



Community Mental Health

Mental Health Line
1800 011 511

Free & confidential service provided 24/7

Canterbury Community Health Centre

Canterbury Hospital
Thorncraft Parade
Campsie NSW 2194
Phone 02 9787 0600

Croydon Community Health Centre

24 Liverpool Road
Croydon NSW 2132
Phone 02 9378 1100

Camperdown Community Health Centre

King George V Building
67-79 Missenden Road
Camperdown NSW 2050
Phone 02 9515 9000

Marrickville Community Health Centre

155 Livingstone Road
Marrickville NSW 2204
Phone 02 9562 0500

Redfern Community Health Centre

103-105 Redfern Street
Redfern NSW 2016
Phone 02 9395 0444

This service brochure introduces the range of mental health services provided by Community Mental Health Centres (CHCs). If you need help to understand this brochure or your care, or require more information, please ask your clinician or call your local CHC.

CHCs are open Monday to Friday 8.30am - 5pm (excluding public holidays), contact details are on the left of this service brochure.

Accessing Mental Health Services

The NSW Mental Health Line is a 24-hour seven days a week call line that puts you in touch with your local mental health service. Staffed by mental health professionals, the line gives you access to expert mental health advice, and can put you in contact with the local mental health acute care service if you need them. You can call the NSW Mental Health Line on 1800 011 511 at any time including after hours and weekends.

CHCs can be contacted directly for people currently receiving care. For new referrals it is preferable to contact the Mental Health Line.

If urgent medical attention is required contact the Ambulance Service directly on **000**. This may include situations where a person has caused serious physical harm to themselves or you have safety concerns (see information brochure "What to do in a crisis" for more details).

Mental Health Acute Care Service

The Acute Care Service is a multidisciplinary team that provides mental health assessment and interventions for people experiencing acute mental health problems. This service is accessible 24 hours a day, with clinicians on call after 10pm.

Adult Mental Health Team and Care Co-ordination

The Adult Mental Health team is a multidisciplinary team that provides assessment and recovery orientated care for people living in the community. The team will work in partnership with other community services including your GP, and can provide support and education for families and carers. Your Adult Mental Health Team can help with your employment and education goals, physical health and everyday activities important to community living.

If you are assessed as needing a Care Coordinator, they will work with you to achieve your goals for discharge from mental health services. Not everyone needs a Care Coordinator.

Family Team and Support

This team provides support to families including where a parent or a sibling has a mental illness. To contact the Family Team please ask your Care Coordinator or call 02 9378 1100.

Carer Assist, our partner non-government service provider, offers information, education, advocacy and support to people who care for someone with a mental illness. This free service can be provided individually or in groups. Contact 02 9708 2670.

Bilingual Mental Health Workers and Interpreters

Bilingual mental health workers are available at Canterbury, Croydon and Marrickville Health Centres. Interpreters are available, please call 9515 0030 or ask your Care Coordinator.

Assertive Outreach Services

Our Assertive Outreach services provide intensive outreach services for consumers to facilitate engagement, treatment and community participation. This Service is for people with longer term and complex needs to assist with achieving recovery and rehabilitation goals. These teams are based in Croydon and Camperdown, and provide support for consumers across the whole of Sydney Local Health District.

Early Intervention Psychosis Service

This is a specialist service aimed at assisting young people who are experiencing the signs and symptoms of psychosis (see separate information brochure "Early Intervention in Psychosis" for more details). Early Intervention Teams are based in Croydon and Camperdown, and provide support for consumers across the whole of Sydney Local Health District.

Aboriginal Mental Health Service

The Aboriginal Mental Health Service is a small team providing culturally appropriate community and health centre based mental health consultations and care.

Adolescent Community Mental Health Team

The Adolescent Community Mental Health Service is a specialised outreach mobile service for young people aged from 12 to 18 years who are experiencing mental health problems. The team offers acute assessments, support and counselling, and help with links to other specialist services.

Peer Support Workers

Peer support workers are advocates and consumer supporters with diverse backgrounds that include lived experience of mental illness. Peer support workers will support you developing your personal strengths and resourcefulness, and talk with you about recovery and your hopes for the future. Peer support workers understand the experience of living with mental health issues, and are available across all CHCs.

GPs

Visiting your GP is one of the most important things you can do to assist in your recovery. GPs have an important role to play in your ongoing recovery and well being. Some of our CHCs have GPs on site. Please ask your clinician for more information.

Physical Health

Your physical health is important. Our Mental Health Services can help you access a wide range of specialist services to support your physical health, including Dietitians, Exercise Physiologists, and Dentists. Please talk to your clinician for more information.

