



Mental health services

in
Macarthur

December 2008

Mental health services in Macarthur

Cambelltown Community Mental Health Centre

Servicing the Local Government Areas of Campbelltown,
Camden & Wollondilly

Address: 6 Browne Street, Campbelltown

Phone: 4629 5400

Fax: 4628 6101

Business hours: 8.30am - 5pm, Monday - Friday

This resource was developed by the Mental Health Promotion
Program, Health Promotion Service, SSWAHS
Phone: 9515 9055

December 2008

Community mental health services

Community Mental Health Emergency Team (CoMHET)

The intake service is an initial point of contact for all people within the Macarthur area. The intake team provides information about mental health and referral to the most appropriate treatment services, as well as comprehensive assessment services. Phone **1300 787 799** or **4629 5400** for more information about any of the following services.

- **Aboriginal Social and Emotional Wellbeing Worker**

Care coordination, consultation, liaison with other services, education and advocacy for the Aboriginal community.

- **Care Coordination Team**

Care management services for adults experiencing a range of mental health problems such as psychosis, schizophrenia, depression, other mood disorders and severe anxiety.

- **Consumer Representatives**

Mental Health Services employ consumer representatives to provide information to consumers on their rights and responsibilities, recovery support and advocacy.

- **Early Psychosis Intervention Program**

Multidisciplinary community mental health program providing specialist psychiatric support to young people (under 25 years) who have experienced their first onset of psychosis.

- **Infant, Child and Adolescent Mental Health Service (ICAMHS)**

A range of services to support families and children (0-17 years*). A referral from a general practitioner, paediatrician, school counsellor or mental health clinician is required. Phone **4621 5000**.

**Adolescents still engaged in education programs.*

- **Macarthur Community Rehabilitation Team**

Provides individual occupational therapy and vocational assessments for people with mental illness requiring assistance with community living.

- **Youth Mental Health Team**

Multidisciplinary clinical services for young people who have a mental illness and co-existing substance misuse.

Support services

Carer Assist

Information, education, advocacy, referrals and support for families and carers of people with a mental illness. Phone **4620 5255**.

Compeer Friends Program (St Vincent de Paul Society)

A friendship program for people with a mental illness where people are matched to a mentor/volunteer in the community for social support. Phone **4627 9180**.

Consumer Activity Network - Hospital to Home Service

Assistance and peer support for consumers within the first 28 days of discharge from Liverpool and Campbelltown psychiatric inpatient units. Phone **8206 1848**.

Consumer Activity Network - Phone Connections

A peer support and information referral line. Fridays and Saturdays 6pm-1.30am, and Monday evenings 7pm-11pm. Phone **1300 135 846**.

Day-to-Day Living Program - Harmony House

Assists people with severe mental illness to access structured activities and social participation to encourage independent living skills and social rehabilitation. Phone **4620 8888**.

Drug Health Services

Assessment, counselling, detoxification and inpatient treatment aimed at reducing or minimising harm associated with alcohol and other drug use. Phone Drug and Alcohol Treatment Access Line on **9616 8586**.

GROW

Support for people recovering from a mental illness who want to work on personal growth issues. Weekly self-help group meetings are held. For information on a group closest to you phone **1800 558 268**.

GROW Residential Program

A 12-step recovery program for mental health consumers. Phone **9606 0579**.

Housing and Support Initiative (HASI)

Accommodation and support for people with a mental illness who have a range of disabilities and are also receiving help from mental health rehabilitation services. Referral from a mental health service is required. Phone NEAMI on **4627 8444**.

Headspace (Brain and Mind Research Institute)

A range of mental health services aimed at young people (12-25 years). The program is covered by the Medicare scheme as part of a mental health care plan developed by a general practitioner or other medical practitioner. Phone Campbelltown Community Health on **4628 5878** or visit www.headspace.org.au

Health Care Interpreter Service

Face-to-face, telephone and Auslan Interpreting. To use this service, ask a health care worker to make an appointment. Phone **9828 6088**.

Karitane - Jade House

A specialised day stay and counselling unit for women who are pregnant or have a baby up to 12 months of age, who have a diagnosis of, or who are at risk of developing a pregnancy-related mood or anxiety disorder.

Phone **9754 2655** or [visitwww.karitane.com.au](http://www.karitane.com.au)

For 24 hour telephone counselling phone **1300 227 464**.

Mental Health Advocacy Service

A service of the Legal Aid Commission of NSW which offers free legal advice on mental health matters. Phone **9745 4277**.

Mental Health Respite Services

Respite care for families and carers of people with a mental illness or an intellectual disability. Help is provided by giving carers the opportunity to have a break from their caring role. Phone the Commonwealth Carer Respite Centre on **1800 052 222**.

Personal Helpers and Mentors Program

Increases opportunities for recovery for people who have a diagnosed (or undiagnosed) mental illness who are having difficulties with daily activities. Phone Macarthur Disability Services on **4621 8400** for Campbelltown (postcode 2560) or The Benevolent Society on **4633 3777** for other Campbelltown areas, Camden and Wollondilly.

Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)

Personal support programs, counselling, psychiatric services and support groups for people who have survived torture or trauma and are refugees or asylum seekers. Phone **9794 1900**.

The Drum Youth Resource Centre (Uniting Care Burnside)

Support for young people (12-24years) who may be in a crisis, homeless or dealing with drug and alcohol issues. Phone **4628 3199**.

Transcultural Mental Health Centre

Information, referral and support groups for people with a mental illness and their carers from culturally and linguistically diverse backgrounds. The centre is located at Cumberland Hospital Campus, 5 Fleet Street, North Parramatta. Phone the intake service on **1800 648 911** or visit www.dhi.gov.au

Traxside Youth Health Service

General health support and counselling for young people (12-24 years) and their families and carers who live, work or attend school in the Macarthur Region. Phone **4625 2525**.

Veterans' and Veterans' Family Counselling Service

A specialised, free, confidential and Australia-wide service for Australian veterans and their families. Phone **1800 011 046**.

When to contact local mental health services

You may recognise that you or someone you know is experiencing a mental health problem. This can include changes in a person's thinking, emotional state or behaviour, which can affect their daily life. These changes disrupt the person's ability to work or carry out their usual personal relationships.

People are often too afraid to access services simply because they feel that they will be judged in a negative way by the people around them, or be treated according to the stigma that surrounds mental illness. This is unfortunate as effective treatments are available for mental health problems. Treatment and support provided at the early stage of illness can reduce suffering and improve quality of life.

How to obtain help

One of the first options is to explain the symptoms and concerns to the local general practitioner (GP). Some symptoms of mental illness can be caused by a physical illness or medication, so it is important to eliminate physical causes first. A GP is able to make referrals to a psychiatrist, psychologist or counsellor depending on the person's need. A GP is also able to prescribe medication.

For referrals to community mental health services during business hours

Contact Campbelltown Community Mental Health Centre on **1300 787 799** and ask to speak to the intake worker. The call will then be taken by a health professional who can provide initial advice and referral to the most appropriate service.

For urgent referrals after hours

Contact Campbelltown Hospital on **4634 3000** and ask for the Mental Health Team.

Emergency situations

If a person is threatening to harm themselves or others, contact the **Police** on **000** and/or if emergency medical attention is required contact the **Ambulance Service** on **000**.

Inpatient units

Inpatient units provide a multidisciplinary mental health service for a person during an acute phase of their illness. These services are located on the grounds of Campbelltown Hospital, Waratah House (adults), the Sub-acute Unit (young people) and Gna Ka Lun (adolescents).

Patient information and confidentiality

Health staff are bound by law (NSW Mental Health Act 2007) and a strict code of conduct to treat all patient information in a confidential manner.

Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or who is having a mental health crisis. First aid is given until professional treatment is received or until the crisis resolves. The aims of Mental Health First Aid are to:

1. Preserve life where a person may be in danger to themselves or others
2. Provide help to prevent the mental health problem developing into a more serious state
3. Promote recovery of good mental health
4. Provide comfort to a person suffering a mental illness.



Mental Health First Aid Action Plan

Assess risk of suicide or self harm
Listen non-judgementally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help strategies

For more information visit www.mhfa.com.au

