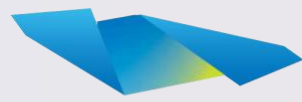




UNSW
SYDNEY



Ingham Institute
Applied Medical Research



Health
South Western Sydney
Local Health District



South Western Sydney Support for Parental wellbeing



MENTAL HEALTH RESOURCE

Parents' Mental Health Support Services

LIVERPOOL COMMUNITY MENTAL HEALTH TEAM



These teams work out of a number of sites including the Mental Health Centre at Liverpool Hospital and Fairfield Community Health Centre at Carramar.



<https://www.swslhd.health.nsw.gov.au/MentalHealth/chLivFF.html>

CALL2MIND



Cost involved. Australia wide telehealth psychiatry service which can offer assessments and support with mental health; Able to also provide support with ADHD and Autism; Ages from children to adults; Contact below for more information and referral process



0438 643 217



<https://calltomind.com.au/how-it-works>

PSYCHOLOGY CLINIC – MACQUARIE



Cost involved. Therapy for adults, children and families; Group ADHD programs for adults; Psychometric assessment of cognitive function



Locations: Macquarie University or Telehealth options available



<https://www.mqhealth.org.au/services/find-a-service/psychology-clinic>

PSYCHOLOGY CLINIC – WESTERN SYDNEY



Cost involved. Psychological treatment for children (aged 6 and above), adolescents and adults. Can offer psychological testing (intelligence, memory and learning)



Locations: Western Sydney University



https://westernsydney.edu.au/schools/sop/facilities/psychology_clinic

CLINICAL THERAPY



Cost involved. ADHD and autism assessments for adults. Therapy for children and adults.



Locations: Kogarah



<https://www.clinicaltherapy.com.au/>

ACAP PSYCHOLOGY CLINIC



Cost involved. Individual therapy, group therapy and psychometric assessment and reports. Support for children, adolescents and adults. Please see website for more information, about location and referral process or contact ACAP



02 8236 8070



<https://www.acap.edu.au/applied-psychology/psychology/psychology-clinic/appointments-fees/>

THIS WAY UP



Evidence-based iCBT. Cost involved. Online CBT support for ages 12 years +. Offers courses, tools and resources (free and low- cost courses), speak to GP or clinician about getting a course for free. COVID-19 coping tools. See website for more information or contact below.



02 8382 1437



<https://thiswayup.org.au/>

MINDSPOT (FREE ONLINE PROGRAM)



Free online assessment and treatment for adults experiencing anxiety and/or depression.



<https://mindspot.org.au/>

PARENTWORKS (FREE ONLINE PROGRAM)



ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour. This means that the strategies in the program have been tested and found to work.



<https://parentworks.org.au/>

PARENT LINE: 1300 130 052 (FREE)



Parent Line is a helpline that provides counselling and support for parents, as well as general parenting advice and information. Professional parenting counsellors are available until 9pm on weeknights and 4-9pm Saturday and Sunday.



1300 130 052



www.parentline.org.au

BEYOND BLUE: 1300 22 4636 (FREE, 24/7)



Providing information and counseling for anxiety, depression and suicide. Online chat also available at the website below: 3pm-12am / 7 days a week



1300 22 4636



www.beyondblue.org.au

PERINATAL ANXIETY AND DEPRESSION AUSTRALIA (PANDA)



Helpline peer support workers and professional counselling staff offer support, information, counselling and referral to mothers, fathers, family and friends. Contact below information during 9am-7.30pm Monday to Friday.



1300 726 306



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

TRESILLIAN FAMILY CARE CENTRES HELPLINE (FREE, 24/7)



24 hour helpline providing counselling for carers of children under 5 years.



02 9787 0855 or 1800 637 357

KARITANE (1800 CARING, 24/7)



24-hour telephone parenting information and counselling service.



1300 227 464



www.karitane.com.au

BEYOND BLUE HEALTHY FAMILIES (FREE, 24/7)



On the website you can find helpful strategies for how to manage child anxiety, or you can get in touch with a mental health professional via phone, chat online, or email.



1300 22 4636



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

PREGNANCY, BIRTH AND BABY (FREE)



Speak to a registered maternal child health nurse or counsellor for guidance, reassurance and support about all aspects of pregnancy and parenting from birth until your child starts school.



1800 82 436



www.pregnancybirthbaby.org.au

FAMILY RELATIONSHIP ADVICE LINE (FREE)



A national telephone service providing information for people experiencing relationship or separation issues. Available: 8am-8pm Mon-Fri and 10am-4pm Saturdays, except public holidays.



1800 050 321

Couples' Counselling

LIVERPOOL COMMUNITY MENTAL HEALTH TEAM



These teams work out of a number of sites including the Mental Health Centre at Liverpool Hospital and Fairfield Community Health Centre at Carramar.



<https://www.swslhd.health.nsw.gov.au/MentalHealth/chLivFF.html>

RELATIONSHIPS AUSTRALIA



Offers a broad range of services to individuals, families and communities. Services include counselling, meditation, and family dispute resolution.



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

THE LIGHTHOUSE PSYCHOLOGY PRACTICE (PRIVATE/PAID SERVICES)



Offer compassionate and professional treatment options that cater for all age groups and population.



www.thelighthousepractice.com

MIND PROFILE (PRIVATE/PAID SERVICES)



Mind Profile's specialty is working with children and adults assisting them with various psychological treatments and assessment options. These can include IQ testing, child developmental assessments, personality and mental health profiles.



www.mindprofile.com.au

THE HART CENTRE



Offers an extensive list of psychologists, counsellors and psychotherapists that are passionate about creating healthy, loving relationships.



1300 830 552



<https://www.thehartcentre.com.au/>

RELATIONSHIPS NSW



Offers online counselling as video or audio sessions, or in an online chat that can be accessed via a desktop or mobile device.



<https://www.relationshipsnsw.org.au/support-services/online-counselling/>

TALK SPACE



Provides an online, relationship-centered therapy that meets you and your partner online.



<https://www.talkspace.com/online-therapy/couples-therapy/>

BEYOND BLUE HEALTHY FAMILIES (FREE, 24/7)



On the website you can find helpful strategies for how to manage childhood problems, or you can get in touch with a mental health professional via phone, chat online, or email. Online chat is available: 3pm-12am / 7 days a week.



1300 22 4636



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

FAMILY RELATIONSHIP ADVICE LINE (FREE)



A national telephone service providing information for people experiencing relationship or separation issues. Available: 8am-8pm Mon-Fri and 10am-4pm Saturdays, except public holidays.



1800 050 321

Mental Health Services for Fathers

MENSLINE



A counselling service for men focusing on family and relationship concerns.



1300 789 978



www.mensline.org.au

DADS IN DISTRESS (FREE, 9AM TO 5PM, MON-FRI)



Provides support to men going through divorce, separation and relationship breakdown.



1300 853 437



www.dadsindistress.asn.au

MEN'S REFERRAL SERVICE



Offers confidential telephone counselling to help men with violent and controlling behaviour.



1300 766 491



www.ntvmrs.org.au

MEN AND FAMILY RELATIONSHIP SERVICES



Provides support to men to help build better relationships with their partners and children, especially during times of relationship change.



http://familyrelationships.gov.au/BrochuresandPublications/Pages/FRSP_bro1_v2.aspx

SMS4DADS



SMS4dads provides new fathers with information and connections to online services through their mobile phones. The text messages with tips, information and links to other services help fathers understand and connect with their baby and support their partner.



<https://sms4dads.com/>

General Mental Health and Suicide Prevention Services (Level of Care: Low to Moderate)

NEWACCESS – LOC: LOW



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.



www.beyondblue.org.au/get-support/newaccess

STAR4KIDS (3-12 YEARS) (PREFER GP REFERRAL) – LOC: LOW TO MODERATE



The STAR4kids program consists of up to 12 hours of free psychological support with a mental health professional (psychologist, mental health nurse or accredited social worker) who has experience working with children. Star4kids is commissioned by South Western Sydney PHN and can be referred by GP.



<https://swsphn.com.au/what-we-do/mental-health/star4kids/>

HAPPY HEALTHY MINDS (0-18 Y) (AKA LIVERPOOL FAMILY MENTAL HEALTH SUPPORT SERVICE)



The Happy Healthy Minds Program is a FREE service that offers both practical and therapeutic support to children and young people aged up to 18 years who are at risk of a mental health problem. Focussed on prevention and early intervention, we work with children/young people and their parents/carers to strengthen protective factors and reduce risk factors to support mental health and wellbeing.



<https://www.missionaustralia.com.au/servicedirectory/193-mental-health-recovery/family-mental-health-support-service-fmhss-liverpool>

HEADSPACE (12-25 YEARS) - LOC: LOW TO MODERATE



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



Locations: Bankstown, Campbelltown, Liverpool



headspace.org.au/headspace-centres/bankstown

headspace.org.au/headspace-centres/campbelltown

headspace.org.au/headspace-centres/Liverpool

REFRAME (12-25 YEARS) - LOC: LOW TO MODERATE



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.



www.communitylinks.org.au/reframe

CONTINUING TO BE ME (65 Y+) - LOC: MODERATE



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



www.parramattamission.org.au/c2bme

YOU IN MIND (12Y +) – LOC: LOW TO MODERATE TO HIGH



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.



swsphn.com.au/youinmind

General Mental Health and Suicide Prevention Services (Level of Care: High)

CONSULTANT PSYCHIATRY SERVICE – LOC: HIGH



Initial assessment and brief intervention to people experiencing a severe and persistent mental illness with barriers to accessing a psychiatrist (e.g. financial hardship). It also provides advice, opinion and capacity building to GPs to better support the person's care.



swsphn.com.au/consultantpsychiatry

CREDENTIALLED MENTAL HEALTH NURSE SERVICE – LOC: HIGH



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.



swsphn.com.au/mentalhealthnurseservice

CLINICAL SUICIDE PREVENTION SERVICE – LOC: HIGH



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



swsphn.com.au/clinicalsuicideprevention

General Mental Health and Suicide Prevention Services (Non-clinical Service)

LIFELINE MACARTHUR AND WESTERN SYDNEY – NON-CLINICAL SERVICE



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.



swsphn.com.au/lifeline-macarthur-and-western-sydney

THE WAY BACK SUPPORT SERVICE – NON-CLINICAL 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.



www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/the-way-back-support-service

CONNECTOR HUB SOUTH WESTERN SYDNEY – NON-CLINICAL SERVICE



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.



1800 518 216



Referral Process: Anyone can refer online, see: www.connectorhub.org.au/refer OR GP or Provisional referral via SWSPHN Mental Health Central Intake

SWS RECOVERY COLLEGE – NON-CLINICAL SERVICE



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.



www.swsrecoverycollege.com.au