

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

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



**One Door Health Care**  
Phone: **9199 6143**  
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 do I 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.

One Door delivers You in Mind in our region. **Call One Door on 9199 6143.**

## One Door Health Care

One Door Health Care is a team of qualified and highly experienced professionals including psychologists, social workers, occupational therapists, dietitians and exercise physiologists.

One Door provides individual support, centre-based services, carer services, youth support, disability employment services, education & training and information & support.



**For more information contact  
One Door**

# 9199 6143

Find out more at [www.onedoor.org.au](http://www.onedoor.org.au)  
email: [healthcare@onedoor.org.au](mailto:healthcare@onedoor.org.au)

**Or to obtain a referral, visit your GP**