



DIRECTORY OF MENTAL HEALTH SERVICES



JNC Randwick

2 Albert St

(Near Avoca St)

Randwick NSW 2031

JNC Bondi Junction

59 Newland St

(Next to Clementon Park)

Bondi Junction NSW 2022

JNC Maroubra

Shop 2, 669-673 Anzac Parade

(Shopfront near Bowen Library)

Maroubra NSW 2035

02 9349 8200

www.jnc.org.au

jnc@jnc.org.au

This directory has been created to provide information for residents of the Randwick & Waverley Local Government Areas. If you have any updates or know of any other services we could include in this directory please call us.



: The Junction Neighbourhood Centre

The information in this directory was correct as at October 2015

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Crisis Services

Service	Type of Assistance	Hours
Mental Health Line 1800 011 511	State-wide telephone line providing information and referrals to various mental health services including emergency.	24 hours a day 7 days a week
Lifeline 13 11 14 http://www.lifeline.org.au	Provides access to crisis support, suicide prevention & mental health support services.	24 hours a day 7 days a week
Acute Care Team/Intake Services Euroa Centre Prince of Wales Hospital Barker Street Randwick NSW 2031 1800 011 511	The Acute Care Team is the emergency service for the Eastern Suburbs MHS and is available for mental health emergencies 24 hours a day, 7 days a week. The team supports and monitors people in times of crisis and offers emergency mental health assessment in the community in the acute phase of their illness.	24 hours a day 7 days a week
St Vincent's Hospital Psychiatric Emergency Care 390 Victoria Street Darlinghurst NSW 2010 8382 1111	Responsible for the provision of mental health services to the residents of the inner city of Sydney. Deliver appropriate care for all people who arrive in Emergency with mental health and or behavioural problems.	24 hours a day 365 days a year.
Suicide Call Back Service 1300 659 467 www.suicidecallbackservice.org.au	A 24-hour, nationwide service that provides telephone counselling to people 18 years and over and over who fit one of the following categories: <ul style="list-style-type: none"> • People who are suicidal • People caring for someone who is suicidal • People bereaved by suicide 	24 hours a day 7 days a week

General Mental Health Services

Service	Type of Assistance	Hours
Anxiety Disorders Information Line 1300 794 992	Information, telephone support and referral on issues relating to anxiety disorders.	Monday to Friday, 9:00am - 5:00pm
Compeer Programme PO Box 5, Petersham NSW 2049 9568 0295 www.compeer.org.au	Matches adults in the recovery phase of a diagnosed mental illness in friendship with a volunteer. Through St Vincent de Paul Society.	
Eastern Suburbs After Care 140a Malabar Road South Coogee NSW 2034 9344 8440	Community based rehabilitation and recovery service which provides a wide range of social, leisure and therapeutic programs for people with a mental illness	Monday to Friday 9:00am – 5:00pm
Grow 9633 1800 Email: nsw@grow.org.au http://www.grow.org.au Groups are held at Randwick and Bondi Junction	Grow is a community-based organisation that has helped thousands of Australians recover from mental illness through a program of mutual support and personal development. Grow Groups meet weekly and vary in size from 3-10 members, and are run by seasoned 'Growers' who have taken a voluntary leadership role within the Group.	Monday to Friday 8.30am – 4.30pm
Harmony Group A service of the Junction Neighbourhood Centre 9349 8200 www.jnc.org.au	Self Help group for suffers of anxiety. Meetings are held every Wednesdays 2pm – 4 pm at Maroubra Junction	Monday to Friday 9:00am – 4:30pm
Head East Eastgardens Shopping Centre Level 5, Suite 602a 152 Bunnerong Road, Eastgardens 8347 2333 www.headeast.org.au	Community based service for people with an acquired brain injury & their families living in the Eastern suburbs of Sydney. For ages 16-65 and with an acquired brain injury over 10 years old.	Monday to Friday 8:30am – 5:00pm

General Mental Health Services

Service	Type of Assistance	Hours
Jewish Care 1300 133 660 www.jewishcare.com.au	Offers a range of supports for people experiencing mental health issues. Including counselling, advocacy and case management for the individual or family.	
Life Resolutions 9690 5888 or 1300 668 256 www.liferesolutions.com.au	Life Resolutions assists you to find a local psychology practice. All psychologists on their list have the Medicare rebate and some have appointments on Saturday mornings.	Monday to Friday 8:30am – 9:00pm
Mental Health Information Service 1300 794 991 http://www.mentalhealth.asn.au	Information, telephone support and referral on issues relating to mental health generally.	Monday to Friday, 9:00am - 5:00pm
Mental Health Association NSW Level 5, 80 William St East Sydney NSW 2011 9339 6000 www.mentalhealth.asn.au	Provides information about anxiety and mental illness, as well as ways to boost mental health.	
The Mind Spot 1800 614 434 http://www.mindspot.org.au/	The Wellbeing Course provides useful information and practical skills to help manage symptoms of anxiety and depression. Online and telephone treatment for anxiety and depression	
Neami 601/152 Bunnerong Road Pagewood NSW 2035 8347 1929 http://www.neami.org.au	Provides rehabilitation and recovery support to people with a serious mental illness who require assistance in areas of skill development, social contact and housing.	Monday – Friday: 9:00am – 5:30pm

General Mental Health Services

Service	Type of Assistance	Hours
<p>PHAMS (Personal Helpers & Mentors Program) 60 Wairoa Avenue, Bondi Beach</p> <p>8362 3700</p> <p>www.anglicare.org.au/our-services/mental-health/phams</p>	<p>For those with mental health issues; formal medical assessment not necessary.</p> <p>To enhance the quality of life for individuals who have a mental illness which significantly affects their ability to function in the community.</p>	<p>Monday to Friday 9:00 – 5:00pm</p>
<p>Phone Connections (project of Can Mental Health)</p> <p>9114 8150</p> <p>www.canmentalhealth.org.au</p>	<p>A telephone peer support line for people living with mental illness (consumers). They also have Live Chat and Skype capabilities to be able to provide enhanced peer support to people with the lived experience of mental illness and deafness.</p>	<p><u>Friday</u> 6pm – 11pm</p> <p><u>Saturday</u> 6pm - Midnight</p> <p><u>Monday & Thursday</u> 7pm - 11 pm</p>
<p>SANE Helpline</p> <p>1800 18 SANE (1800 18 7263)</p> <p>http://www.sane.org</p>	<p>Provides information about symptoms, treatments, medications, where to go for support and help for carers. Easy to read pamphlets and other information are also sent out on request.</p>	<p>24 hours a day 7 days a week</p>
<p>Schizophrenia Fellowship of NSW</p> <p>9879 2600 1800 985 944</p> <p>http://www.sfnsw.org.au</p>	<p>Provide a wide and varied range of services for mental health consumers, carers, family and friends of consumers and professionals. A Support group held in the Eastern suburbs.</p>	<p>Monday to Friday 9am to 5pm</p>
<p>St Vincent's Community Mental Health Service O'Brien Centre St Vincent's Hospital 390 Victoria Street, Darlinghurst</p> <p>8382 1800 (24 hours, seven days a week)</p>	<p>Provides an integrated service of multidisciplinary care. Health Professionals, consumers and friends/family can refer to the service. These can be by phone, written (followed up with a phone call) or presenting to the O'Brien Centre in person.</p>	<p>Phone referrals: 9.00am - 10.30pm 7 days per week.</p> <p>At O'Brien Centre 9.00am - 4.00pm Monday to Friday</p>

General Mental Health Services

Service	Type of Assistance	Hours
<p>St Vincent's Hospital Mental Health Program</p> <p>8382 1800</p>	<p>The General Adult Mental Health specialist services are aimed at those in the 18-64 age group who have severe mental health problems associated with significant impairment and disability.</p>	
<p>St Vincent's Hospital Psychogeriatric Service</p> <p>Phone 8382 1800</p> <p>Community Psychogeriatric Nurse 8382 1800</p>	<p>The team cares for people over the age of 65 years with mental health problems and mental illness. Clients can be cared for as inpatients, in the outpatient and emergency departments, and in the community, including homes, hostels, nursing homes.</p> <p>Referrals should be made through the client's general practitioner.</p>	
<p>Suicide Call Back Service</p> <p>1300 659 467</p>	<p>A 24-hour, nationwide service that provides telephone counselling to people 18 years and over and over who fit one of the following categories:</p> <ul style="list-style-type: none"> • People who are suicidal • People caring for someone who is suicidal • People bereaved by suicide 	<p>24 hours a day 7 days a week</p>

South Eastern Sydney Local Health District Mental Health Services

Service	Type of Assistance	Hours
<p>Aboriginal Mental Health Service The Maroubra Centre 130 Garden Street, Maroubra</p> <p>9366 8711 or 1800 011 511</p>	<p>This service links the Aboriginal people who live in the south eastern Sydney area with mental health services. An Aboriginal mental health worker helps Aboriginal people find and use mental health services.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>Acute Care Team/Intake Services Euroa Centre Prince of Wales Hospital Barker Street Randwick NSW 2031</p> <p>1800 011 511</p>	<p>The Acute Care Team is the emergency service for the Eastern Suburbs MHS and is available for mental health emergencies 24 hours a day, 7 days a week. The team supports and monitors people in times of crisis and offers emergency mental health assessment in the community in the acute phase of their illness.</p>	<p>24 hours a day 7 days a week</p>
<p>Aged Care Psychiatry Service The Euroa Centre Prince of Wales Hospital Barker Street, Randwick</p> <p>9382 3753</p>	<p>Specialises in the assessment, management and care of people who are aged 65 years or older, who have an emotional or mental health disorder. The team assists elderly people to live in their own home for as long as possible.</p>	<p>Monday to Friday 8:30am – 5:00pm</p>
<p>Bilingual Counselling Service</p> <p>Intake Service: 9366 8711</p> <p>Interpreter Service 131 450</p>	<p>The service offers case management, liaison and counselling for Chinese, Russian and Spanish and can arrange interpreters for other languages</p>	<p>Monday to Friday 8:30am – 5pm</p>
<p>Bondi Junction Mental Health Centre</p> <p>9366 8610</p>	<p>A range of services available. Psychiatrists available by appointment.</p>	
<p>Child and Family East (CAFÉ)</p> <p>9382 8213</p>	<p>Provides mental health services to children, adolescents and their families. For infant, preschool and primary school-age children.</p>	<p>Monday to Friday 8:30am – 5pm</p>

South Eastern Sydney Local Health District Mental Health Services

Service	Type of Assistance	Hours
<p>Child and Adolescent Mental Health Service Mc Nevin Dickson Building (building 13) Avoca Street, Randwick</p> <p>9382 4347</p>	<p>Adolescent service for teenagers and their families who are trying to adjust to difficulties in their lives.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>Consumer Network</p> <p>The Euroa Centre Prince of Wales Hospital Barker Street, Randwick</p> <p>9382 3753</p>	<p>Consumer Support Workers provide information to people who are affected by mental health disorder on a range of topics including advocacy in the hospital, information on the rights and responsibilities of consumers and how consumers can raise any concerns about their treatment.</p>	<p>Various times. Need to ring first to check operating hours.</p>
<p>Early Psychosis Program</p> <p>Bondi Junction Community Mental Health Centre 26 Llandaff Street, Bondi Junction</p> <p>9366 8610</p>	<p>This program provides services for young people aged between 15 and 25 years experiencing, or at risk of a first episode psychosis. Team provides one-to-one and group therapy for both the young person and their family.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>Mental Health Rehabilitation Unit</p> <p>The Euroa Centre Prince of Wales Hospital Barker Street, Randwick</p> <p>9382 4238</p>	<p>A non-acute inpatient service which provides a time-limited clinical rehabilitation service for clients who experience treatment resistant mental health issues and would benefit from rehabilitation in a supported, therapeutic environment.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>Mobile Community Treatment Team</p> <p>The Maroubra Centre 130 Garden Street. Maroubra</p> <p>9366 8711</p>	<p>Provides intensive case management to mental health consumers with severe disability resulting from illness, which is long term and treatment resistant.</p>	<p>Monday – Friday 8.30am – 5pm</p>

South Eastern Sydney Local Health District Mental Health Services

Service	Type of Assistance	Hours
<p>Mood Disorders Unit Black Dog Institute Prince of Wales Hospital Barker Street, Randwick</p> <p>9382 3710</p>	<p>A service for consumers who have depression and mood disorders. Provide advice on the diagnosis, assessment and management of mood disorders that have not responded to the usual treatment. Service provided through outpatient clinics</p>	<p>Various</p>
<p>Youth Mental Health Team</p> <p>The Bondi Junction Centre 26 Llandaff Street Bondi Junction</p> <p>9366 8610</p>	<p>The Youth Mental Health Team aims to improve access for young people aged 14 -24 years to specialist mental health care, with a particular focus on young people who may be at risk of developing psychosis or emerging mental health disorders. The team works together with the young person's family/ carers and existing adolescent and adult Mental health services.</p>	<p>Monday – Friday 8.30am – 5pm</p>

Aboriginal Services

Service	Type of Assistance	Hours
<p>Aboriginal Mental Health Service The Maroubra Centre 130 Garden Street, Maroubra</p> <p>Intake: 1800 011 511</p> <p>La Perouse: 8347 4800</p>	<p>This service links the Aboriginal people who live in the south eastern Sydney area with mental health services.</p>	<p>Monday – Friday 8.30am – 5pm</p>

Multicultural Services

Service	Type of Assistance	Hours
<p>Telephone Interpreter 131 450</p>		
<p>Bilingual Counselling Service</p> <p>Intake Service: 1800 011 511</p> <p>Interpreter Service 131 450</p>	<p>The service offers case management, liaison and counselling for Chinese, Russian and Spanish and can arrange interpreters for other languages</p>	<p>Monday to Friday 8:30am – 5pm</p>
<p>Transcultural Mental Health Centre Clinical Consultation and Assessment Service (CCAS)</p> <p>9912 3851 or 1800 648 911</p>	<p>CCAS can assist anyone from a culturally and linguistically diverse community who is experiencing a mental health issue. Services include information about services and clinical intervention using bilingual clinicians.</p>	<p>Monday – Friday 8.30am – 5pm</p>

Services for Children and Young People

Service	Type of Assistance	Hours
<p>Adolescent Service Mc Nevin Dickson Building (building 13) Avoca Street, Randwick</p> <p>9382 4347 Emergencies: 9392 1111</p>	<p>Service for teenagers and their families who are trying to adjust to difficulties in their lives.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>ATAPS CMHS (Access to Allied Psychological Services, Child Mental Health Service) 9663 5958</p> <p>mentalhealth@esml.org.au</p> <p>www.esml.org.au</p>	<p>Treatment service for children (up to 12years old) with, or at risk of mental, emotional or behavioral disorders and their families. Don't need a referral from GP.</p>	
<p>Break Thru People Solutions Suite 204, Level 2 806 – 812 Anzac Parade Maroubra NSW 2035</p> <p>9344 1000 www.breakthru.org.au</p>	<p>Provide employment support for people with a mental illness.</p>	<p>Monday to Friday 8:45 am to 5:00 pm</p>
<p>Child and Adolescent Mental Health Service Mc Nevin Dickson Building (building 13) Avoca Street, Randwick</p> <p>9382 4347</p>	<p>Adolescent service for teenagers and their families who are trying to adjust to difficulties in their lives.</p>	<p>Monday – Friday 8.30am – 5pm</p>
<p>Child and Family East Sydney Children's Hospital corner Avoca and Barkers Streets Randwick</p> <p>9382 8213 Emergencies: 9382 1111</p>	<p>Provides assessment and treatment of emotional and behavioural disorders in children and works very closely with the families, parents and carers of children under 12 years.</p>	<p>Monday – Friday 8.30am – 5pm</p>

Services for Children and Young People

Service	Type of Assistance	Hours
Early Psychosis Program Bondi Junction Community Mental Health Centre 26 Llandaff Street, Bondi Junction 9366 8610	Provide services for young people aged between 15 and 25 years experiencing, or at risk of a first episode psychosis. One-to-one and group therapy for both the young person and their family.	Monday – Friday 9.00am – 5pm
eheadspace 1800 650 890 www.headspace.org.au	Fee online and telephone service providing support and Information for young people aged 12-25 who have general health, mental health, alcohol and other drug worries.	24 hours a day 7 days a week
Kids Helpline 1800 55 1800 http://www.kidshelp.com.au	Counselling service for children & young people aged 5-25 years.	24 hours a day 7 days a week
Reach Out.com http://au.reachout.com	Online youth mental health service. It's the perfect place to start if you're not sure where to look.	24 hours a day 7 days a week
Urban Arts Base 9328 3014 or 8362 3700	Community arts project aiming to assist young people with mental health issues in their recovery.	Monday – Friday 8.30am – 5pm
Youth Beyond Blue 1300 224 636 http://www.youthbeyondblue.com/	Beyond Blue website specifically for youth.	24 hours a day 7 days a week
Youth Mental Health The Bondi Junction Centre 26 Llandaff Street, Bondi Junction 9366 8610	Youth Mental Health aims to provide early intervention to young people aged 14 to 24 years (and their carers) with a suspected emerging mental illness.	Monday – Friday 8.30am – 5pm
WAYS Youth Service 9365 2500	Counselling for young people 12-24 years. Also family counselling and parenting advice for parents who have children aged 12 – 24	Varied

Services for Children With Parents/Carers Who Have a Lived Experience of Mental Illness

Service	Type of Assistance	Hours
<p>Australian Kookaburra Kids Foundation</p> <p>PO Box 681, Gymea</p> <p>8203 1917</p> <p>www.kookaburrakids.org.au</p>	<p>The Australian Kookaburra Kids Foundation runs camps, excursions and day trips for those children in grades 3-12 living with families affected by mental illness.</p>	<p>Monday – Friday 9.00am – 5pm</p>
<p>eheadspace</p> <p>1800 650 890</p> <p>https://eheadspace.org.au/</p>	<p>Free online and telephone service providing support and Information for young people aged 12-25 who have general health, mental health. Limited service for alcohol and other drug issues.</p>	<p>7 days a week 9am to 1am</p>
<p>Jewish Care</p> <p>1300 133 660</p>	<p>Assists children of parents with mental health issues</p>	
<p>Life Connect Project</p> <p>9540 3011</p>	<p>Employment-focused Mental Health carer Support provides intensive support to carers of people with a mental illness to address non-vocational barriers to carers achieving education (such as school) outcomes</p>	
<p>On Fire (fun Friendship flourishing)</p> <p>9879 2600</p>	<p>A range of program activities, including regular fun day outings, camps, peer support groups for children whose parents or siblings have mental health issues</p>	<p>Monday – Friday 9.00am – 5pm</p>
<p>Somazone</p> <p>www.somazone.com.au</p>	<p>A safe space for young people to ask questions, share stories and get help for mental health issues & other concerns.</p>	<p>24 hours a day 7 days a week</p>

Services for Family, Friends and Carers of a Person with a Lived Experience of Mental Illness

Service	Type of Assistance	Hours
ARAFMI 9332 0700 or Hot line: 1800 655 198 http://www.arafmi.org	Community organisation of families' carers/friends of people living with a mental illness provides support, education & advocacy in order to help them effectively fulfil their caring role.	Monday to Friday 9am to 5pm
Carers NSW – Carer Line 1800 242 636 www.carersnsw.org.au	For information, support, referrals and access to counselling and support groups.	Monday to Friday 9am to 5pm
Carers NSW – Mental Health Respite:Carer Support 1800 242 636 www.carersnsw.org.au/mhracs	For anyone who supports a family member or friend with a mental illness, such as depression, schizophrenia or anxiety, or an undiagnosed mental illness. The program is for people living in the Randwick and Botany Bay LGA areas only. The program provides: one on one support, education for carers, opportunities to take a break from caring and access to respite	Monday to Friday 9am to 5pm
Family and Carer Mental Health Program - Carers NSW 1800 242 636	For carer information, support and counselling	Monday to Friday 9am to 5pm
FDS: Family Drug Support 1300 368 189 www.fds.org.au	Supporting families affected by alcohol and other drugs	24 hours a day 7 days a week
Jewish Care 1800 133 660	Information, advice and advocacy service for carers	

Services for Family, Friends and Carers of a Person with a Lived Experience of Mental Illness

Service	Type of Assistance	Hours
Life Connect Project 9540 3011	Employment-focused Mental Health carer Support provides intensive support to carers of people with a mental illness to address non-vocational barriers to carers achieving workforce participation outcomes.	
NSW Carers Mental Health Foundations for Carers www.foundationsforcarers.org.au	Online program designed to assist carers looking after someone with a mental illness.	24 hours a day 7 days a week
SANE Australia http://www.sane.org	SANE Australia provides a service offering carers of people with a mental illness an opportunity to participate in an online community	
South East Sydney Commonwealth Carer Respite & Carelink Centre 1800 059 059	Provides short term and emergency respite to carers of people with mental illness. Also information and referral to other respite and community care services	
Young Carers 1800 242 636 www.youngcarers.net.au	Provides information to help Young Carers.	

Employment Services

Service	Type of Assistance	Hours
<p>Break Thru People Solutions Suite 204, Level 2 806 – 812 Anzac Parade Maroubra NSW 2035</p> <p>9344 1000</p> <p>www.breakthru.org.au</p>	<p>Offer a range of employment and training programs to a range of disadvantaged groups.</p>	
<p>CRS Australia – Maroubra</p> <p>Level 4 832 Anzac Parade Maroubra</p> <p>8374 1140</p> <p>www.crsaustalia.gov.au</p>	<p>CRS Australia is a provider of Disability Employment Services to people with a disability, injury or health condition. They can help people choose, get and keep a job by building on personal skills and strengths and reducing barriers to work.</p>	<p>Monday to Friday 9am to 5pm</p>
<p>Xcelerate Employment 1300 136 654</p> <p>www.xcelerate.com.au</p>	<p>A disability employment service connecting job seekers with disabilities (including mental health) and high support needs to employers</p>	
<p>OstaraPRA</p> <p>9393 9220</p> <p>https://www.richmondpra.org.au</p> <p>redferndes@richmondpra.org.au</p>	<p>Richmond PRA is a non-government organization. Services include supported employment and vocational services to people who have been unemployed long-term due to mental illness</p>	<p>Monday to Friday 9am to 5pm</p>
<p>Support Employment & Specialised Intervention PO Box 3124 Bankstown NSW 2200</p> <p>1300 372 121</p>	<p>Employment Services for anyone with disability support pension in regions across NSW</p>	<p>Mon – Fri 8:30am – 4:30pm</p>

Services to Promote Good Health

Service	Type of Assistance	Hours
<p>Jarrah House 9661 6555</p> <p>www.jarrahhouse.com.au</p>	<p>A residential facility for women and their children who are experiencing difficulties as a result of their alcohol or other drug use</p>	<p>Mon – Fri 8:30am – 4:30pm</p>
<p>Mood Active</p> <p>Isabelle Granville Smith: 0415 492 170 Cameron Wilson: 0405 262 053</p> <p>www.moodactive.com.au</p>	<p>This program is suitable for people of all fitness levels & is based on research that shows exercise is a valuable tool to help manage depression and mood disorders. A contribution of \$20 (\$10 concession) per week is requested.</p>	
<p>SUPPORT Opportunity and Care Inc</p> <p>9144 1447</p> <p>http://www.support.org.au/</p>	<p>The purpose of the program is to help people affected by mental illness RECOVER, improve their health and quality of life.</p>	

Accommodation Services

Service	Type of Assistance	Hours
<p>B.Miles Women's Foundation</p> <p>9360 4881 or 9317 0400</p>	<p>B Miles Women's Foundation provides housing, support and recovery services to women who are experiencing a mental health issue and homelessness, including potential for homelessness.</p>	<p>Monday to Friday 9am to 5pm</p>
<p>Link2home</p> <p>1800 152 152</p>	<p>Link2home is a single, statewide telephone service for enquiries about homelessness in NSW. It brings together several homelessness telephone services including HPIC, and the After Hours Temporary Accommodation (TA) line.</p>	<p>24 hours a day 7 days a week</p>
<p>Independent Community Living Services (ICLA)</p> <p>Suite 76, Level 7, 8-24 Kippax Street Surry Hills NSW 2010</p> <p>9281 3338</p>	<p>Provide a number of residential services, providing long-term, secure and affordable accommodation and support services for people who have psychiatric and other disabilities</p>	<p>Monday to Friday 9am to 5pm</p>
<p>Richmond PRA</p> <p>1300 779 270</p> <p>https://www.richmondpra.org.au</p>	<p>Richmond PRA is a non-government organization. Services include assistance in finding and establishing suitable housing in your community.</p>	

Legal Services

Service	Type of Assistance	Hours
<p>Kingsford Legal Centre</p> <p>9385 9566</p> <p>www.klc.unsw.edu.au</p> <p>For people who live in Randwick and Botany LGAs.</p>	<p>Both legal centres provide free legal advice on a wide range of legal issues including, credit and debts, criminal matters, traffic matters, fines AVOs, consumer complaints, neighbourhood disputes, DV, discrimination and much more.</p>	<p>Mon – Fri 9:00am - 5:00pm Closed 1 – 2pm</p>
<p>Inner City Legal Centre</p> <p>9332 1966</p> <p>www.iclc.org.au</p> <p>For people who live in Bondi, City of Sydney LGA and Woollahra LGA.</p>	<p>All legal advice provided by both legal centres is by appointment only</p>	
<p>The Mental Health Advocacy Service (part of Legal Aid NSW)</p> <p>Level 4, 74-76 Burwood Road, Burwood NSW 2134</p> <p>9745 4277</p>	<p>Free legal advice and help about mental health law for people who have been kept in hospital under the Mental Health Act. However their relatives & friends are also welcome to call for information and advice.</p>	<p>Mon – Fri 9:00am - 5:00pm</p>
<p>Welfare Rights Centre</p> <p>Advice Line: 9211 5300</p>	<p>Provide advice on social security law and issues with Centrelink</p>	<p>Mon – Fri 9:00am - 5:00pm</p>

Counselling and General Services

Service	Type of Assistance	Hours
Anglicare 9798 1400	A range of counselling services to older adults, children and adolescents, refugees and carers.	Monday to Friday 9am to 5pm
Approved Counselling Scheme for Victims of Crime 1800 633 063 or 8688 5511	Provides free face to face counselling to victims of violent crimes that have occurred in NSW. Need to have a referral	Monday to Friday 8am to 6pm Voice mail after hours
Cannabis Information and Helpline National hotline 1800 30 40 50 www.ncpic.org.au/ncpic/helpline	Confidential information and support line for cannabis users and their friends and family. Provides counselling, information and referrals. Offers links to the most appropriate support services and resources.	Mon - Fri 11:00am - 7:00pm
Domestic Violence Line 1800 65 64 63	The Domestic Violence Line provides telephone counseling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence.	24 hours a day 7 days a week
Gambling Help 1800 858 858 www.gamblinghelp.nsw.gov.au	Assists problem gamblers and their families in NSW. Includes counselling and self-help options that can be accessed by phone, online and face to face.	24 hours a day 7 days a week
Jewish Care 1300 133 660 www.jewishcare.com.au	Provide a range of services for vulnerable and needy people in our community.	Monday to Thursday 9am to 5pm Friday 9am to 4pm
Lifeline 13 11 14	Telephone Crisis support Suicide prevention	24 hours
Mens Line 1300 78 99 78 http://www.mensline.org.au	National telephone support, information and referral service for men with family and relationship concerns.	24 hours a day 7 days a week

Counselling and General Services

Service	Type of Assistance	Hours
NSW Rape Crisis Centre 1800 424 017 http://www.nswrapecrisis.com.au/	NSW Rape Crisis Centre provides the 24/7 telephone and online crisis counselling service for <i>anyone</i> in Australia who has experienced or is at risk of sexual assault, family or domestic violence.	24 hours a day 7 days a week
Parentline 1300 1300 52 www.parentline.org.au	Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales	Monday to Friday 9:00am to 9:00pm Saturday & Sunday 4:00pm to 9:00pm
Relationships Australia 1300 364 277	Provides relationship support services for individuals, couples and families. Offer counselling, mediation and education programs	Monday to Friday 9:00am – 5:00pm
Stepping Out Housing Program 9550 9398 www.stepsouting.org.au	A woman’s housing program to assist survivors to transition from homelessness to independence, stability and empowered living. Mental Health, drug, alcohol, gambling, relationship breakdown, general health, DV.	Monday to Friday 9:00am - 5:00pm
VVCS - Veterans and Veterans Families Counselling Service 1800 011 046	It's a counselling service for veterans and their families.	24 hours a day 7 days a week
Waverley Drug & Alcohol Service 9387 6788	Provide assessment, counseling and a referral service for the local to people whose main concern is related to alcohol and/or other drugs.	Monday to Friday 9:00am – 4.30pm
Wesley Counselling Service 9263 5577 http://www.wesleymission.org.au	Low cost psychological support for people experiencing depression, anxiety or stress	Monday to Friday 9:00am to 5:00pm

Online Information and Services

Service	Type of Assistance	Hours
Beacon 2.0 www.beacon.anu.edu.au	A portal to online applications for information on mental and physical disorders. A panel of health experts categorise, review and rate websites and send you the information.	24 hours a day 7 days a week
Beyond Blue 1300 22 4636 www.beyondblue.org.au	Devoted to increasing awareness and understanding of depression and anxiety in the community. (No doctors, counsellors or health professionals available to respond to specific difficulties.)	24 hours a day 7 days a week Chat online 4pm to 10pm
Black Dog Institute www.blackdoginstitute.org.au	The Black Dog Institute is an education, research, clinical and community-oriented facility offering specialist expertise in mood disorders. The Institute offers a state wide referral service for patients with severe or treatment resistant depressive disorders. Website contains very useful information.	24 hours a day 7 days a week
Blue Board http://blueboard.anu.edu.au	Online discussion forum for people suffering from depression and anxiety disorders, their friends and carers.	24 hours a day 7 days a week
Blue Pages http://www.bluepages.anu.edu.au	BluePages provides information on treatments for depression based on the latest scientific evidence. BluePages also offers screening tests for depression and anxiety, a depression search engine, and links to other helpful resources.	24 hours a day 7 days a week
depressionNet.org.au http://depressionnet.org.au	Purpose of dNet is to empower 'people like us' to make informed choices & find solutions to the challenges of living with depression.	24 hours a day 7 days a week

Online Information and Services

Service	Type of Assistance	Hours
<p>Eastern Sydney Suicide Prevention Network</p> <p>www.facebook.com/EasternSydneySPN</p>	<p>ESSPN exists to raise awareness about suicide and the associated helping services that are available in the Eastern Sydney area. They are a group of concerned people working together to increase awareness about the devastating losses associated with death by suicide.</p>	<p>Meet 3pm - 4:30pm on the 3rd Wed of every month at St Michaels Anglican Church, cnr Vaucluse Rd and Gilliver Ave, Vaucluse.</p>
<p>ECentre Clinic Centre for Emotional Health at Macquarie University.</p> <p>www.ecentreclinic.org</p>	<p>An internet based research clinic that develops and tests state of the art free online treatment courses for people with symptoms of worry, anxiety (including OCD and PTSD), stress, depression, low mood and other health conditions, including chronic pain.</p> <p>Each participant in a course is registered in a clinical trial. Comprised of psychologists, psychiatrists and research staff</p>	<p>24 hours a day 7 days a week</p>
<p>eCouch</p> <p>http://ecouch.anu.edu.au</p>	<p>e-couch is a self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It provides information and teaches strategies.</p>	<p>24 hours a day 7 days a week</p>
<p>Living is for Everyone</p> <p>http://www.livingisforeveryone.com.au</p>	<p>Suicide and self-harm prevention resource.</p>	<p>24 hours a day 7 days a week</p>
<p>Mental Health Online</p> <p>www.anxietyonline.org.au</p>	<p>Comprehensive online mental health service offering information, assessment, online diagnosis and treatment programs ("eTherapy") for the anxiety disorders.</p>	<p>24 hours a day 7 days a week</p>

Online Information and Services

Service	Type of Assistance	Hours
Mind Health Connect http://www.mindhealthconnect.org.au	Gateway to issues surrounding mental health care and first step to finding relevant support and resources.	24 hours a day 7 days a week
Ourconsumerplace.com.au www.Ourconsumerplace.com.au	Our Consumer Place is a resource centre run entirely by people diagnosed with "mental illness" We provide information, training, support and advice to consumer-developed groups and projects They are based in Victoria but have very useful information that is just as relevant for people living outside Victoria.	24 hours a day 7 days a week
Read the Signs http://www.readthesigns.com.au	A website targeted at men to provide them with information about suicide prevention, where to go for help and signs to look out for in oneself and mates.	24 hours a day 7 days a week
The Mood Gym http://moodgym.anu.edu.au	Provides free, online cognitive behavioural training (CBT). This teaches helpful ways of thinking about life's problems, as well as methods to improve self-esteem, to better relate to others, and to relax.	24 hours a day 7 days a week
This Way Up https://thiswayup.org.au	An Internet-based learning program to treat anxiety and depressive disorders.	24 hours a day 7 days a week
Your Room http://yourroom.com.au/	Offers information about alcohol and a wide range of drugs, how they can affect people, side effects, withdrawal, and how to get help for yourself or for anyone else who needs it.	