



2025/26

SWSPHN Funded

Primary Mental Health, Suicide Prevention and Drug & Alcohol Services

For support contact **SWSPHN Mental Health Central Intake**
Phone: **1300 797 746** or email: mentalhealthintake@swsphn.com.au

The services
in this guide
are **FREE** to
access

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative

Mental Health and Suicide Prevention Services

Stepped Care

South Western Sydney PHN co-designs and funds a range of primary mental health and suicide prevention services in line with a stepped care approach, promoting person-centred care, targeting the needs of individuals. Individuals are matched to services to best meet their needs.



IAR level of care

STAR4Kids (3-12 years)

Psychological therapies for children aged 3-12 with, or at risk of, developing a mild to moderate mental illness, including depression, anxiety or stress disorders, who experience barriers to accessing Better Access (Medicare). Services are delivered by mental health professionals experienced in working with children.

Website: swsphn.com.au/star4kids

Referral Process: GP, paediatrician or provisional referral via SWSPHN Mental Health Central Intake (see pg 5).



Low (2)

Moderate (3)

headspace (12-25 years)

Support for young people aged 12-25 for their mental health, physical and sexual health, alcohol and other drugs, and vocational and educational needs.

Websites:

headspace.org.au/headspace-centres/bankstown
headspace.org.au/headspace-centres/campbelltown
headspace.org.au/headspace-centres/edmondson-park/
headspace.org.au/headspace-centres/liverpool or
headspace.org.au/headspace-centres/oran-park/
swsphn.com.au/headspace

Referral Process: Phone or visit headspace centre directly:

- **Bankstown:** 9393 9669, Ground Floor, 1/41-45 Rickard Road
- **Campbelltown:** 4627 9089, Level 8, 171-179 Queen Street
- **Edmondson Park:** 4604 3060, 2/52 Soldiers Parade
- **Liverpool:** 8785 3200, Street Level 1, 50 Macquarie Street Nth
- **Oran Park:** 4604 3030, 3 Fordham Way (with outreach to Narellan)



Low (2)

Moderate (3)

ReFrame (12-25 years)

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.

Website: www.communitylinks.org.au/reframe or swsphn.com.au/reframe

Referral Process: GP or provisional referral via SWSPHN Mental Health Central Intake (see pg 5) OR young people can visit ReFrame or call directly without a referral on 0455 104 104.



Low (2)

Moderate (3)

HYP (12-25 years)

Holistic mental health support service delivered by a multidisciplinary team to support young people with, or at risk of severe mental illness in their recovery to reduce long-term mental ill-health.

Website: swsphn.com.au/hyp

Referral Process: Referrals accepted through headspace and ReFrame.

High (4)

Continuing to be Me

Mental health support for people 65 years+ (50+ for Aboriginal people) living in partnered residential aged care facilities or living at home through C2beMe@home.

Website: uniting.org/c2bme

Referral Process: Selected registered aged care homes will refer residents eligible for the service. For eligible people living in the community, contact 1800 422 263 or email c2bme@uniting.org or C2bmehome.sws@uniting.org



Moderate (3)

Supporting Recovery from Family, Domestic and Sexual Violence

Provides mental health support, including psychological therapies, for people who have experienced family, domestic and sexual violence.

Website: swsphn.com.au/supporting-recovery or supportingrecovery.org.au

Referral Process: Supporting Recovery accepts referrals from agencies in South Western Sydney area and self-referrals from people that live and/or work in South Western Sydney area.

Client referral form: supportingrecovery.org.au/client-referral-form

Self-referral form: supportingrecovery.org.au/self-referral-form

To speak to someone from the Supporting Recovery team, email: referrals@supportingrecovery.org.au or phone: 1300 316 554.



Moderate (3)

Medicare Mental Health Centres

Free national service providing assessment, referral and short-to-medium term treatment by multidisciplinary care teams.

Website: medicarementalhealth.gov.au/medicare-mental-health-centres
swsphn.com.au/medicare-mental-health-centres

Referral Process: No referral, Medicare card or appointment necessary.

Phone: 1800 595 212 - available 8.30am-5pm.

Walk-in:

Liverpool Medicare Mental Health Centre

203 Northumberland Street. Available for aged 18+
Open 1pm-9.30pm Wednesday to Monday,
and 1pm-5pm Tuesday and public holidays.

Campbelltown Medicare Mental Health Centre

Suite 5.05, 8 Dumaresq Street. Available for 16 years +
Open 9am-5pm Mondays, Wednesdays and Fridays,
11am-7pm Tuesdays and Thursdays, and 10am-3pm Saturday and Sundays.



Mental Health Centres

Moderate (3)

High (4)

You in Mind

Psychological therapies for people 12 years +, with moderate to severe mental health illness. 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.

Website: swsphn.com.au/youinmind

Referral Process: GP referral via SWSPHN Mental Health Central Intake (see pg 5). Other referrals through Medicare Mental Health Ph: 1800 595 212.



Moderate (3)

High (4)

Consultant Psychiatry Service

Initial assessment and brief intervention to people aged 12 + experiencing a severe and persistent mental illness with barriers to accessing a psychiatrist (i.e. financial hardship, homelessness). It also provides advice, opinion and capacity building to GPs to better support patient care.

Website: swsphn.com.au/consultantpsychiatry

Referral Process: GP only referral via SWSPHN Mental Health Central Intake. Treatment for neuro-developmental disorders (ADHD & ASD) are excluded.

High (4)

Credentialed Mental Health Nurse Service

Mental health support and coordination of clinical services for people aged 12 + living with a severe and complex mental illness, which has a significant impact on their day-to-day functioning.

Website: swsphn.com.au/mentalhealthnurseservice

Referral Process: GP or provisional referral by SWSLHD mental health teams, and PHN commissioned services via SWSPHN Mental Health Central Intake (see pg 5).

High (4)

Clinical Suicide Prevention Service

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

Website: swsphn.com.au/clinicalsucideprevention

Referral Process: GP or provisional referral made by CoMHET only via SWSPHN Mental Health Central Intake (see pg 5).

High (4)

Lifeline Suicide Aftercare Program

Short term telephone support for people 18 years + (or 16 years with clinical support) who have attempted suicide or are experiencing suicidal distress. Lifeline Crisis Supporters provide outgoing phone calls to monitor a person's wellbeing and help keep the person connected.

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

Referral Process: GP or provisional referral via SWSPHN Mental Health Central Intake (see pg 5).



Non-clinical Service

Lifeline Virtual Aftercare Hub

After-hours virtual support for people aged 18 years and over, or 16 years and over with clinical support, following a suicide attempt or suicidal crisis. Available weeknight evenings and weekends, with weekly phone check-ins from an accredited Lifeline crisis supporter. Support focuses on safety planning, continuity of care, and recovery.

Website: www.lifelinemws.org.au/aftercare

Referral Process: Self refer online via website.



Non-clinical Service

Universal Aftercare

Non-clinical psychosocial support for people following a suicide attempt or experiencing suicidal distress. The service provides timely outreach in a safe, chosen setting, helping build coping skills, supportive connections, and confidence to manage distress.

Website: www.neaminational.org.au/services/universal-aftercare-south-western-sydney

Referral Process: Referrals are made through SWSLHD services, including Emergency Departments, CoMHET, SPOT, and Safe Haven.



Non-clinical Service

Connector Hub South Western Sydney

Non-clinical psychosocial support for people 18 years + with a severe mental illness who do not currently have an NDIS package. Services include social activities, group programs, individual support during periods of increased need, and assistance with NDIS applications. There is also a Service Navigation Program that connects individuals to local services aimed at enhancing their overall wellbeing and mental health recovery.

Website: www.connectorhub.org.au

Phone: 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 (see pg 5).



Non-clinical Service

Headstart

headstart is a mental health navigation tool for people experiencing mental health concerns, as well as their friends, family and carers.

Website: www.headstart.org.au



Non-clinical Service



For individuals having suicidal thoughts, talking about self-harm or noticeably in serious distress, call **000** or ensure they have transport to the nearest emergency department. Alternatively contact the NSW Mental Health Access Line on **1800 011 511**.

Information for Referrers

When a referral is made through **SWSPHN Mental Health Central Intake** the referred person is contacted by the allocated mental health professional to schedule an appointment.

GP Referrers

Complete a GP Mental Health Referral Form and Mental Health Treatment Plan available at swsphn.com.au/swsphn-central-intake

Provisional (non-GP) Referrers

Complete an online referral at phnswsws.redicase.com.au/#!/referral/create. Provisional referrals permit a client to receive a small number of sessions (usually three) prior to the client obtaining a GP Mental Health Treatment Plan. Once a GP Mental Health Treatment Plan is submitted to Mental Health Central Intake, additional sessions will be released.

Please refer to the individual service listed in this brochure for detailed information regarding the referral process, as this may differ across services.

Mental Health and Drug & Alcohol Services for Aboriginal Communities



Tharawal Social and Emotional Wellbeing

Provides support and access to culturally safe, mental health and drug and alcohol services. The service holistically meets the healing needs and the social, emotional, spiritual and cultural wellbeing of Aboriginal and Torres Strait Islander people and community.

Website: www.tacams.com.au

Referral Process: GPs and other professionals can complete referral form via website, and email to sewb@tacams.com.au OR phone: 4624 9430.



Gandangara Social Emotional Wellbeing service

Alcohol and other drug and mental health counselling, groups and support, including Culture as Healing, and Cultural Immersion on Country with Elders in Residence. Services available at Gandangara Aboriginal Health Services in Liverpool and outreach services in Fairfield, Canterbury-Bankstown, Campbelltown, Camden, Wollondilly and Wingecarribee for Aboriginal and Torres Strait Islander People and community.

Website: www.gandangara.org.au/gandangara-health-services

Referral Process: Phone directly: 9601 0700.



Drug & Alcohol Services

South Western Sydney PHN funds organisations to introduce new, or expand existing, local support and treatment services for people with alcohol and/or other drug concerns. Services work with clients, their families and GPs to provide withdrawal management, rehabilitation, before and aftercare, and psychosocial counselling.



headfyrst (12-25 years)

Co-occurring alcohol and other drugs and mental health service providing free counselling and support services for young people aged 12 to 25. Salvation Army Youthlink works closely with headspace centres delivering the service locally.

Website: www.salvationarmy.org.au/youthlink/headfyrst

Referral Process: Complete referral at www.salvationarmy.org.au/youthlink/headfyrst OR phone or visit headspace centre directly:

- **Bankstown:** 9393 9669, 1/41-45 Rickard Rd, Bankstown
- **Campbelltown:** 4627 9089, Level 8, 171-179 Queen St, Campbelltown
- **Liverpool:** 8107 6100, 1/50 Macquarie St North, Liverpool



fyrst (12-25 years)

FIRST (Follow-On Youth Recovery Support Team) is a counselling and support service for young people 12-25 years who would like to address their alcohol and drug issues in South Western Sydney. FIRST also offers support to those who are completing, or have completed detox, rehab or are leaving detention. It provides a mobile support team to visit a client's home, meet at a cafe or pick-up a client from local transport. FIRST operates educational programs in schools. Contact the service for details. FIRST is located at Liverpool with outreach to Western Sydney.

Website: salvationarmy.org.au/youthlink/fyrst

Referral Process: Complete referral at salvationarmy.org.au/youthlink/fyrst OR Phone: 0408 242 685 or 0427 022 052, OR Email: fyrst.southwest@salvationarmy.org.au



Community Restorative Centre – CRC

Transitional alcohol & other drug care for people exiting prison. Alcohol and other drug and community support for people with complex disadvantage, before and after release from custody.

Website: crcnsw.org.au

Referral Process: Phone CRC on 9288 8700 or email aod.transition@crcnsw.org.au



Odyssey House NSW

Psychosocial counselling, group education, after care and case management services for adults with alcohol and other drugs and co-occurring mental health concerns. Services available in Campbelltown with outreach in Tahmoor, Bowral and Bankstown.

Website: www.odysseyhouse.com.au

Referral Process: GP and other professionals, or self-referral, phone: 1800 397 739 (press 2) or email referral@odysseyhouse.com.au



Odyssey House NSW Multicultural Services

Culturally appropriate support and treatment to reduce the harm associated with the use of alcohol and other drugs within culturally and linguistically diverse communities. Services delivered to individuals and families through counselling, group programs and education, as well as community engagement, research and development of resources in multiple languages. Services are provided across Liverpool, Fairfield, Bankstown and Campbelltown.

Website: www.odysseyhouse.com.au

Referral Process: GP and other professionals, or self-referral, phone: 1800 397 739 (press 2).



General Practice Drug and Alcohol Advice and Support Service

Supports GPs providing care to patients with drug and alcohol and associated health issues throughout South Western Sydney. GPs have direct access to consultant drug and alcohol clinicians, including the medical team, 9am to 5pm Monday to Friday (excluding public holidays). Advice includes referral pathways, complex cases and case conferencing if needed.

Call: GP and practice nurses can call 0455 079 436 for prompt advice when management concerns arise during a consultation.

Website: swsphn.com.au/gp-aod-advice-support-service

Rendu House

Rendu House Before and After Care and Complex Support Needs programs are delivered by St Vincent de Paul in Campbelltown, supporting people entering the Rendu House six-week non-residential rehabilitation day program. Services delivered include case management, psychological counselling, and educational and support groups for adults with alcohol and other drugs concerns. Outreach services are available in Liverpool and Fairfield, with mobile services also available.

Website: vinnies.org.au/page/Find_Help/NSW/Addiction/Rendu_House

Referral Process: GPs and other professionals can email rendu.house@vinnies.org.au to request a referral form OR self refer by calling 4621 5500.



National Helplines 24/7

Lifeline..... **13 11 14**
.....lifeline.org.au

13 YARN..... **13 92 76**
.....www.13yarn.org.au

Suicide Call Back Service **1300 659 467**
.....www.suicidecallbackservice.org.au

Beyond Blue Support Service..... **1300 224 636**
.....www.beyondblue.org.au

Kids Helpline **1800 551 800**
.....kidshelpline.com.au

MensLine Australia..... **1300 789 978**
.....mensline.org.au

Alcohol Drug Information Service (ADIS) NSW **1800 250 015**
.....yourroom.health.nsw.gov.au

Family Drug Support..... **1300 368 186**
.....www.fds.org.au

GambleAware..... **1800 858 858**
.....www.gambleaware.nsw.gov.au

Medicare Mental Health Centres **1800 595 212**
.....medicarementalhealth.gov.au/medicare-mental-health-centres

Medicare Mental Health Check In.....
.....medicarementalhealthcheckin.gov.au

GP Psychiatry Support Line **1800 161 718**
.....www.gpsupport.org.au

South Western Sydney PHN

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