

SWSPHN FUNDED  
**PRIMARY MENTAL HEALTH,  
SUICIDE PREVENTION AND  
DRUG AND ALCOHOL SERVICES**

All services detailed in this flyer are  
**FREE** for individuals accessing them



# MENTAL HEALTH AND SUICIDE PREVENTION SERVICES

## Stepped Care

South Western Sydney PHN co-designs and funds a range of primary mental health and suicide prevention services in line with a stepped care approach, promoting person-centred care, targeting the needs of individuals. Rather than offering a one size fits all approach, individuals are matched to services that best meet their needs.



Level of Care

### NewAccess

Mental health coaching to support anyone 12 years + feeling stressed or overwhelmed with day-to-day life issues. Services are available in-person and via phone or video call.

**WEBSITE:** [www.beyondblue.org.au/get-support/newaccess](http://www.beyondblue.org.au/get-support/newaccess)

**REFERRAL PROCESS:** No referral required, phone directly:

- Bankstown, Camden, Campbelltown, Fairfield and Liverpool areas: call **(02) 9199 6143** or email [newaccess@onedoor.org.au](mailto:newaccess@onedoor.org.au).
- Wollondilly and Wingecarribee areas: call **0455 104 104** or email [mhintake@communitylinks.org.au](mailto:mhintake@communitylinks.org.au)



Low

### STAR4Kids (3-12 years)

Psychological therapies for children aged 3-12 with, or at risk of, developing a childhood emotional or mental health problem, who experience barriers to accessing Better Access (Medicare). Services are delivered by mental health professionals experienced in working with children.

**WEBSITE:** [www.swsphn.com.au/star4kids](http://www.swsphn.com.au/star4kids)

**REFERRAL PROCESS:** GP, Paediatrician or Provisional referral via SWSPHN Mental Health Central Intake



Low

Moderate

### headspace (12-25 years)

Support for young people aged 12-25 for their mental health, physical health (sexual health), alcohol and other drugs and work and study.

**WEBSITE:** [www.headspace.org.au](http://www.headspace.org.au)

**REFERRAL PROCESS:** Phone or visit headspace centre directly:

- Bankstown: **(02) 9393 9669** | 1/41-45 Rickard Rd, Bankstown
- Campbelltown: **(02) 4627 9089** | Level 8, 171-179 Queen St, Campbelltown
- Liverpool: **(02) 8785 3200** | 1/50 Macquarie St North, Liverpool



Low

Moderate

### ReFrame (12-25 years)

Mental health support for young people aged 12-25 living in Wollondilly and Wingecarribee. Services are delivered by youth engagement workers and mental health professionals experienced in working with young people.

**WEBSITE:** [www.communitylinks.org.au/reframe](http://www.communitylinks.org.au/reframe)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake  
**OR** young people can visit ReFrame or call directly without a referral on **0455 104 104**



Low

Moderate

## Continuing to be Me

Mental health support for people 65 years + (50 + for Aboriginal people) living in partnered residential aged care facilities.

**WEBSITE:** [www.parramattamission.org.au/c2bme](http://www.parramattamission.org.au/c2bme)

**REFERRAL PROCESS:** Selected registered aged care facilities will refer residents eligible for the service



Low and Moderate

## You in Mind

Psychological therapies for people 12 years +, with moderate to severe mental health problems. Services delivered by mental health professionals and clients may be linked in with a peer worker to receive peer support. You in Mind is available to specific groups, for further information about eligibility visit the website.

**WEBSITE:** [www.swsphn.com.au/youinmind](http://www.swsphn.com.au/youinmind)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake



Low

Moderate

High

## Youth Enhanced Support Service (YESS-SWS)

Mental health support for young people aged 12-25 with, or at risk of, severe mental illness. An early intervention program providing wrap-around supports through a youth friendly, evidence based and recovery focused approach.

**WEBSITE:** [www.parramattamission.org.au/yess](http://www.parramattamission.org.au/yess)

**REFERRAL PROCESS:** Anyone can refer by completing the online referral via the website **OR** phone YESS directly on **1800 937 776**



High

## Consultant Psychiatry Service

Psychiatry support for people 12 years + living with severe and persistent mental illness, with barriers to accessing psychiatrists, as well as support for GPs in the treatment and management of these patients. Service delivered as telehealth to any general practice and face-to-face at specific hubs.

**WEBSITE:** [www.swsphn.com.au/consultantpsychiatry](http://www.swsphn.com.au/consultantpsychiatry)

**REFERRAL PROCESS:** GP referral via SWSPHN Mental Health Central Intake

High

## Credentialed Mental Health Nurse Service

Mental health support and coordination of clinical services for people living with a severe and complex mental illness, that has a significant impact on their day-to-day functioning.

**WEBSITE:** [www.swsphn.com.au/mentalhealthnurseservice](http://www.swsphn.com.au/mentalhealthnurseservice)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake

High

## Clinical Suicide Prevention Service

Priority access to psychological therapy for people who have attempted suicide or have suicidal ideation of low to medium risk.

**WEBSITE:** [www.swsphn.com.au/clinicalsuiicideprevention](http://www.swsphn.com.au/clinicalsuiicideprevention)

**REFERRAL PROCESS:** GP or Provisional referral made by CoMHET only via SWSPHN Mental Health Central Intake



High

## Lifeline Crisis Support Suicide Aftercare Program

Short term telephone crisis supports for people 18 years + who have attempted suicide. Lifeline Crisis Supporters provide outgoing phone calls to monitor a person's wellbeing and help keep the person connected.

**WEBSITE:** [www.swsphn.com.au/lifeline-macarthur](http://www.swsphn.com.au/lifeline-macarthur)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake



Non-Clinical Service

## The Way Back Support Service

Non-clinical aftercare focused on providing psychosocial supports via assertive outreach for people at increased risk following a suicide attempt or during a suicidal crisis.

**WEBSITE:** [www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/the-way-back-support-service](http://www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/the-way-back-support-service)

**REFERRAL PROCESS:** Referrals to be made by Liverpool and Campbelltown hospital staff direct to the service

Non-Clinical Service

## Connector Hub South Western Sydney

Non-clinical psychosocial support for people 18 years + with a severe mental illness who do not currently have an NDIS package. Includes social activities, group sessions, individual support at times of increased need, assistance in applying for the NDIS and support to find appropriate health professionals and other services.

**WEBSITE:** [www.connectorhub.org.au](http://www.connectorhub.org.au)

**REFERRAL PROCESS:** Anyone can refer online, see: [www.connectorhub.org.au/refer](http://www.connectorhub.org.au/refer)  
**OR** GP or Provisional referral via SWSPHN Mental Health Central Intake



Non-Clinical Service

## SWS Recovery College

Mental health recovery focused co-learning education programs for people living with a mental illness, carers and service providers. Includes short/long courses, workshops and online learning.

**WEBSITE:** [www.swsrecoverycollege.com.au](http://www.swsrecoverycollege.com.au)

**REFERRAL PROCESS:** Enquire via website **OR** phone (02) 4621 8400



Non-Clinical Service

## Information for Referrers

SWSPHN operates Mental Health Central Intake. When a referral is made, the referred person is contacted by the allocated mental health professional to schedule an appointment.

**GP REFERRERS:** Complete a **GP Mental Health Referral Form** and **Mental Health Treatment Plan** – available to download here: [www.swsphn.com.au/formsandtemplates](http://www.swsphn.com.au/formsandtemplates)

**PROVISIONAL (NON-GP) REFERRERS:** Complete an online referral, available here: [www.phnswsws.redicase.com.au/#!/referral/create](http://www.phnswsws.redicase.com.au/#!/referral/create). Provisional referrals permit a client to receive a small number of sessions (usually three) prior to the client obtaining a GP Mental Health Treatment Plan. Once a GP Mental Health Treatment Plan is submitted to Mental Health Central Intake, additional sessions will be released.

**For more information and referral enquiries, phone Mental Health Central Intake on 1300 797 746**

For individuals having suicidal thoughts, talking about self-harm or noticeably in serious distress, call **000** or ensure they have transport to the nearest emergency department. Alternatively contact the Community Mental Health Emergency Team (CoMHET) on **1300 787 799**.

# DRUG AND ALCOHOL SERVICES

South Western Sydney PHN funds organisations to introduce new, or expand existing, local support and treatment services for people with alcohol and/or other drug concerns. Services work with clients, their families and GPs to provide withdrawal management, rehabilitation, before and aftercare, and psychosocial counselling.



## headfyrst (12-25 years)

Co-existing alcohol and other drugs and mental health service which provides free, counselling and support services for young people aged 12 to 25. Salvation Army Youthlink works closely with headspace centres delivering the service locally.

**WEBSITE:** [www.salvationarmy.org.au/youthlink/headfyrst](http://www.salvationarmy.org.au/youthlink/headfyrst)

**REFERRAL PROCESS:** Complete referral, available here [www.salvationarmy.org.au/youthlink/headfyrst](http://www.salvationarmy.org.au/youthlink/headfyrst) OR Phone or visit headspace centre directly:

- **Bankstown:** (02) 9393 9669 | 1/41-45 Rickard Rd, Bankstown
- **Campbelltown:** (02) 4627 9089 | Level 8, 171-179 Queen St, Campbelltown
- **Liverpool:** (02) 8785 3200 | 1/50 Macquarie St North, Liverpool



## fyrst (12-25 years)

FIRST (Follow-On Youth Recovery Support Team) is a support service for young people 12-25 years who would like to address their alcohol and drug issues. FIRST also offers support to those who are completing, or have completed detox, rehab or are leaving detention. It provides a mobile support team that can visit a client's home, meet at a cafe or pick up a client from local transport. FIRST is located at Liverpool.

**WEBSITE:** [www.salvationarmy.org.au/youthlink/fyrst](http://www.salvationarmy.org.au/youthlink/fyrst)

**REFERRAL PROCESS:** Complete referral, available here [www.salvationarmy.org.au/youthlink/fyrst](http://www.salvationarmy.org.au/youthlink/fyrst) OR call: **0408 242 685** or **0427 022 052**, or email: [fyrst.southwest@ae.salvationarmy.org](mailto:fyrst.southwest@ae.salvationarmy.org)

## Odyssey House NSW

Psychosocial counselling, group education, after care and case management services for adults with co-occurring alcohol and other drugs and mental health concerns. Services available in Campbelltown with outreach in Tahmoor, Bowral and Bankstown.

**WEBSITE:** [www.odysseyhouse.com.au](http://www.odysseyhouse.com.au)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake OR Phone directly: **1800 397 739** (press 2)



## Rendu House Drug Health Day Program

Six-week non-residential rehabilitation day program delivered by St Vincent de Paul in Campbelltown supporting people in before and after care, psychological counselling, case management, psychological education groups and support groups for adults with alcohol and other drugs dependency and misuse. Outreach services are available in Liverpool and Fairfield, with mobile services also available.

**WEBSITE:** [www.vinnies.org.au/page/Find\\_Help/NSW/Addiction/Rendu\\_House](http://www.vinnies.org.au/page/Find_Help/NSW/Addiction/Rendu_House)

**REFERRAL PROCESS:** GPs and other professionals can email [Rendu.House@vinnies.org.au](mailto:Rendu.House@vinnies.org.au) to request a referral form OR self referrals can be made by calling (02) 4621 5500



## Drug and Alcohol Multicultural Education Centre - DAMEC

Culturally appropriate support and treatment to reduce the harm associated with the use of alcohol and other drugs within culturally and linguistically diverse communities. Services delivered to individuals and families through counselling, group programs and education. Services are provided across Liverpool, Fairfield, Bankstown and Campbelltown.

**WEBSITE:** [www.damec.org.au](http://www.damec.org.au)

**REFERRAL PROCESS:** GP or Provisional referral via SWSPHN Mental Health Central Intake OR phone directly: **(02) 8706 0150**



## General Practice Drug and Alcohol Advice and Support Service

Supports GPs providing care to patients with drug and alcohol and associated health issues throughout South Western Sydney. GPs have direct access to consultant drug and alcohol clinicians, including the medical team, 9am to 5pm Monday to Friday (excluding public holidays). Advice includes referral pathways, complex cases and case conferencing if needed.

**CALL: 0455 079 436** for prompt advice when management concerns arise during a consultation.

**WEBSITE:** [www.swsphn.com.au/alcoholandotherdrugs](http://www.swsphn.com.au/alcoholandotherdrugs)

## Alcohol and Other Drugs (AOD) GP Education Program

The Australian Government has funded the Alcohol and Other Drugs (AOD) GP Education Program - an education package and training grants for GPs - to improve support and increase resources available to GPs to treat drug and alcohol use. Funding has been provided to both the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM) to administer the package.

Depending on the training pathway you complete, you may be eligible for QI&CPD/PDP hours and incentive grant payments. For more information visit [www.swsphn.com.au/aod-education](http://www.swsphn.com.au/aod-education)

# MENTAL HEALTH AND DRUG AND ALCOHOL SERVICES FOR ABORIGINAL COMMUNITIES

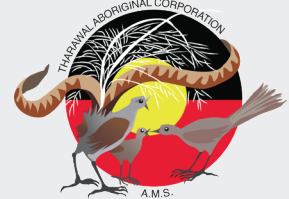


## Tharawal Social and Emotional Wellbeing

Provides support and access to culturally safe, mental health and drug and alcohol services. The service holistically meets the healing needs and the social, emotional, spiritual and cultural wellbeing of Aboriginal and Torres Strait Islander people and community.

**WEBSITE:** [www.tacams.com.au](http://www.tacams.com.au)

**REFERRAL PROCESS:** GPs and other professionals can [complete referral form](#) via website, and and email to [sewb@tacams.com.au](mailto:sewb@tacams.com.au) OR phone directly: **(02) 4624 9430**



## Yarnlink (Aboriginal Youth Program 12-25 years)

Clinical therapy combined with care coordination for Aboriginal young people between 12-25 years who are experiencing mental health and drug and alcohol concerns. Treatment options include culturally safe drug and alcohol / mental health treatment intervention, psychoeducation, narrative therapy, behavioural interventions and harm minimisation strategies.

**WEBSITE:** [www.salvationarmy.org.au/youthlink/](http://www.salvationarmy.org.au/youthlink/)

**REFERRAL PROCESS:** Contact [peta.lonesborough@salvationarmy.org.au](mailto:peta.lonesborough@salvationarmy.org.au) OR phone **0436 927 163**





## **NATIONAL HELPLINES 24/7**

Lifeline: **13 11 14**

Suicide Call Back Service: **1300 659 467**

Beyond Blue Support Service: **1300 224 636**

Kids Helpline: **1800 551 800**

MensLine Australia: **1300 789 978**

Alcohol Drug Information Service (ADIS) NSW: **1800 250 015**

Family Drug Support: **1300 368 186**



## SOUTH WESTERN SYDNEY PHN

Level 3, 1 Bolger Street  
Campbelltown, NSW 2560

PO Box 90  
Macarthur Square, NSW 2560

**Phone:** (02) 4632 3000

**Fax:** (02) 4625 9466

**Email:** [enquiries@swsphn.com.au](mailto:enquiries@swsphn.com.au)



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