



Indicates specific advice for Aboriginal and Torres Strait Islander people.

Public services

Community Mental Health Services

- Hunter New England Local Health District provides assessment, management and treatment for people with mental illness.
- Phone **1800 011 511** or visit hnehealth.nsw.gov.au

headspace

- Mental health services for 12 to 25-year-olds. Visit headspace.org.au
- **headspace Newcastle:** phone **4929 4201**
- **headspace Maitland:** phone **4931 1000**
- 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 ehespace.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.
- **Hunter Primary Care:** phone **4926 0529**

Youth Counselling

- **Port Stephens Family and Neighbourhood Services:** phone **4987 4674**
Karuah and Tilligerry Peninsula

Personal and Relationship Counselling

- **Lifeline:** phone **4940 2000**
Karuah

Complete Suicide Prevention Service

- Supports those at risk of suicide and self-harm, their family and friends
- **Lifeline:** phone **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
- **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**
Cessnock, Maitland

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

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.

- Toronto Private Outpatient Clinic: phone **0400 504 447**
- Warners Bay Private – Lakeside Clinic Day Program: phone **1300 656 604**