

Free psychological and peer support for people living in the Wollondilly and Wingecarribee region

You may benefit from peer support from people who truly understand what you are experiencing.



Community Links Wellbeing
Phone: **0455 104 104**
You in Mind is supported by funding from South Western Sydney PHN

South Western Sydney PHN supports these services with funding from the Australian Government through the PHN Program.

South Western Sydney PHN does not directly provide the healthcare services in this brochure. These services are provided by external health practitioners who are commissioned by South Western Sydney PHN.



We are here to help

Free psychological and peer support for people living in South Western Sydney

You in Mind provides free psychological support for people living with a mild to severe mental health issue.

You in Mind is confidential and for anyone living in South Western Sydney who is over 12 years old, experiencing barriers to accessing support through the Medicare Better Access initiative, and identify as:

Does not speak English at home

Aboriginal and/or Torres Strait Islander

Aged 65+ years

LGBTQIA+

Resident of Wollondilly or Wingecarribee experiencing geographic isolation and social disconnection

Experiencing financial hardship (you have a Health Care Card, Pensioner Concession Card or similar)

Experiencing homelessness

Experiencing perinatal depression

How does You in Mind work?

You will receive support from a mental health professional such as a psychologist or social worker. You may also receive support from a peer support worker who draws from their own lived experience to help you understand what to expect and walk alongside you on your mental health recovery.

How to access the program

Your GP can refer you to You in Mind support. After that, a You in Mind team member will call you to arrange your first meeting.

Community Links Wellbeing delivers You in Mind in Wollondilly and Wingecarribee. You can call Community Links Mental Health Intake on **0455 104 104**.

Community Links Wellbeing

Community Links Wellbeing is a not-for-profit organisation offering free services in case work, youth work, community development, parenting courses, allied health, NDIS and mental health support services.



For more information contact
**Community Links Mental
Health Intake on
0455 104 104**

Or to obtain a referral, visit your GP