



Indicates specific advice for Aboriginal and Torres Strait Islander people.

NEWCASTLE, LAKE MACQUARIE,
PORT STEPHENS

Public services

Birra-Li Aboriginal Maternal and Child Health Services

- Services to support the general health and wellbeing of mother and child
- Phone 40169400 | Visit hnehealth.nsw.gov.au

Brighter Futures Samaritans

- Early intervention program for families with children up to 8 years
- Phone 4014 9300 | Visit samaritans.org.au
- Brighter Futures, Wandiyali
- Early intervention support program for Aboriginal and Torres Strait Islander families
- Phone 4957 5900 | Visit wandiyali.com.au

CALM Child and Family Team (Western Lake Macquarie)

- Parenting support and parenting groups for families with children 0 to 12 years
- Phone 4950 3888 | Visit calm.org.au

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
- Phone 4923 6920 | Visit hnekidshealth.nsw.gov.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

Eastlakes Family Support Service

- Counselling, support and parenting programs for families with children in the Lake Macquarie area
- Phone 4943 9255 | Visit efss.org.au

Family Referral Service

- Early intervention service for vulnerable children, young people and families.
- Phone 1300 006 480 | Visit familyreferralservice.com.au

First Steps Parenting Centre

- Information, advice and support for families with children 0 to 5 years.
- Phone 4924 6550 | Visit hnekidshealth.nsw.gov.au

Family Support Newcastle

- Support services for families with children up to 18 years. Includes family worker service and centre based activities, groups, information, advocacy and referral.
- Phone 4926 3577 | Visit nfss.org.au

Family InSight Newcastle

- Support for families with a child up to 8 years. The Family Worker Program provides support in home or community settings. Talk to your GP or health professional as a referral is required.
- The service also offers range of parenting and early years group programs (no referral required)
- Phone 4961 0700 | Visit familyinsight.org.au

Personal and Relationship Counselling - Lifeline (Karuah only)

- Phone 4940 2000

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.
- **Hunter Primary Care:** phone 4926 0529

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

Sustaining NSW Families (SNF)

- For people living in the Newcastle local government area
- 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 General practitioner or midwife as a referral is required.
- Phone 4936 3282

The Canopy

- Parenting advice, information and support for families, children and the community across multiple locations
- Phone 4908 1140 | Visit thecanopy.org.au

Non-government organisations (NGOs)

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

Catholic Care

- Phone **4970 1172**
Mayfield and Charlestown

Wesley Mission

- Phone **4915 3688**
Newcastle

Newcastle University Psychology Clinic

- Phone **4921 5075**

Lifeline

- Personal and relationship counselling
- Phone **4940 2000**

Hunter Women's Centre

- Raymond Terrace (Neighbourhood Centre)
- Phone **4968 2511**
Mayfield

Procare

- Phone **4960 1523**
Waratah

Relationships Australia

- Relationship counselling
- Phone **4940 1500**

Interrelate

- Relationship counselling
- Phone **4016 0550**

Unifam Counselling Services

- Relationship counselling
- Phone **4925 6000**

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