

Support Services for young people on The Central Coast

Child and Adolescent Mental
Health Services



Health
Central Coast
Local Health District

headspace

- For young persons between age of 12-25 with mild to moderate mental health issues
- Monday to Friday 08:30 to 5:00pm
- Gosford P: 4304 7870
- Lake Haven P: 4394 9100
- headspace offers holistic accessible and free services and support to youth and families



Sexual Assault Services

Central Coast Sexual Assault Counselling service

- Telephone: 4320 3175
- Monday to Friday 8:30 to 5:00pm
- Young persons under 16 will require a referral by the Department of Community and Justice (DCJ)
- Young persons over 16 can self refer
- Accessible free service for counselling of sexual assault victims



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Victims Services

- VS offers trauma focussed counselling
- Includes 22 hours (or more if necessary) of trauma focussed counselling
- Available for primary and secondary victims of crime as well as family members
- Self referral via <https://www.victimsservices.justice.nsw.gov.au/>
- Or via Victims Access line 1800 633 063
- Monday to Friday 9:00am to 5:00pm



CC Youth Drug & Alcohol Service

- Specialised service for young persons with substance use concerns:
 - Offers counselling
 - Family support
 - Education around use of illicit substances and impact on mental health
- Located in Wyong Monday to Friday 8:30am to 5:00pm
- Self referral or via GP Ph: intake 4394 4880



Eating Disorder Services

- Central Coast Eating Disorders Outpatient Services
- Provides support for young persons with eating disorders
- Community based early interventions.
- Monday to Friday 4396 5111



Eating Disorders Services

- Myrtle Oak 4362 3443
- Privately service that requires a GP referral
- Medicare rebates available based on the type of intervention indicated on the GP referral
- Full cost will be charged if no referral from GP



Family Support Services

- Interrelate will offer support for family relationships and counselling please self refer to 4363 8010
- RAPT: Reconnecting Adolescents and Parents Team for intensive outreach case work aimed at supporting families 1800 864 846
- Family referral Services (RFS) for individual and family supports including counselling, relationship support and parenting programs 1800 236 762
- Central Coast Family Support Services 4340 1585



Life Skills Services

- Youth Connections: supports employment, disabilities and youth skills on the Central Coast 4346 1111
- Oasis Centre (Salvation Army): supports youth through case management and life skills 4353 9799
- Parramatta Mission Community Support: psychosocial support for youth with severe mental illness diagnosis 9891 2277
- Regional Youth Support services: case work and referral service for young people between ages of 12-25 4323 2374



OZ Child

- Provides services to young persons at risk who are unable to live with birth parents
- Provides support by strengthening relationships with early intervention
- Tel: 1800 067 967



NSW Child Protection Help Line

- Please report any suspected risk to 132 111 line open 24/7
- NSW Health Child Wellbeing Unit Tel: 1300 480 420



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