

MENTAL HEALTH DIRECTORY

If a child or adolescent is having difficulties with depression, anxiety or behaviour, visiting the **local GP** is a good first place to start. The GP can provide initial assessment and medical treatment, and refer to a mental health professional if necessary. GP's can create a Mental Health Plan which will enable the patient to access services and receive Medicare rebates under the Medicare Better Access initiative. Alternatively, the GP can refer the patient to a Psychiatrist or Paediatrician for assessment and diagnosis. The Psychiatrist or Paediatrician can then refer directly to allied health and mental health services without a Mental Health Plan once a diagnosis has been made.

This document provides contact details for a range of mental health services available in Greater Sydney. It also provides links to electronic resources and e-mental health programmes as well as phone numbers for agencies that provide support via telephone. The list is not exhaustive but should serve as a guide on resources available.

Emergency contacts

<p>The NSW Mental Health Crisis Line: 1800 011 511 (24 hours). Press 'Option 1' to be transferred to your nearest Community Mental Health Drug & Alcohol Service.</p>	<p>Suicide Call Back Service: 1300 659 467</p>
<p>Kids Help Line: 1800 55 1800</p>	<p>Child Abuse Prevention Services: 1800 688 009</p>
<p>Lifeline 24-hour Counselling and Crisis Support: 13 11 14</p>	<p>Parent line: 1300 1300 52</p>
<p>Salvo Youth Line: (02) 8736 3293</p>	<p>Men's Line Australia: 1300 78 99 78</p>
<p>Salvo Care Line: 1300 36 36 22</p>	<p>Emergency 000</p>

e-Mental Health Resources and Telephone Services

Beyond Blue - Youth

<https://www.youthbeyondblue.com/>
1300 224636

Beyond Blue (youth) provides information for adolescents and young adults on depression and anxiety including symptom checklists. They also provide 24 hour telephone and online-chat services. All calls and chats are one-on-one with a trained mental health professional, and completely confidential.

Bite Back: Online positive psychology from the Black Dog Institute

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

This positive psychology website run by the Black Dog Institute includes activities and information aimed at building resilience in young people and improving their overall wellbeing. Young people can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people, and check and track their mental fitness.

The Black Dog Institute who runs Bite Back is also taking referrals for patients aged 8-18 years for their Child and Adolescent Clinic. They offer both face-to-face sessions in their Sydney offices and telehealth services for patients in regional and rural Australia. Patients will need a referral from their GP or Psychiatrist to make an appointment. The referral can be faxed to (02) 9382 8510 or emailed to: depressionclinic@blackdog.org.au.

Brave4you: Online anxiety treatment for children (8-12) and teens (12-17)

<https://brave4you.psy.uq.edu.au>

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents. Any child or teen who worries about things will find the program useful. The resource has been created in collaboration with beyondblue, Griffith University and the University of Queensland.

Chilled Plus: Online treatment for adolescents with anxiety and depression

chilledplus@mq.edu.au

Chilled Plus is an online treatment program for adolescents with both anxiety and depression. In this individual treatment program, participants learn creative ways to manage emotions and accomplish immediate goals. This cognitive behavioural treatment incorporates the latest research and techniques in working with motivation and negative emotions. Therapists in the program have expertise in working with adolescents. The treatment involves adolescents working through 8 online modules. Each module is accompanied by a 30 minute weekly phone call with a therapist. The adolescents' parents also speak with the therapist throughout treatment. All treatment is done online/over the phone.

eHeadspace

www.eheadspace.org.au

eheadspace is part of **headspace**, the National Youth Mental Health Foundation. Headspace is a confidential, free, anonymous, secure space where 12-25 year olds can chat, email or speak with qualified youth mental health professionals. Young people can contact eHeadspace if they need advice, are worried about their mental health or are feeling isolated or alone. eheadspace can help with a issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation. They have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person aged 12 - 25.

Headspace

headspace offers support to young people in person through a network of 80 centres nationwide. **Headspace centres** provide face-to-face information, support and services to young people, aged 12 to 25 years, and their families and friends. **headspace** can help with significant changes in thoughts, feelings and/or behaviour, bullying, and generally not feeling oneself. **headspace** also has youth friendly general practitioners (GPs) and health nurses who can help with any physical health issues. General site: www.headspace.org.au

Kids Helpline

<http://kidshelpline.com.au/teens/get-help/>

1800 55 1800

Kids Helpline is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 years.

Lifeline

On-line text chat: www.lifeline.org.au/Find-help/Online-Services/crisis-chat/default.aspx

13 11 1

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Reachout

(02) 8029 7777

www.au.reachout.com

ReachOut is an Australian youth mental health service. They provide a mobile-friendly website and forums for youth to access help, information and support no matter where they are. Everything on ReachOut.com is evidence based and has been created by both experts and young people.

Reachout (for Parents)

<https://parents.au.reachout.com/>

The aim of ReachOut Parents is to help parents:

- develop and maintain secure and stable relationships with their teenager by learning more about what they might be experiencing or issues they might be going through
- support their teenager and teach them how to seek help and work through issues independently
- learn about mental health issues that often have their onset during adolescence, including what to be aware of, and how to get help for their teenager if and when they need it
- improve the wellbeing and resilience of the whole family.

SANE Australia Helpline

1800 187 263

The SANE Helpline is a mental health information hotline. It provides advice regarding symptoms, treatments, medications and where to go for support, as well as help for carers. Easy to read pamphlets and other information are also sent out on request.

Mindfulness & Meditation Apps

Practising mindfulness and relaxation techniques regularly can support mental health.

Smiling Mind: Mindfulness Meditations

Programmes available via their website and via App Stores: <https://smilingmind.com.au/>

Smiling Mind is a web-based and app-based programme developed by psychologists and educators to help bring wellbeing to people's lives. Their mindfulness meditation programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. They have programmes for young people aged 7-9yrs, 10-12yrs, 13-15yrs, 16-18yrs and for adults. Smiling Mind is a not-for-profit organisation and programmes are free.

Stop, Breathe & Think: Guided Mindfulness Meditations

Programmes available via their website and via App Stores: <https://www.stopbreathethink.com/>

The Stop, Breathe & Think programmes are designed to bring daily calm and peace of mind through regular practise. Based on how you are feeling, the App recommends short guided meditations. The App has a free Basics pack and offers in App purchases for extra features.

Private Practice Psychologists & Counsellors

Linking in with your GP is a good place to start. They will be able to refer you to the mental health professionals in your local area. The [Australian Psychological Society](#) also has a searchable contact database of registered psychologists within Australia who provide psychological services for a fee.

The website is as follows:

- <http://www.psychology.org.au/FindaPsychologist/>

University Clinics (Sydney)

Macquarie University Emotional Health Clinic

(02) 9850 8711. Macquarie Park, NSW.

<http://centreforemotionalehealth.com.au/pages/programs-children-teenagers.aspx>

The Centre for Emotional Health provides a range of programs designed to help people of all ages to normalise and reduce their **anxiety**, creating confidence and future resilience. Treatment is based on the latest knowledge of cognitive behavioural therapy (CBT), and is structured to apply to individual needs. Programmes include: Cool Kids, Adolescent Health, Chilled Plus online, ASD Cool Kids (for children with autism), Study Without Stress, and individually tailored treatments.

Macquarie University Psychology Clinic

(02) 9850 8000. Macquarie Park, NSW.

<http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/psychology-clinic>

The Macquarie University Psychology Clinic offers therapy, counselling, psychometric testing, and group programs for adults, youth and families. They offer therapy, parenting skills training, relationship counselling, low self esteem counselling, bereavement counselling, psychometric assessment, and group programs for ADHD.

University of New South Wales Psychology Clinic

(02) 9385 3042. Kensington, NSW.

<http://clinic.psy.unsw.edu.au/clinic-services>

Provides evidenced-based cognitive and behavioural therapies for adults, children, young people and families. Services include treatment for: disruptive behaviours, oppositional behaviours, aggression, family adjustment to change, anxiety and stress, mood problems, social skills development, assessment of academic skills, and intellectual strengths and weaknesses for school strugglers. Also run a Capable Kids Social Skills Training Group. Individuals can refer themselves to the clinic or be referred by a health professional.

University of Sydney Psychology Clinic

(02) 9114 4343. Camperdown, NSW.

http://sydney.edu.au/science/psychology/clinic/child_service/child_therapy.shtml

The Clinic provides a service for children, adolescents, and families facing a range of behavioural and emotional problems. These include disruptive & oppositional behaviour, aggression, anxiety and mood problems, and social difficulties. Anyone may refer themselves, their child, or a client or patient to the Clinic.

UTS Health Psychology Unit

(02) 9514 4077 or (02) 9438 3828. Greenwich, NSW

Health.Psychology@uts.edu.au

The Health Psychology Unit at University of Technology Sydney is staffed by clinical psychologists who are trained to treat people of all ages experiencing difficulties for a range of different issues such as depression, self-esteem, anxiety, anger management, adjustment to change, stress management, panic, psychosis, and other psychological or emotional issues based on cognitive behaviour therapy (CBT). The clinical staff have extensive experience, in particular with young people aged 12 to 25. They also provide individual and group therapy, coping strategies for HSC, training for mental health professionals and school counsellors, and community seminars/workshops.

University of Western Sydney Psychology Clinic

(02) 9852 5288. Penrith Campus, Kingswood, NSW.

https://www.uws.edu.au/school-of-social-sciences-and-psychology/ssap/psychology_clinic

This is a free service that is open to the general public. It provides psychological services, including psychometric assessments, and treatment for a broad range of conditions, and specialises in services for anxiety disorders and child assessments. Psychological services at the clinic are provided by intern psychologists undertaking a Master of Psychology (Clinical) postgraduate degree at Western Sydney University under the supervision of specialist clinical psychologists and academic staff.

Child and Adolescent Mental Health Services (CAMHS)

CAMHS are specialist mental health services for children and adolescents up to the age of 18yrs and their families. CAMHS provide **priority access** for children, adolescents and families at highest risk for current or future impairment and for those with the greatest need for specialist intensive and/or long-term mental health interventions, especially those who have been exposed to multiple risk factors for mental health problems.

CAMHS services vary in each Area Health Service. Services provided include:

- Specialist community based services for children and adolescents and their families
- Specialist community based support for Children of Parents with a Mental Illness
- Specialist day programs for more intensive treatment
- Specialist acute and non-acute inpatient services for children and adolescents
- Specialist outreach services (e.g. telepsychiatry program to increase support in rural communities)
- Forensic services for adolescents whose mental health problems have led to interaction with the justice system.

To find out more about your local CAMHS, use the table below:

METROPOLITAN SYDNEY	WEBSITE	PHONE
Central Coast	http://www.cclhd.health.nsw.gov.au/ourservices/	1800 011 511 or 4304 7870
Eastern Sydney		1800 011 511 or (02) 9382 1564; or (02) 9382 4347; or (02) 8198 7300 (Ste George)
Illawarra	http://www.islhd.health.nsw.gov.au/	1800 011 511
Nepean Blue Mountains	http://www.nbmlhd.health.nsw.gov.au/mental-health	1800 011 511 or 02 4725 9800
Northern Sydney	http://www.nslhd.health.nsw.gov.au/Services/Director y/Pages/child-adolescent.aspx	1800 011 511 or 02 9485 6155 (Hornsby); 02 9466 2500 (Nthn Bchs); 02 9448 6877 (Ryde); 02 9462 9222 (Nth Shore)
South Eastern Sydney	http://www.seslhd.health.nsw.gov.au/Mental_health/about.asp	1800 011 511
South Western Sydney	http://www.swslhd.nsw.gov.au/MentalHealth/access.html	1800 011 511
Sydney	http://www.slhd.nsw.gov.au/CommunityHealth/Youth Health/services.html	1800 011 511 or 9562 5640
Western Sydney	http://www.wslhd.health.nsw.gov.au/Multicultural-Health-/Mental-Health-Services/Our-Services/Our-Services	1800 011 511
RURAL & REGIONAL NSW		
Far West	http://www.fwlhd.health.nsw.gov.au/	1800 011 511; or 08 8082 6111 (Broken Hill); or 03 5021 7200 (Dareton)
Hunter New England	http://www.hnehealth.nsw.gov.au/Pages/home.aspx	1800 011 511 or 4033 5000
Mid North Coast	http://mnclhd.health.nsw.gov.au/services/child-youth-family-services/child-adolescent-and-family-counselling-service/	1800 011 511
Murrumbidgee	http://www.mlhd.health.nsw.gov.au/services/mental-health-and-drug-alcohol	1800 011 511
Northern NSW	http://nswlhd.health.nsw.gov.au/about/mental-health-services/youth-and-family-mental-health-services/	1800 011 511
Southern NSW	http://www.sswlhd.health.nsw.gov.au/ssswlhd/	1800 011 511
Western NSW	https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol/mental-health-services	1800 011 511 or (02) 6369 7320

Other

Central Coast: Y central for young people

(02) 4304 7870.

<http://www.ycentral.com.au/young-people>

Suites 1 & 4, Level 2, 237 Mann Street, Gosford, NSW, 2250 Australia.

Eastern Suburbs

Prince of Wales Adolescent Support Service:

Phone: (02) 9382 4347

8.30am - 5.00pm Monday-Friday

Avoca Street, Randwick NSW 2031.

Child and Family East/Sydney Children's Hospital:

(02) 9382 8213.

Cnr Avoca Street and Barker Street, Randwick.

Child, Adolescent and Family Mental Health:

(02) 9382 1564. Assessment, referral and treatment at Prince of Wales Hospital.

KYDS Youth Development Service

(02) 9416 9821 or 0412 856 261

<http://kyds.org.au/>

KYDS Youth Development Service Inc is a non-for-profit and non-government organisation. KYDS provides free and confidential counselling on an individual basis for 12 to 18 year olds living in Northern Sydney. They also provide **free** counselling for parents and families.

ACT Mental Health Crisis Team

1800 629 354 (24hrs) or 02 6205 1065 (24hrs)

General Youth / Adolescent Services

City of Sydney Youth Services Coordinator:

tel 9265 9333, email: council@cityofsydney.nsw.gov.au

Woolloomooloo contact 02 8374 6325 (educational, recreational and employment programs for young people aged 12 to 24)

Come In Youth Resource Centre:

Youth centre, counselling, young mothers group, lunchtime meals, drop-in, shower, laundry, housing, legal issues, employment, advocacy, case management. Address 461-463 Oxford Street, Paddington, NSW 2021, tel 9331 2691

EMPATHY Program:

Youth who are homeless or at risk of homelessness. Service via Catholic Care. Tel 8709 9333

Walla Mulla Family and Community Support:

Youth worker, aboriginal worker, family and community, children's services (Woolloomooloo, Darlinghurst and Kings Cross areas). Tel 9368 1381, www.wallamulla.org.au

Oasis Youth Support Network:

Run by Salvation Army. Crisis and transitional accommodation, case management and counselling for people aged 16 to 25. 365 Crown Street, Surry Hills, tel 9331 2266

Creative Youth Initiatives:

Free accredited music and arts programs for young people aged 16 to 25. 19 Denham Street, Surry Hills, tel 9356 8897

Police Citizens Youth Club:

City of Sydney Club, Cnr Cathedral and Riley Street, Woolloomooloo, NSW 2011, TEL 9360 5835. Eastern Suburbs Club, 26a Bunnerong Road, Daceyville, NSW 2032, TEL 9314 2536

The Shopfront Youth Legal Centre: 93224808

Trapeze Transition Service Sydney Children's Hospital Network:

Trapeze is the specialist transition service of the Sydney Children's Hospitals Network who support young people to make the leap from their children's hospital to adult health services. They work with young people aged 14-25 with any chronic condition who are known to SCHN. Trapeze facilitate, monitor and coordinate a young person's care during transition and strengthen their links with local adult services, especially their GP, so that they are able to manage their condition better. Suite 2, Level 1, 524-536 Botany Road, Alexandria. Tel 8303 3600. Email: trapeze.schn@health.nsw.gov.au, www.trapeze.org.au

Waverley Action for Youth Services:

Case Management, counselling, legal services, dental health screening, youth health clinic, activity based programs. Ages 9 to 25. 2 offices: WAYS Bondi Beach, 63a Wairoa Avenue, Bondi, NSW 2066, Tel 9365 2500 or WAYS Bondi Junction, Tiffany Plaza, 422 Oxford Street, Bondi Junction, NSW 2022, tel 9388 9455. Email: ways@ways.org.au. Web: www.ways.org.au

Wayside Youth:

Drop in centre and outreach services, 9358 5581 <http://www.thewaysidechapel.com/wayside-youth.php>