

Media Release

14 June 2024

South Western Sydney PHN appoints new provider for NewAccess program

Delivery of the low intensity mental health program NewAccess for South Western Sydney will be managed by CBT Network, beginning this week.

The NewAccess program, developed by Beyond Blue, has been providing mental health coaching support to help people manage everyday life stressors for the past five years.

CBT Network will begin receiving referrals to the program from 3 June in a transition arrangement, as current providers, One Door Mental Health and Community Links Wellbeing, cease service delivery on 30 June.

South Western Sydney PHN funds the NewAccess program as the low intensity component of a suite of mental health programs delivered across the region to support the mental health needs of our community.

South Western Sydney PHN CEO Dr Keith McDonald PhD said the NewAccess program was a vital access point in the broader mental health program, providing local residents with the opportunity to seek support without needing a referral or mental health treatment plan.

Dr McDonald thanked Community Links Wellbeing and One Door Mental Health for their commitment in delivering the program locally, and welcomed CBT Network as the new local provider of the service.

“NewAccess is a vital program offering support to anyone feeling stressed or overwhelmed with everyday life. It is a key program in the suite of services South Western Sydney PHN funds across the region and we are looking forward to a seamless transition and continuation of quality service delivery of the program,” he said.

For more information about the NewAccess program visit [NewAccess – mental health coaching | South Western Sydney PHN \(swsphn.com.au\)](https://www.swsphn.com.au/newaccess-mental-health-coaching)

South Western Sydney PHN is a not-for-profit organisation dedicated to supporting general practitioners, practice nurses and other primary health providers to deliver the best possible care for their patients. Our aim is to improve access to quality local healthcare for all residents living in the Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee LGAs. We acknowledge the traditional custodians of the land, water and skies of South Western Sydney, the Darug, Dharawal and Gundungurra peoples, and pay our respects to Elders past and present.