



DIRECTORY OF MENTAL HEALTH SERVICES



JNC Bondi Junction

59 Newland St

(next to Clementson Park)

Bondi Junction NSW 2022

JNC Maroubra

Shop 2, 669-673 Anzac Parade

(near Lionel 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 information in this directory was correct as at April 2019

Contents

Accommodation Services.....	9
Children of Parents with a Lived Experience of Mental Illness.....	7
Children and Young People.....	6
Counselling and General Services.....	10
Crisis Services.....	3
Family and Friends of a Person with a Lived Experience of Mental Illness.....	8
General Mental Health Services.....	4
Good Health.....	11
Legal Services.....	13
Multicultural Services.....	11
Online Information and Services.....	13

Crisis Services

Service	Type of Assistance	Hours
<p>Acute Care Team/Intake Services Euroa Centre Prince of Wales Hospital Barker Street Randwick NSW 2031</p> <p>1800 011 511 or 9382 2497</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>Lifeline</p> <p>13 11 14</p> <p>http://www.lifeline.org.au</p>	<p>Provides access to crisis support, suicide prevention & mental health support services.</p>	<p>24 hours a day 7 days a week</p>
<p>Mental Health Line</p> <p>1800 011 511</p>	<p>State-wide telephone line providing information and referrals to various mental health services including emergency.</p>	<p>24 hours a day 7 days a week</p>
<p>St Vincent's Hospital Psychiatric Emergency Care 390 Victoria Street Darlinghurst NSW 2010 8382 1300</p>	<p>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.</p>	<p>24 hours a day 365 days a year.</p>
<p>Suicide Call Back Service</p> <p>1300 659 467</p> <p>www.suicidecallbackservice.org.au</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>

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 Friendship Program 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 Partners in Recovery Suite 503, 806-812 Anzac Parade, Maroubra Junction 9314 8770	Community based service which provides a wide range of social and leisure programs for people with a mental illness	Monday to Friday 9.00am – 5.00pm
Eastern Suburbs Partners in Recovery 1800 035 626	Support people with severe and persistent mental illness with complex needs and their families and carers. Teams are located in Randwick, Inner City and Botany	
Grow 1800 558 268 Email: nsw@grow.org.au www.grow.org.au	Grow is a community-based organisation that helps people recover from mental illness through a program of mutual support and personal development.	Monday to Friday 8.30am – 4.30pm Randwick Group: Sacred Heart Church 193 Avoca Street, Randwick Wednesdays 6:30pm
Jewish Care 3 Saber Street, Woollahra 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.	Monday to Thursday 9am to 5pm Friday 9am to 4pm
Life Resolutions 2/40 Gardeners Road, Kingsford 9190 6937 www.liferesolutions.com.au	Provides assistance in finding a local psychologist who has the Medicare rebate. Some have appointments on Saturday mornings.	Monday to Friday 8.30am – 9.00pm

General Mental Health Services

Service	Type of Assistance	Hours
<p>Way Ahead Level 5, 80 William St East Sydney NSW 2011</p> <p>9339 6000 www.mentalhealth.asn.au</p>	<p>Provides information about anxiety and mental illness, as well as ways to boost mental health. Website has very good fact sheets on a range of mental health issues.</p>	<p>Monday to Friday, 9.00am – 5.00pm</p>
<p>Mental Health Information Service – WayAhead</p> <p>1300 794 991 – Information Line 1300 794 992 – Anxiety Disorders Information Line</p> <p>www.mentalhealth.asn.au</p>	<p>Information, telephone support and referral on issues relating to mental health generally.</p>	<p>Monday to Friday, 9am – 5pm</p>
<p>Mind Spot</p> <p>1800 614 434</p> <p>www.mindspot.org.au/</p>	<p>Free telephone and online service for adults troubled by symptoms of anxiety or depression. Free Online Screening Assessments to help you learn about your symptoms, free Treatment Courses to help you to recover, or we can help you find local services that can help.</p>	<p>Monday to Friday 8am - 8pm</p> <p>Saturday 8am - 6pm</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: 9am - 10.30pm 7 days per week.</p> <p>At O'Brien Centre 9am - 4pm Monday to Friday</p>
<p>St Vincent’s Hospital Psychogeriatric Service</p> <p>Phone 8382 1540</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>	

General Mental Health Services

Service	Type of Assistance	Hours
SANE Helpline 1800 187 263	Talk to a mental health professional	Monday to Friday 9am to 5pm
One Door Mental Health 1800 985 944 www.sfnsw.org.au	Provide a wide and varied range of services for mental health consumers, carers, family and friends of consumers and professionals.	Monday to Friday 9am to 5pm
Suicide Call Back Service 1300 659 467	Provides free phone, video and online counselling for anyone affected by suicide.	24 hours a day 7 days a week

Services for Children and Young People

Service	Type of Assistance	Hours
Break Thru People Solutions Suite 303, Level 3 806 – 812 Anzac Parade Maroubra NSW 2035 9344 1000 www.breakthru.org.au	Provide employment support for people with a mental illness. Clients referred through Centrelink.	Monday to Friday 8.45am to 5pm
Centre 360 – Youth & Family Service 461-463 Oxford Street Paddington NSW 2021 9331 2691 https://www.stfrancis.org.au/centre-360	Adolescent & Family counsellors able to assist young people with practical needs – accessing accommodation, education, court advocacy and support Counsellors can also assist with anxiety, depression, substance misuse, trauma, family violence, school issues	Monday to Thursday 10am to 6pm Friday 9am – 5pm By appointment only
eheadspace 1800 650 890 www.headspace.org.au	Free 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.	9am – 1am Every day of the year

General Mental Health Services

Service	Type of Assistance	Hours
Headspace 20 Bronte Rd Bondi Junction 9366 8800 www.headspace.org.au	Providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.	Mon, Wed & Fri 9am-5pm Tues & Thurs 10am-6pm
Kids Helpline 1800 55 1800 http://www.kidshelp.com.au	Counselling service for children & young people aged 5-25 years.	9am – 1am Every day of the year
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
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 and Family Service 63A Wairoa Ave, Bondi Beach 9365 2500 and Tiffany Plaza 422 Oxford St, Bondi Junction 9388 9455	Counselling for young people 12-24 years. Also family counselling and parenting advice for parents who have children aged 12 – 24 Also available- WAYS Secondary for years 9-12	Bondi Beach – Monday-Friday 9am-5pm Bondi Junction – 3days/week

Services for Children with a Parent or Carer Who Has a Lived Experience of Mental Illness

Service	Type of Assistance	Hours
Australian Kookaburra Kids Foundation PO Box 681, Gymea, 2227 1300 566 525 www.kookaburrakids.org.au	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.	Monday – Friday 9am – 5pm
Eheadspace 1800 650 890 https://eheadspace.org.au/	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.	9am – 1am 7 days a week
Jewish Care 1300 133 660	Assists children of parents with mental health issues	
One Door Mental Health 9879 2600	A range of program activities, including regular fun day outings, camps, peer support groups for children whose parents or siblings have mental health issues	Monday – Friday 9am – 5pm

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

Service	Type of Assistance	Hours
Benevolent Society South East Sydney Commonwealth Carer Respite & Carelink Centre 1800 236 762	Provides short term and emergency respite to carers of people with any form of disability.	Office hours 8.30am – 5.30pm
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

Service	Type of Assistance	Hours
Mental Health Carers of NSW Level 5, 80 William St, Woollomooloo Hot line: 1300 554 660 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 – 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. 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
Jewish Care 1800 133 660	Information, advice and advocacy service for carers	
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	
Young Carers 1800 242 636 www.youngcarers.net.au	Provides information to help Young Carers.	

Accommodation Services

Service	Type of Assistance	Hours
B.Miles Women's Foundation 9360 4881	B Miles Women's Foundation provides housing, support and recovery services to women who are experiencing a mental health issue and homelessness.	Monday to Friday 24 hours a day 7 days a week
Link2home 1800 152 152	A telephone service for enquiries about homelessness in NSW. It brings together several	24 hours a day 7 days a week

Service	Type of Assistance	Hours
	homelessness telephone services including HPIC, and the After Hours Temporary Accommodation (TA) line.	
Richmond PRA 1300 779 270 www.flourishaustralia.org.au	Services include assistance in finding and establishing suitable housing in your community.	

Good Health

Service	Type of Assistance	Hours
<p>Mood Active</p> <p>Isabella: 0412 190 842 Cameron Wilson: 0405 262 053</p> <p>www.moodactive.com.au</p> <p>email: info@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. Low cost programs. 4 week programs & 8 week programs available.</p>	<p>Locations:</p> <p>Kingsford Rockdale Camperdown Surry Hills</p>

Multicultural Services

Service	Type of Assistance	Hours
<p>Transcultural Mental Health Centre Clinical Consultation and Assessment Service (CCAS)</p> <p>9912 3851 or 1800 648 911 Cumberland Hospital No. 5 Fleet St. North Parramatta</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. Short-term intervention</p>	<p>Monday – Friday 8.30am – 5pm</p>

Counselling and General Services

Service	Type of Assistance	Hours
<p>Anglicare</p> <p>9798 1400</p>	<p>A range of counselling services to older adults, children and adolescents, refugees and carers.</p>	<p>Monday to Friday 9am to 5pm</p>
<p>Bilingual Counselling Service</p> <p>Intake Service: 1800 011 511</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>Domestic Violence Line</p> <p>1800 65 64 63</p>	<p>Provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence.</p>	<p>24 hours a day 7 days a week</p>

Counselling and General Services

Service	Type of Assistance	Hours
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
General Counselling Prince of Wales Community Health Intake and Referral: Northern Network Access and Referral Centre Phone: 9369 0400 Fax: 9369 0101	A safe, professional, confidential and free counselling service (short-term counselling lasting between 5 – 8 weeks) for adults (16 plus) living in the local government areas of Randwick and Botany	Monday to Friday 8.30am to 5pm Clinics: Monday, Tuesday, Thursday and Friday. Home visiting also available
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
Men's' Line Australia 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
NSW Rape Crisis Centre 1800 424 017 http://www.nswrapecrisis.com.au/	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 NSW 1300 364 277 www.parentline.org.au	A telephone counselling, information and referral service for parents of children ages 0 – 18 who live in N.S.W	Monday to Friday 9am to 9pm Saturday & Sunday 4pm to 9pm

Counselling and General Services

Service	Type of Assistance	Hours
Relationship Australia N.S.W. 1300 364 277	Provides relationship support services for individuals, couples and families. Offers counselling, mediation and education programs.	Monday to Friday 9am – 5pm
Stepping Out Program 9569 6512 www.steppingout.org.au	A woman’s program to assist survivors of childhood sexual abuse & trauma to live with independence, stability and empowered living	Monday to Friday 9am - 5pm
VVCS - Veterans and Veterans Families Counselling Service 1800 011 046	A counselling service for veterans and their families.	24 hours a day 7 days a week
Waverley Drug & Alcohol Service 9387 6788	Provide assessment, counselling and a referral service to people whose main concern is related to alcohol and/or drugs.	Monday to Friday 9am – 4.30pm
Wesley Counselling Service 9263 5577	Free financial counselling and gambling counselling. Free legal service for people with gambling issues.	Monday to Friday 9am to 5pm

Legal Services

Welfare Rights Centre Advice Line: 9211 5300	Provide advice on social security law and issues with Centrelink	Monday and Wednesday 9.30am – 1pm
--	--	--------------------------------------

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

<p>Black Dog Institute</p> <p>www.blackdoginstitute.org.au</p>	<p>The Black Dog Institute is an education, research, clinical and community-oriented facility offering specialist expertise in mood disorders. Website contains very useful information.</p>	<p>24 hours a day 7 days a week</p>
<p>Blue Board</p> <p>http://blueboard.anu.edu.au</p>	<p>Online discussion forum for people suffering from depression and anxiety disorders, their friends and carers.</p>	<p>24 hours a day 7 days a week</p>
<p>depressionNet.org.au</p> <p>http://depressionnet.org.au</p>	<p>Purpose of depressionNet is to empower 'people like us' to make informed choices & find solutions to the challenges of living with Depression.</p>	<p>24 hours a day 7 days a week</p>
<p>Eastern Sydney Suicide Prevention Network</p> <p>www.facebook.com/EasternSydneySPN</p>	<p>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. Michael’s Anglican Church, cnr. Vaucluse Rd & Gilliver Ave, Vaucluse</p>
<p>eCouch</p> <p>http://ecouch.anu.edu.au</p>	<p>A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.</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</p>	<p>24 hours a day 7 days a week</p>

<p>Mind Health Connect</p> <p>http://www.mindhealthconnect.org.au</p>	<p>Gateway to issues surrounding mental health care and first step to finding relevant support and resources.</p>	<p>24 hours a day 7 days a week</p>
<p>Read the Signs</p> <p>http://www.readthesigns.com.au</p>	<p>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.</p>	<p>24 hours a day 7 days a week</p>
<p>SANE Helpline email</p> <p>helpline@sane.org</p>	<p>Email your questions about mental illness and related topics. They will do their best to respond within 2 working days.</p>	<p>If you need a quicker response, ring the helpline on 1800 187 263</p>
<p>The Mood Gym</p> <p>http://moodgym.anu.edu.au</p>	<p>Provides free, online cognitive behavioural training including methods to improve self-esteem, to better relate to others, and to relax.</p>	<p>24 hours a day 7 days a week</p>
<p>This Way Up</p> <p>https://thiswayup.org.au</p>	<p>An Internet-based learning program to treat anxiety and depressive disorders.</p>	<p>24 hours a day 7 days a week</p>