Coordinator. Meets 3rd Wednesday/month, 5:15pm - 7pm Mental Health Centre, Nepean Hospital. Contact: 4734 3227</p> <p>12.OCD GROUP MEETING</p> <p>Groups are held every 1-2 months at Nepean Hospital for people who experience Obsessive Compulsive Disorder, their family and friends. Meets Bi-monthly at Academic Psychiatry, Nepean Hospital Contact: 4734 2585</p> <p>13.ANXIETY SUPPORT GROUPS Phone: 9339 6013. More information on www.mentalhealth.asn.au/programs/anxiety-support-groups E: supportgroups@wayahead.org.au</p>	<p>Monthly support groups for people with anxiety problems and their family and friends. Meetings are held in Penrith, Springwood and Windsor.</p>
<p>Blue Mountains Mental Health Services</p>	<p>Covering an area from Glenbrook to Woodford, and extending from Hazelbrook to Lithgow and beyond to surrounding areas.</p>
<p>1. Springwood Community Mental Health 288-292 Macquarie St, Springwood, NSW 2777 Telephone: 02 4751 0100</p> <p>2. Blue Mountains Access Team (Mental Health Assessment and Acute Care Team) 93 Waratah St, Katoomba NSW 2780 Telephone: 02 4782 2133</p> <p>3. Katoomba Community Mental Health 93 Waratah St, Katoomba NSW 2780 Telephone: 02 4782 2133</p> <p>4. Blue Mountains Inpatient Unit Blue Mountains Hospital, Great Western Highway, Katoomba Telephone: 02 4784 6750</p>	<p>Springwood Mental Health Services cover the area from Glenbrook to Woodford in the Lower Blue Mountains. The Blue Mountains Mental Health Services (from Hazelbrook to Lithgow and surrounds).</p> <p>It is possible to attend a centre or service away from your local area if you discuss this issue with the service.</p> <p>Only ring this unit if you have a specific enquiry about a patient or appointment.</p>
<p>Blue Mountains – Other Services</p>	
<p>5.Women Carers only – KATOOMBA A group for female carers only, run by local women who support someone with mental health issues. Meets Last Friday/month, 10:15am - 1pm; Women only</p>	<p>Respite services include emergency respite arrangements, regular planned respite, support, information and special events. These organisations provide respite services for people</p>

Blue Mountains Women's Health and Resource Centre, 124 Lurline St. Katoomba.
Phone: **4782 5326**

Additional Support - Respite Services – Penrith / Nepean / Blue Mountains

6. **Anglicare** 1800 052 222

7. UnitingRecovery

Family & Carer Mental Health Program
Phone: 8599 4880
(Auburn to St Marys/ Lithgow)
Email: fcmhinfo@ucmh.org.au

ADDITIONAL SUPPORT GROUPS

Blue Mountains Refugee Support Group (BMRSG)

P.O. Box 197, Katoomba, NSW 2780
Chairperson: Hal Ginges
Secretary: George Winston AM 4782 7866

8. **Flourish Australia – Call 1300 779 270 to be connected to your closest Flourish Australia office.** main office in Penrith, with satellite offices in Katoomba and Windsor.

who care for someone with a mental health issue in the Nepean Blue Mountains LHD.

Through the Family & Carer Mental Health Program, **UnitingRecovery** provides:

- Individual support for family members and friends
- A range of workshops to help family members and friends learn about mental health problems, how they can support the person they care about, and how to look after their own wellbeing
- Self-refer, family member, gp's social workers, etc., with the permission of client. Confidential service 18-65+. Can meet client at a convenient location if requested.

The Blue Mountains Refugee Support Group BMRSG – aims to encourage positive attitudes to refugees in the community and at all levels of government; and to welcome, befriend and assist refugees facing uncertain futures, in detention and in the community.

Flourish Australia's local office is in Penrith, with satellite offices in Katoomba and Windsor. No email contact.

Lithgow/ Blue Mountains Mental Health Services

Covering an area from Hazelbrook to Lithgow and surrounding areas.

1. Lithgow Community Mental Health (Rose Cottage/Pottery Estate)

15-17 Hassan St, Lithgow NSW 2790
Telephone: 02 **6354 0600**

2. Aftercare Australia Support Facilitator

(Partners in Recovery) now via NDIS.
40 Main Street, Lithgow, 2790
Tel: **63 500 100**
Fax: 63 500 199
Web: www.aftercare.com.au

3. UnitingCare Mental Health

Tel: (02) **8880 8111** or visit websites
www.mentalhealthhelp.com.au

4. Lithgow Hospital

Corner Col Drewe Drive and Great Western Highway, Lithgow NSW 2790.
Phone: **6350 2300**

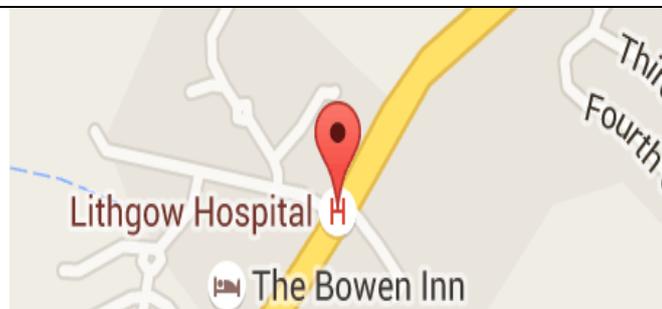
Rose Cottage/Pottery Estate Map



New clients now are assessed for NDIS eligibility, and this budget can also be used for other services.

Services provided by Uniting Care - such as LikeMind - are free of charge. Clients can self-refer/phone/drop in, or ask your GP for a referral to these services.

Lithgow Hospital Map



Lithgow – Additional Services

5. Lithgow Family Support Service (soon changing name to THRIVE)

19 Hassan St, Lithgow, NSW, 2790.
Phone: **(02) 6351 4055**.

6. Lithgow Carers

Meets 4th Thursday/month, 1-3pm.
Upstairs Meeting Room, Lithgow Library,
157 Main St. Lithgow.
Phone: **4734 3227**

RESPIRE SERVICES

CareWest provides respite services to people in many areas, including Lithgow.
Phone: **1300 227 393**

E: info@cw.org.au

Web: www.cw.org.au

Refugee Support Groups

Bathurst Refugee Support Group
63374132

Lithgow Refugee Support Group
0456 560 015

Orange Refugee Support Group
6360 044

Blue Mountains Refugee Support Group (BMRSG)

P.O. Box 197, Katoomba, NSW 2780
Chairperson: Hal Ginges

Secretary: George Winston AM 4782 7866

MIGRANT SUPPORT

SETTLEMENT SERVICES PROGRAM

Lithgow

Multicultural Worker

Atthaporn Pruksachuen (Pim)

Lithgow Information and Neighbourhood
Centre

1 Padley Street, Lithgow

Phone: 6352 2077,

Lithgow Family Support Service is a company located in 19 Hassan St, Lithgow, New South Wales, 2790. You can contact us on **(02) 6351 4055**. This business is categorised in family welfare organisations.

Lithgow Carers is a group for all family members and carers run by the Mental Health Family & Carer Coordinator.

Respite services include activities and outings for family members and carers, regular planned respite, emergency respite arrangements, support, information and special events.

The Humanitarian Settlement Services (HSS) program is delivered early in the settlement process and it provides refugees and humanitarian entrants with essential support and information to help them settle successfully in Australia.

The NSW Settlement Partnership (NSP) is a consortium led by SSI that delivers settlement services in agreed areas of NSW

<p>Email: pim@linc.org.au</p> <p>Bathurst Migrant Support Worker Monique van Toor Outreach Lithgow, Oberon, Blayney, Cowra: The Neighbourhood Centre, 96 Russell Street, Bathurst Monique van Toor Phone: 6332 4866 mobile: 0407 459 488 Email: migrantsupport@binc.org.au</p> <p>Settlement Services International http://www.ssi.org.au/</p> <p>Nepean Multicultural Access Inc. www.nma.org.au</p>	
<p>The Hawkesbury area</p>	<p>(Richmond, Windsor and surrounds)</p>
<p>Hawkesbury Mental Health Services</p> <p>1. Hawkesbury Community Mental Health 8 Ross St, Windsor NSW 2753 Telephone: 02 4560 4100</p> <p>2. Hawkesbury Hospital (District Health Service) Opening Hours 9am-5pm only. 2 Day St., Windsor Phone: 4560 5555</p> <p>3. St John of God Hospital, 177 Grose Vale Road North Richmond NSW 2754 Phone: (02) 4570 6100 Veteran's Enquiries: 1800 808 339</p>	<p>Mental health assessments can be done during normal hours. Any mental health emergencies after hours need to be at Nepean Hospital. Private patients may access St John of God Hospital - an 88 bed private psychiatric hospital.</p>
<p>Other Mental Health services providers in the Hawkesbury</p>	<p>Most medical centres and clinics in the Hawkesbury provide psychologists, mental health workers and Perinatal Mental Health Services.</p>
<p>Hawkesbury Area Additional Support Services</p>	
<p>Hawkesbury Family Services Phone: 02 4587 8091</p> <p>Flourish Australia (prev. Richmond PRA) Phone: 02 9393 9210</p>	
<p>ADDITIONAL RESOURCES AND ONLINE LINKS</p> <p>Association for Friends and Relatives of the Mentally Ill (ARAFMI)</p>	

Web: www.arafmi.org

beyondblue Support Service

Support. Advice. Action

Phone: **1300 22 4636**

<https://www.beyondblue.org.au>

Mindspot

Tel. **1800 61 44 34**

Black Dog Institute

Web: www.blackdoginstitute.org.au

Bridging The Gap, St Marys

Phone: **9673 1211**

www.mindspot.com

eheadspace

Phone: **1800 650 890** www.eheadspace.org.au

Fact Sheet Support

Web:

www.mentalhealth.asn.au/home/item/64.html

NSW Transcultural Mental Health Centre

Phone: **1800 648 911**

Email: tmhc@health.nsw.gov.au

STARTTS (NSW Service for the Treatment & Rehabilitation of Torture & Trauma Survivors)

Phone: **9794 1900**

NBMLHD Multicultural Health Service

Phone: **4734 1600**

SANE Australia Helpline Chat

Phone: **1800 187 263 (1800 18SANE)**

Email: helpline@sane.org

SANE Forums with Information, Advice and Support; anonymous and moderated.

Visit www.sane.org

Gay & Lesbian Counselling Service

Phone: **02 8594 9596**

Grow NSW

Phone: **1800 558268**

Penrith Group (call Sandra 0455080118)

Beyondblue is a national initiative to raise awareness of anxiety and depression, providing resources for recovery, management and resilience.

www.mindspot.com This webpage will give you a list of options for many mental health conditions; choose the one that you think best suits. The MindSpot Clinic is a free telephone and online service for Australian adults troubled by symptoms of anxiety or depression.

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

The **Transcultural Mental Health Centre (TMHC)** works with people from culturally and linguistically diverse (CALD) communities, health professionals and partner organisations across NSW to support good mental health.

STARTTS offers counselling and support for torture and trauma survivors at various locations (including Carramar, Blacktown, St Marys and other outreach locations)

SANE Australia is a national charity working for a better life for people affected by mental illness. The SANE Australia Helpline Chat allows clients to chat online with a mental health professional on weekdays 9am-5pm AEST

The Gay & Lesbian Counselling Service is volunteer based and offers free, anonymous and confidential telephone counselling, information and referral services, and support groups for sexual orientations issues people, their friends and families.

<p>Lifeline Phone: 13 11 14 https://www.lifeline.org.au/Home</p> <p>LikeMind http://likemind.org.au/penrith/</p> <p>Mental Health Association of NSW Phone: 1300 794 991 www.mentalhealth.asn.au</p> <p>Uniting Recovery (includes Headspace and LikeMind) Phone: 1300 364 097</p> <p>Schizophrenia Fellowship of NSW Provides services for people with mental illness, their families and carers. Phone: 1800 985 944 www.sfnsw.org.au</p> <p>Schizophrenia Fellowship of NSW Inc. Phone: 02 9879 2600</p> <p>Salvos Counselling Freedom & Hope, Penrith Phone: 4731 1554 http://salvoscounselling.salvos.org.au/</p>	<p>Grow NSW, established in 1957, offers small group support and workshops for depression and anxiety sufferers.</p> <p>Lifeline provides 24/7 crisis support and suicide prevention services.</p> <p>LikeMind is a service for adults with mental health concerns, as well as their families and carers. You can access a range of community and health services in one location. We work together, and with you, to address your mental health needs, and any other concerns you may have.</p> <p>The Mental Health Association of NSW offers information and education advice about protecting mental health, mutual support and advocacy services.</p> <p>Schizophrenia Fellowship of NSW provides services for people with mental illness, their families and carers. They offer support groups and information for people with schizophrenia and other mental health illnesses.</p>
<p>INFORMATION FOR CARERS</p> <p>Mental Health Carers ARAFMI Phone: 1800 655 198 www.arafmi.org</p> <p>Carers NSW provides a range of services for family members and carers. The Carer Line provides information, emotional support and referrals to other organisations. They have a support program for young people who are carers. They also have an online education program for carers of people with mental health problems called 'Mental Health Foundations for Carers'. Carer Line: 1800 242 636 Websites: www.carersnsw.asn.au</p>	<p>ARAFMI provides support and advocacy for families and friends with mental illness or disorder.</p>

www.youngcarersnsw.asn.au www.foundationsforcarers.org.au	
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