

MENTAL HEALTH ORGANISATIONS

Australian Psychological Society – Phone 1800 333 497

The APS provides a referral service to help you find a psychologist to suit your needs. Referrals are drawn from their database of more than 1,500 APS registered psychologists around Australia, covering every state and territory.

Royal Australian & New Zealand College of Psychiatrists – Phone (02) 9352 3600

761 Darling Street,
Rozelle, NSW 2039

Mental Health Association NSW Inc – Phone (02) 9339 6000

62 Victoria Road
Gladesville NSW 2111

Mental Health Information Service - 1300 794 991

Level 5, 80 William St
East Sydney NSW 2011

The Mental Health Information Service provides a confidential and free telephone and email helpline during business hours. Qualified staff are able to assist you by tapping into a specialised database which can help you find solutions to your problems.

Multicultural Mental Health Australia (MMHA) – Phone (02) 9840 3333

Locked Bag 7118
Parramatta BC NSW 2150

Multicultural Mental Health Australia (MMHA) provides national leadership in mental health and suicide prevention for Australians from culturally and linguistically diverse (CALD) backgrounds

MMHA links a wide range of state and territory mental health specialists and services, advocacy groups and tertiary institutions to promote the mental health and well being of Australia's diverse communities.

Transcultural Mental Health Centre – 1800 648 911

Cumberland Hospital
5 Fleet St
Parramatta NSW 2150

The Transcultural Mental Health Centre is a statewide organisation funded by the NSW Centre for Mental Health. It aims to improve the mental health and wellbeing of people of non-English speaking background through a community capacity building approach. It has a whole of lifespan focus, working with gender and age- based populations. It seeks to achieve this through working in partnership with mental health services, consumers, carers and the community.

COUNSELLING SERVICES

Lifeline - 24 hour counselling	Phone 131 114
---------------------------------------	----------------------

Wentworth Area Health Service	Phone 1800 222 608
--------------------------------------	---------------------------

A number of Community Health Centres within the area offer a range of services free of charge. These include general counselling, drug & alcohol counselling and palliative care. Referrals are made to the Intake Officer the number above.

Relationships Australia	Phone (02) 9635 9311
--------------------------------	-----------------------------

149 Hawkesbury Rd
Westmead NSW 2145

Counselling for individuals, couples and families, including a child and adolescent counselling and mediation services (RAPS). Cost is scaled according to income. Local area appointments are to be made through head office.

Anglican Counselling Service	Phone (02) 9799 9311
	Phone (02) 4731 6467

Provides marriage and family counselling for couples and individuals. Means based fee for service.

Dalmar Child & Family Care-Wesley Mission	Phone (02) 9899 5555
--	-----------------------------

Castle Hill NSW 2154

Family Life	Phone (02) 9634 5544
--------------------	-----------------------------

Excelsior Ave
Castle Hill NSW 2154

Sydney Anxiety Disorders Practice	Phone (02) 8230 0449
--	-----------------------------

Castle Hill NSW 2154

Christian Counselling Centre	Phone (02) 4572 7700
-------------------------------------	-----------------------------

Windsor Baptist Church
739 George St
South Windsor NSW 2756

Family Crisis Service	Phone (02) 9622 0313
------------------------------	-----------------------------

Blacktown NSW 2148

COUNSELLING SERVICES

Westside Mission Inc (D&A)	Phone (02) 4579 9566
---------------------------------------	-----------------------------

Sargents Rd
Ebenezer NSW 2756

Teen Challenge NSW (D&A)	Phone 1800 679 657
-------------------------------------	---------------------------

Baulkham Hills NSW 2153

Centacare Catholic Community Services	Phone (02) 9740 9055
--	-----------------------------

Children's Services, Family, Relationship & Individual Services.

Unifam	Phone (02) 4732 2313
(mediation)	Phone (02) 4732 3836

Marriage and family counselling and mediation service

Uniting Church Counselling Service	Phone (02) 4751 3951
---	-----------------------------

Provides couple, family and personal counselling.

GROW	Richmond	Phone (02) 625 7700
	Blacktown	Phone (02) 9621 2752

A community mental health movement. Weekly self-help groups for people with mental health or personal and emotional problems.

St John of God Hospital – Phone (02) 4588 5088

177 Grose Vale Rd
North Richmond 2754

Referrals are accepted from GP's, community health staff, counsellors as well as self-referrals. There are some beds funded by the NSW Health Department, however these are limited and private health insurance is usually required. Services available include:

- ❖ **Psychiatric Unit** – for people experiencing mental health problems & mental health disorder.
- ❖ **Rehabilitation Program** – living skills training, family intervention for people with chronic mental health issues.
- ❖ **Anxiety Disorders Program** – intensive four week inpatient program for people with an anxiety disorder, chronic anxiety, social phobia and agoraphobia.
- ❖ **Chemical Dependency Unit** – rehabilitation program for people with alcohol and other drug use disorders.

MENTAL HEALTH NETWORK – HAWKESBURY REGION

Refer also to SWAMH Team Chart (attached)

Assessment and Acute Care Services

Mental Health Access Team – 1800 650 749 (toll free / 24hour service)

The Access Team is the initial point of contact for those within the Wentworth Area experiencing mental health issues, who require advice, assessment and/or referral for further psychiatric care.

This is not a counselling service and is for emergency cases only.

Acute Mental Health Unit – Phone (02) 4734 2107

Acute Mental Health Unit provides a full range of psychiatric services for people who are unable to be cared for in a community setting.

Child and Adolescent Mental Health Service – (via Access Team 1800 650 749)

The service provides a range of interventions for children, and people 18 years and under, and their families. Referrals are made through the Access Team.

Co-ordinated Care Team – Hawkesbury – 4587 7599

8 Ross St
Windsor NSW 2750

Co-ordinated Care Teams provide specialist mental health treatment and rehabilitation for people over the age of 18 years, experiencing a range of mental health problems and disorders. Information and education is also provided for families and carers on either an individual or group basis.

Anxiety Disorders Clinic – Phone (02) 4734 3404

The clinic provides a range of treatment options for people diagnosed with anxiety disorder, phobias, panic attacks or obsessive compulsive disorder. Referrals can be made directly to the clinic.

Eating Disorders Clinic – Phone (02) 4734 2352

Provides and outpatients service for people with disordered eating patterns. A referral from a GP is required; appointments can be made directly at the clinic.

Clozapine Clinic – Phone (02) 4734 2000

Provides monitoring and medication dispensing for people prescribed Clozapine. The Co-ordinated Care Team or Acute Mental Health Unit make referrals to the clinic.

**MENTAL HEALTH NETWORK – HILLS REGION
WESTERN SYDNEY AREA HEALTH SERVICE**

Extended Hours Mental Health Services

Blacktown City Mental Health

Embark Building
Blacktown Hospital Grounds
Marcel Crescent
BLACKTOWN NSW 2148

Phone (02) 9881 8888

Parramatta City Mental Health Team

158 Marsden Street
PARRAMATTA NSW 2150

Phone (02) 9843 3237

Merrylands Mental Health Team

Merrylands Community Health Centre
14 Memorial Avenue
MERRYLANDS NSW 2160

**Office hours 9682 3133
After hours 9682 9899**

Community Mental Health Services

Blacktown Mental Health Teams

Embark Building
Blacktown Hospital Grounds, South Western Corner
Marcel Crescent
BLACKTOWN NSW 2148

Phone (02) 9881 8888

The Hills Community Mental Health Team

The Hills Community Health Centre
183-187 Excelsior Avenue
CASTLE HILL NSW 2154

Phone (02) 8853 4500

Mt Druitt Mental Health Team

Mt Druitt Community Health Centre
Burran Close
MT DRUITT NSW 2770

Phone (02) 9625 6000

Granville Mental Health Rehabilitation Service

40 Jamieson Street
GRANVILLE NSW 2142

Phone (02) 8868 4401

Community Mental Health Services Hospitals/Units/Authorised Hospitals

Psychiatric Hospital

Cumberland Hospital Hainsworth Street
WESTMEAD NSW 2145

Phone (02) 9840 3000

Aged Care Psychiatry (*For Persons Over 65*)

Aged Care Psychiatry Unit

Westmead Hospital Hawkesbury Road
WESTMEAD NSW 2145

Phone (02) 9845 7252

Aged Care Psychiatry Unit
St Joseph's Hospital Normanby Road
AUBURN NSW 2144

Phone (02) 9649 8941

General Hospital Inpatient Psychiatric Units – Gazetted

Bungarribee House
Blacktown Hospital Grounds
Marcel Crescent
BLACKTOWN 2148

Phone (02) 9881 8819

Westmead Adult Psychiatry Unit
Hawkesbury Road
WESTMEAD NSW 2145

Phone (02) 9845 6814

Redbank House
Westmead Hospital
Child, Adolescent & Family Psychiatry
Institute Road
WESTMEAD NSW 2145

Phone (02) 9845 6577

Area Child and Adolescent Mental Health Services

Blacktown Early Access Team (BEAT)
(13-24 yrs)
Embark Building
Blacktown Hospital Grounds, South Western Corner
Marcel Crescent
BLACKTOWN NSW 2148

Phone (02) 9881 8888

Redbank House
Child, Adolescent & Family Psychiatry
Westmead Hospital
Acute Adolescent Unit (13-18 yrs of age)
Child & Family Unit (5-12 yrs of age)
Adolescent & Family Unit (12-18 yrs of age)
Institute Road
WESTMEAD NSW 2145

Phone (02) 9845 6577

Western Area Adolescent Team (WAAT)
Mt Druitt Community Health Centre
Burran Close
MT DRUITT NSW 2770

Phone (02) 9839 1657

Prevention, Early Intervention Recovery Services (PEIRS)
2A Fennell Street
NORTH PARRAMATTA NSW 2151

Phone (02) 9840 3549

RAPS (Resources for Adolescents and Parents)
18 Ross Street
PARRAMATTA NSW 2150

Phone (02) 9890 1500

Specialty Services

Transcultural Mental Health Centre
Cumberland Hospital
(Rural)
5 Fleet Street
NORTH PARRAMATTA NSW 2145

Phone (02) 9840 3800
Phone 1800 648 911

Centre for Addiction Medicine
1-11 Hainsworth Street
WESTMEAD NSW 2145

Phone (02) 9840 3462

Alcohol and Drug Information Service
Drug and alcohol information, and referral to any drug
and alcohol services within NSW

Phone (02) 9361 8000
1800 422 599 (Rural)

Aboriginal Liaison Officer
Westmead Hospital
Social Work Dept.

Phone (02) 9845 6699

Daruk – Aboriginal Medical Service
29 Mt Druitt Road
MT DRUITT NSW 2770

Phone (02) 9832 1356

Grevillea Cottage
Westmead Hospital Sexual Assault Unit

Phone (02) 9845 7946
Phone (02) 9845 5555 (a.h. crisis)

Recovery & Support Programs

Parramatta Leisure Club
Epworth House
Suite 2, Level 1
107 Macquarie Street
PARRAMATTA 2150

Phone (02) 9806 1833

Bridgeway House
Living Skills Centre 7 Fleet Street
NORTH PARRAMATTA NSW 2151

Phone (02) 9840 3523

Life Skills Program
Cumberland Hospital
1-11 Hainsworth Street
WESTMEAD NSW 2145

Phone (02) 9840 3486

Vocational Program
Cumberland Hospital
1-11 Hainsworth Street
WESTMEAD NSW 2145

Phone (02) 9840 3000

Club House
Embark Enterprises
38 Peter Street
BLACKTOWN NSW 2148

Phone (02) 9671 6331

MENTAL HEALTH SUPPORT SERVICES/AGENCIES

ARAFMI (Association of Relatives and Friends of the Mentally Ill)	1800 655 198
Young ARAFMI	9805 1883
Mental Health Helpline	9816 5688 1800 647 200
Schizophrenic Fellowship	9879 2600
Mental Health Advocacy Service	9745 4277
NSW Association for Mental Health	9816 1611
Mental Health Review Tribunal	9816 5955
NSW Consumer Advisory Group	9556 9219
GROW – World Community Health Movement	9569 5566
Transcultural Mental Health Centre	9840 3800
Health Care Complaints Commission	9219 7444
Lifeline	131114 9635 9000
Hawkesbury Community Health	4560 5714
The Hills Community Health Centre	8853 4500
Parramatta Community Health Centre	9843 3237
Blacktown Community Health Centre	9881 8888
Mt Druitt Community Health Centre	9881 1200
Carer Resource Centre	1800 242 636
Parramatta Mission	9891 2277
Wentworth Area Palliative Services	4734 3500