



Indicates specific advice for Aboriginal and Torres Strait Islander people.

Public services

CENTRAL COAST

Central Coast Local Health District Social Work

- Social work services are available for women birthing at Gosford or Wyong Hospital.
- **Wyong Hospital:** phone 4394 8000

Community Mental Health Services Central Coast Local Health District

- Provides assessment, management and treatment for people with mental illness.
- Phone 1800 011 511 | Visit cclhd.health.nsw.gov.au

Family Care Cottage

- Information, advice, counselling and support services for families with children aged 0 to 3 years.
- Phone 4328 7901 Monday to Friday, 9.00am to 4.00pm

Family Referral Service

- Early intervention service providing information support and advocacy.
- Phone 1300 006 480 Monday to Friday, 8.00am to 6.00pm | Visit familyreferralservice.com.au


Perinatal and Infant Mental Health Worker Central Coast Local Health District

- Provides services that promote the development of a positive parent/infant relationship and the positive mental health of both mother and baby. Talk to your doctor or health professional about your eligibility as a referral is required.
- Phone 4328 7350


Perinatal Depression Initiative

- Provides services to both women and men with perinatal depression (during pregnancy and 12 months after birth) and their families. Talk to your GP about your eligibility as a referral is required.
- **Central Coast Primary Care:** phone 4365 2294

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 

Aboriginal and Torres Strait Islander Mental Health Service

- Provides group programs and peer support as well as care coordination for complex mental health conditions
- **Yerin Aboriginal Medical Service:** phone 4351 1040 

Sustaining NSW Families (SNF) (Wyong area only)

- Home visiting program for mothers at risk of perinatal depression and anxiety. A Child and Family Health Nurse works in partnership with the mother, partner, and baby until the child is aged 2 years. Talk to your GP or midwife as a referral is required.
- Phone **4356 9411**

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