

Public services


Community Mental Health Services

- **Central Coast Local Health District** provides assessment, management and treatment for people of all ages with mental illness
- Phone **1800 011 511** or visit cclhd.health.nsw.gov.au

headspace

- Mental health services for 12 to 25-year-olds. Visit headspace.org.au
- **headspace Gosford:** phone **4304 7870**
- **headspace Lakehaven:** phone **4394 9100**
- If there's no headspace centre nearby, or if you don't feel ready to visit one, eheadspace provides confidential online and phone support seven days a week, 9am to 1am. Visit ehheadspace.org.au or phone **1800 650 890**


Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **Central Coast Primary Care:** phone **4364 2294**
- **Yerin Aboriginal Health Services:** phone **4351 1040** 

Complete Suicide Prevention Service

- Supports those at risk of suicide and self-harm, their family and friends
- Phone Lifeline on **4940 2000**

Aboriginal and Torres Strait Islander Mental Health Service

- Care coordination for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- Group programs for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness
- Peer Navigation for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness who would benefit from help to access treatment and social support
- **Yerin Aboriginal Medical Service:** phone **4351 1040** 

Private providers

There are many private providers and non-government organisations who provide mental health care in the local community.

Dependent on your individual circumstances and the mental health professionals in your area, you may be eligible to access a Psychologist or other mental health professional for a reduced fee or without a gap payment.

Talk to your GP about the providers in your area, your eligibility and referral options. You can also use the links below to find a private provider in your local area:

- Find a health professional (Healthdirect) healthdirect.gov.au
- Find a Psychologist (Australian Psychological Society) believeinchange.com
- Find a Social Worker (Australian Association of Social Workers) aasw.asn.au
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) yourhealthinmind.org

Private Hospital Day Programs

Private hospitals offer support and education for people with private health cover or insurance for mental health conditions. Talk to your GP about a referral.

- **Berkeley Vale Private:** Berkeley Vale Clinic Day Programs. Phone **1300 856 163**
- **Brisbane Waters Private:** The Central Coast Clinic Day Programs. Phone **1800 814 226**