



Indicates specific advice for Aboriginal and Torres Strait Islander people.

Public services

Child and Family Health Nurses

- Child and Family Nurses provide information, advice and support (including support for parental wellbeing and postnatal depression) for parents and carers of children aged 0 to 4
- **Taree:** phone 6592 9315
- **Forster:** phone 6539 6300
- **Gloucester:** phone 6538 5058
- **Bulahdelah:** phone 4987 9929
- **Hawks Nest:** phone 4997 0186

Family Care Cottage

- Provides information advice and support services for families with children aged 0 to 3 years. Talk to your GP or other health care professional as a referral is required.
- Phone 4939 2530

Family Referral Service

- Early intervention service for vulnerable children, young people and families
- Phone 1800 758 589 | Visit familyreferralservice.com.au

Community Mental Health Services Hunter New England Local Health District

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

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.
- **Life Matters Psychology:** phone 4965 3531
Manning, Taree, Gloucester

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
- **Hunter Primary Care:** phone 4935 3071
- 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
- **New Horizons:** phone 4037 0400

Non-government organisations (NGOs)

NGOs offer low cost services and may offer no cost services in some circumstances.

Catholic Care

- Phone **6539 5900**
Taree

Interrelate

- Relationship counselling
- Phone **6551 1200**
Taree

Private providers

There are many private providers who offer 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