

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

NSW Child and Adolescent Mental Health Services

Information on Child & Adolescent mental health services is available during business hours from your Local Health District.

METROPOLITAN: Central Coast; Illawarra/Shoalhaven; Nepean/Blue Mountains; Northern Sydney; SOUTH Eastern Sydney; South Western Sydney; Sydney; Western Sydney

Metropolitan NSW	Age range	Intake Contact number	Comments
Central Coast Hawkesbury river to chain valley bay (Gosford, Terrigal, Woy Woy, Wyong etc.)	12 and under	4328 7900	
	13-18 at school	43047878	
	14-25	4304 7870(head space)	
Illawarra/Shoalhaven (Helensburgh TO KIAMA) (Wollongong and Nowra)	up to 17	42541600	HOWEVER THE REFERRALS GO THROUGH 1800011511
Nepean/Blue Mountains Penrith up to Lithgow	0-18	1800 011 511	General intake for Child, Adolescents and adults. Includes the EPI (Early Psychosis Intervention) team and Child and Youth team
Northern Sydney		1300302980	Mental Health Access line
CHILD AND YOUTH MENTAL HEALTH	0-18 STILL AT SCHOOL	9462 9222 LOCATED AT ROYAL NORTH SHORE HOSPITAL, LEVEL 2	Parenting, child & Behavioural team 0-12 (PCBT); Adoles. 12-17 or still at school; Anxiety clinic 7-14
Hornsby Community mental Health Team/Kuringai	0-18 (still at school)	94856155	

Metropolitan NSW	Age range	Intake Contact number	Comments
Queenscliff (Manly Warringah, Pittwater)	0-18 (still at school)	9466 2500	Child mental health services and developmental paediatrician on board.
Ryde and Hunters Hill	0-18 (still at school)	9448 6877 94629222 is the Intake line	Case management and family counselling,
South Eastern Sydney			
Eastern Suburbs	Pre-school to year 6 Year 7 - Year 12	9382 8213 93824347	Go by school year not age
St George, Sutherland	0-18	95407695/ 9522 1000	Caringbah Health Centre at Sutherland Hospital
South Western Sydney			
Bowral	3-12	Central intake for counselling 87884200	
Centre of Youth Bowral	13-17At high school	4861 8000	At risk of homelessness
Campbelltown/ Camden/ Macarthur	4-17 years of age	46215000	
Fairfield	5-17	87171700	
Bankstown	5-12	87884200	
Liverpool	2-17	98278011	
Sydney			
Croydon (including M'ville, Camperdown, Canterbury)	0-18	9787 0640	Community health, parenting, anxiety, family issues etc.
Rivendell Child Adolescent and Family Unit	5-18 outpatient 12-17 Inpatient	9736 2288	
Western Sydney			
	13 +	1800 011 511	13 and over State Mental health Line
Auburn	0-12	8759 4000 However intake is through Central Intake 1800011511	Auburn Paediatric MH team (therapy for kids)
Blacktown/Mt Druitt/Riverstone	5 years to 24	9881 8888	Central intake
Parramatta/Holroyd/Auburn/ The Hills	everybody	1800 011 511	Central intake will decide depending on presenting issue and age where to refer

RURAL AND REGIONAL NSW: Far West; Hunter New England; Mid North Coast; Murrumbidgee; Northern NSW Southern NSW; Western NSW

Rural and Regional NSW	Age range	Intake Contact number	Comments
<u>Far West</u> <i>Tibooburra, Wilcannia, Ivanhoe, Balranald, Wentworth, Broken Hill</i>	Triage for all ages	1800 011 511	Central Intake for all
<u>Hunter/New England</u> Newcastle to Tenterfield, Moree, Gunnedah, Merriwa/ Denman, Cessnock	Triage for all ages	1800 011 511	Central Intake for all
<u>Mid-North Coast</u> Port Macquarie/Wauchope to Coffs Harbour/Dorrigo	Triage for all ages	1800 011 511	Central Intake for all
<u>Murrumbidgee</u> Boorowa to Tumbarumba, Hilston/Hay/Deniliquin/c Corowa	Triage for all ages	1888 011 511	Central Intake for all
<u>Northern NSW</u> Grafton to Murwillumbah/ Tweed Casino/ Kyogle	Triage for all ages	1888 011 511	Central Intake for all
<u>Southern NSW</u> Crookwell/Goulburn to Pambula, Delegate, Queenbeyan/Yass	Triage for all ages	1888 011 511	Central Intake for all
<u>Western NSW</u> Oberon/Bathurst, Condolbolin, Cobar, Bourke, Brewarrina, Lightning Ridge, Collarenebri, Gulgong, Mudgee	Triage for all ages	1888 011 511	Central Intake for all
Children's Hospital Westmead Dept of Psychological Medicine Outpatients.	02 9845 2005	Only for current CHW patients being referred by their treating hospital paediatrician	Needs to have continuing involvement of local paediatrician

1800 222 608 is the service for Child and Family usually for children 0-12 years.

1800 011 511 is the State Mental Health Line. This service will take details, and work out which service is appropriate in the caller's area.

Headspace Centres: operates as an early intervention service for 12 - 25 year olds. It is a Primary Health Care Centre and different Headspace Centres have different resources. It is funded by the Federal Government and has no geographical boundaries.

HEADSPACE CENTRES	Phone No.
Campbelltown	4627 9089
Central Coast	4304 7870
Mt Druitt	9675 2602
Parramatta	1300 737 616
Penrith	47208888
Sydney Central	9114 4100

If you are unable to speak English well, you can phone the Translating and Interpreting Service (TIS) on 13 14 50 (this is a free service) and ask them to call the Transcultural Mental Health Centre (during business hours) on (02) 9840 3899 on your behalf. People in rural and remote areas of NSW can call the Transcultural Mental Health Centre (free call) 1800 64 8911 for a service.

24-hour telephone services are:

- Kids Help Line Free Call 1800 55 1800
- Lifeline 13 11 14
- Parent Line Monday to Saturday 9am-4:30pm Toll Free 13 20 55 / (02) 9840 3767