

# Mental Health Services

Mental health support focuses on improving a person's wellbeing and sharing educational resources around mental health issues. Mental health workers provide basic care, therapy and assistance to people with mental health problems. Many mental health organisations now offer services online and by telephone.



## MENTAL HEALTH SERVICES AVAILABLE TO RESIDENTS IN OUR LGA

Headspace - Chatswood	<b>(02) 8021 3668</b>	<a href="http://www.headspace.org.au">www.headspace.org.au</a>	Mental, physical health, work, study, alcohol and drug support for young people.
Transcultural Mental Health Centre (TMHC)	<b>1800 948 911</b>	<a href="http://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre">www.dhi.health.nsw.gov.au/transcultural-mental-health-centre</a>	TMHS works with health professionals and communities across NSW to support positive mental health for people from culturally and linguistically diverse communities.
Lifeline Harbour to Hawkesbury	<b>(02) 9498 8805</b>	<a href="http://www.lifelineh2h.org.au">www.lifelineh2h.org.au</a>	Low-cost counselling, groups, Gambling Help, financial counselling and community support. Call for an appointment.
Relationships Australia NSW	<b>1300 364 277</b>	<a href="http://www.relationshipsnsw.org.au">www.relationshipsnsw.org.au</a>	Relationship support courses and counselling for individuals, couples and families.
Child Youth Mental Health Service – Lower North Shore	<b>(02) 9462 9222</b>	<a href="http://www.nslhd.health.nsw.gov.au/CYFH/services/Pages/CYMHS.aspx">www.nslhd.health.nsw.gov.au/CYFH/services/Pages/CYMHS.aspx</a>	Provides specialist mental health assessment and intervention to infants, children and young people. A multidisciplinary and family-focused approach.

## HELPFUL RESOURCES

Radiant		<a href="http://www.myradiant.com.au">www.myradiant.com.au</a>	A mental health service directory that matches qualified counsellors, psychologists or mental health professionals to your needs.
Translating and Interpreting Service (TIS) National	<b>131 450</b>	<a href="http://www.tisnational.gov.au/">www.tisnational.gov.au/</a>	TIS National provides free access to interpreting services in over 150 languages. If English is not your first language, call 131 450 and ask them to ring the Mental Health line.
Head to Health		<a href="http://www.headtohealth.gov.au/">www.headtohealth.gov.au/</a>	Mental health services and resources funded by the Australian Government.

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## MENTAL HEALTH SUPPORT VIA DISTANCE

Beyond Blue	<b>1300 224 636</b>	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	A mental health and wellbeing support organisation that provide programs to address issues related to depression, anxiety and other mental illnesses. Includes mental health information in languages other than English.
Lifeline	<b>13 11 14</b>	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	Charity providing all Australians experiencing emotional distress with access to 24/7 phonenumber crisis support and suicide prevention services.
MensLine Australia	<b>1300 789 978</b>	<a href="http://www.mensline.org.au">www.mensline.org.au</a>	Provides free 24/7 help, support, referrals and counselling services for men via telephone, online and video.
Suicide Call Back Services	<b>1300 6569 467</b>	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a> (incl. WebChat counselling)	A nationwide service providing 24/7 telephone and online counselling to people affected by suicide.
Kids Helpline	<b>1800 55 1800</b>	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a> (incl. WebChat counselling)	A free and confidential 24/7 online and phone counselling service for young people aged 5 to 25.
Mental Health Line	<b>1800 011 511</b>	<a href="http://www.health.nsw.gov.au/mentalhealthline">www.health.nsw.gov.au/mentalhealthline</a>	Access to free and 24/7 professional help and advice about mental health concerns, including referrals to local mental health services.