

# ORGANISATIONS PROVIDING MENTAL HEALTH SERVICES

## Clinical (therapy)

		Description of Services	How clients access service	Other useful information
<b>Sutherland Cannabis Clinic Sutherland Hospital Drug and Alcohol Service</b>				
Caringbah Community Health Centre Sutherland Hospital 430 Kingsway	<b>Ph: 9540 7464</b>	Sutherland Cannabis Clinic provides an outpatient , evidence based counselling service for people sixteen years and over who would like support to reduce or cease their cannabis use. We also provide support/advice and information to parents or partners who are concerned about a family member's cannabis use. People with both cannabis use and mental health issues can access the service	The Sutherland Cannabis Clinic accepts referrals from anywhere in NSW. Clients can self refer or a GP or health professional can refer on their behalf	Free service Clients: Youth and adults Service type: Individual Open Monday to Friday (excluding public holidays) 8.30am to 5pm
CARINGBAH 2229	Fax: 9540 7097			
Website: <a href="http://www.sesiahs.health.nsw.gov.au/cannabis_clinic">www.sesiahs.health.nsw.gov.au/cannabis_clinic</a>				
<b>UNSW Psychology Clinic</b>				
School of Psychology University of NSW	<b>Ph: 9385 3042</b>	Supervised provisional psychologists provide CBT - based treatment for uncomplicated anxiety, depression, phobias, OCD etc. Also cognitive assessment of children and neuropsychological assessments of adults.	GP or self referral	Fees apply Clients: Children, Youth and adults Service type: Individual, family and group Reduced fees apply. We are a training clinic for students enrolled in the Master of Psychology (Clinical) As such we are unable to provide treatment for clients who are acutely psychotic, suicidal or in immediate crisis.
RANDWICK 2031	Fax: 9385 3288			
Website: <a href="http://clinic.psy.unsw.edu.au/">http://clinic.psy.unsw.edu.au/</a>				

# Clinical (therapy)

## Description of Services

## How clients access service

## Other useful information

### St George Sutherland Drug & Alcohol Service

Level 1, 2 South St  
**Ph: 9113 2944**

KOGARAH  
2217  
Fax: 9113 3977

Website: [smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)

Face to face self help meeting held every Monday, 1.30pm-2.30pm (excluding public holidays). The program offers education and opportunities to discuss ways of managing harmful behaviours i.e. addictions via a CBT approach. Meetings facilitated by Drug & Alcohol workers.

Self, probation and parole. Drug & Alcohol services, clinicians.

Free service  
Clients: Adults only  
Service type: Group  
Open group

### Life Resolutions Miranda

Suite 2, Level 1  
29 Kiora Rd  
**Ph: 9690 5888**

MIRANDA  
2228  
Fax: 9531 7463

Website: [www.liferesolutions.com.au](http://www.liferesolutions.com.au)

Psychological counselling for both clinical and non-clinical clients.

Self referral  
GP referral

Fees apply  
Clients: Youth and adults  
Service type: Individual, couple and family  
Male & female psychologists  
Bulk billing upon request

### Access Team (intake) Community Mental Health

The Sutherland Hospital  
Kingsway  
**Ph: 9540 7474**

CARINGBAH  
2229  
Fax: 9540 7107

Website:

Mental Health Intake Service for Sutherland shire and St George area.

Referral by self or anybody concerned including GP. However, client should be aware and consent to referral.

Free Service  
Clients: Children, Youth and Adults  
Service type: Individual only

# Clinical and Non-Clinical

## Description of Services

## How clients access service

## Other useful information

### Transcultural Mental Health Centre

Building 55, Cumberland Hospital  
5 Fleet St

**Ph: 9840 3767**

NTH PARRAMATTA  
2151

Fax: 9840 4180

Website: [www.dhi.gov.au/tmhc](http://www.dhi.gov.au/tmhc)

The Transcultural Mental Health Centre is a free statewide service that promotes access to mental health services for culturally and linguistically diverse communities.

GP and self referrals

Free service  
Clients: Children, Youth and Adults  
Service type: Individual, couple, family and group

### Sutherland and St George Hospital Drug and Alcohol Service

Sutherland Hospital (Caringbah Community Health) and St George Hospital Drug and Alcohol Service

**Ph: 9113 2944**

Fax: 9113 3977

Website:

Outpatient service providing assessment, treatment and referral for persons with drug and alcohol issues. Weekly group programs at Kogarah and Hurstville. Needle and syringe programs operating from both sites.

Clients can self refer or be referred by a GP or health professional

Free service  
Clients: Youth and adults  
Service type: Individual and group  
Drug and alcohol assessment and counselling for alcohol and illicit drug use. Detoxification for alcohol use (St George D & A service only), Chemical Use in Pregnancy Service. Needle and syringe program. Outpatient setting. Service is open Monday to Friday (excluding public holidays) 8.30am to 4.30pm

### Whispers Cottage & Parenting Centre

2183 Kareena Rd

**Daystay: Ph: 9525 5955**  
**GP Clinic: 9531 2569**

MIRANDA  
2228

Fax: 9525 5977

Website: [www.whisperscottage.com.au](http://www.whisperscottage.com.au)

Daystay services 0-6 months  
GP services  
Early Childhood Clinic 0-4 years  
Big Baby Clinic 6 mths-24mths

Self

Fees apply  
Clients: Children and Adults  
Service type: Individual and couple

# Clinical and Non-Clinical

## Description of Services

## How clients access service

## Other useful information

### The Bridge Youth Services

Safety House-  
Address can not be  
given.  
Area-Sutherland

**Ph: 9521 6182**

Fax: 9545 4311

Website:

Crisis Accomodation Mon to Fri  
for 15-17 yr olds.  
Intensive Case Management  
Independent living skills  
Referrals to appropriate services.

Self referral, families, community  
services, Police, Education Dept,  
Juvenile Justice, Drug & Alcohol  
Court

Free service  
Clients: Youth only  
Service type: Individual  
Can accommodate young people  
with mental health issue only if they  
are connected to Mental Health  
Professionals.

### TIA Social Services

Suite 21B, 2 Cross St

**Ph: 8021 6790  
0402 932 136**

HURSTVILLE  
2220

Fax: 8021 6790

Website:

Group work and training eg: The  
Incredible Years Parenting  
Program, Partners in Depression  
(for Carers), Relationship  
Makeover:  
Self care for human services  
professionals; Complex Case  
Management etc; Supporting  
Children, Young People and  
Adults through Grief and Loss  
Clinical Therapy and Support,  
Grief and Loss, Communication  
Skills

Self or agency referral  
GP referral (essential for Medicare  
Rebate or bulk billing)

Fees apply  
Clients: Children, Youth and adults  
Service type: Individual, couple,  
family and group  
Medicare bulk billing for low income,  
health care, student for individual  
services referred by GP.

### Enough Is Enough Anti Violence Movement Inc

Shop 2, 10-14 Boyle St

**Ph: 9542 4029**

SUTHERLAND  
2232

Fax: 9542 4036

Website: [www.enoughisenough.org.au](http://www.enoughisenough.org.au)

Counselling, Support groups,  
School programs, psychologist  
services. Medicare referral -  
Mental Health Care Plan. Anger  
management

Fees apply.  
Clients: Children, Youth and Adults  
Service type: Individual, couple and  
group

# Clinical and Non-Clinical

## Description of Services

## How clients access service

## Other useful information

### Wesley Counselling Support Service

3A Stapleton Ave

**Ph: 9545 5168**

Gambling and Financial counselling

Self referral and GP

Free service  
Clients: Adults only  
Service type: Individual

SUTHERLAND  
2232

Fax: 9545 5164

Website:

### Xcelerate Employment Services

Suite 15, 29 Kiora Rd

**Ph: 1300 136 654**

Provides specialised employment and training solutions for jobseekers with disabilities and high support needs to move them along the pathway to employment and independence within their community. We provide innovative and evidence-based strategies when working with our clients. We specialise in placing people with mental health issues. We have trained psychologists and an experienced mental health professional working within our service.

Can self refer or via centrelink

Free service  
Clients: Adults only  
Service type: Individual

MIRANDA  
2228

Fax: 9387 7248

Website: [www.xcelerate.com.au](http://www.xcelerate.com.au)

## Clinical and Non-Clinical

### Description of Services

### How clients access service

### Other useful information

#### Caringbah Womens Health Information Centre

346A The Kingsway

**Ph: 9525 2058**

Psychologist available Fridays. Information and referral. Other health related services available.

Fees apply  
Clients: Adults only  
Service type: Individual

CARINGBAH  
2229

Fax: 9525 2058

Website: [www.caringbahwomenscentre.org.au](http://www.caringbahwomenscentre.org.au)

#### Southern Sydney Sexual Assault Service

4th Floor, Prichard Wing  
St George Hospital  
Gray St

**Ph: 9113 2494**

24 hour counselling and medical service for recent victims of sexual assault. Counselling for past victims of sexual assault. Consultation/training for professionals and service providers

Free service  
Clients: Youth and Adults  
Service type: Individual, family and group

KOGARAH  
2217

Fax: 9113 2206

Website:

#### Southern Community Welfare

2-4 Tea Gardens Ave

**Ph: 9545 0299**

Counselling  
Psychology  
Clinical Psychology  
Anxiety Resources, Rainbows  
grief & loss for children.  
Support after suicide  
Teen anger management.

Self referral & GP referral for psychology services.

Fees apply  
Clients: Children, Youth and Adults  
Service type: Individual, couple, family and group

KIRRAWEE  
2232

Fax: 9521 6252

Website: [www.scw.org.au](http://www.scw.org.au)

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Neami South East Sydney

96 Queens Rd **Ph: 9570 5933**

HURSTVILLE  
2220 Fax: 9570 5988

Website: [www.neami.org.au](http://www.neami.org.au)

Neami is a non-government mental health organisation that provides voluntary support services to people with serious mental illness within a recovery framework. Neami emphasises hope and directly assists consumers to build their confidence and skills to develop a sense of meaning and purpose in life.

Self referral, referral from GP, psychologist or Clinical Services. HASI- referral via community mental health team-must have a case manager. All referrers must obtain consent from consumer prior to making referral.

Free service  
Clients: Youth and adults  
Service type: Individual  
Level of support  
HASI from once per week to daily depending on need.  
RRSP- self referral once per fortnight

### Como Social & Leisure Centre

6-8 Taplan St **Ph: 9528 4963**  
**M:0408 403 388**

COMO  
2226 Fax: 9528 4963

Website: [www.vinnies.org.au](http://www.vinnies.org.au)

The centre offers members an opportunity to socialise and take part in various activities in a comfortable and accepting environment. It is a joint project of the St Vincent de Paul Society and Sutherland Mental Health Service.

Self referral, GP & Sutherland Hospital referral

Fees apply  
Clients: Adults only  
Service type: Individual and group  
Centre is open on a Monday & Wednesday.

### Sutherland Shire Carer Support Service Inc

Stapleton Ave **Ph: 9542 6292**

Community Centre  
3A Stapleton Ave

SUTHERLAND  
2232 Fax: 9542 6291

Website: [www.sscss.org.au](http://www.sscss.org.au)

We provide information and referral, advocacy, education and recreation programs and offer a range of support groups.

Self referral

Free service  
Clients: Adults only  
Service type: Individual and group  
Support service for carers residing in the Sutherland Shire

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Kurranulla Aboriginal Corporation

15 Jannali Ave **Ph: 9528 0287**

JANNALI  
2226 Fax: 9528 0828

Website: [www.kurranulla.org.au](http://www.kurranulla.org.au)

Promotes Aboriginal & Torres Strait Islander Culture. Develop and assist in reconciliation Provides information on health, education, housing, employment and training, culture, government and non government services

Self referral, hospital, Health services

Free service  
Clients: Children, Youth and Adults  
Service type: Individual, couple and family  
Enquiries manager  
[@kurranulla.org.au](mailto:@kurranulla.org.au)  
HACC referrals  
[caseworker@kurranulla.org.au](mailto:caseworker@kurranulla.org.au)

### YMCA Caringbah

5 Jacaranda Rd **Ph: 9524 1800**

CARINGBAH  
2229 Fax: 9524 1496

Website: [www.sydney.ymca.org.au/caringbah](http://www.sydney.ymca.org.au/caringbah)

A 60 day fitness program which promotes mental health recovery through exercise, peer support and socialisation

GP referral

Free Service  
Clients: Adults only  
Service type: Individual and group

### Care For Families

Level 1, 564 Princes Hwy **Ph: 9505 8400**

ROCKDALE  
2216 Fax: 9567 9346

Website: [www.breakthru.org.au](http://www.breakthru.org.au)

Care for families offers a free, long-term psychoeducation, support, case management and referral and advocacy program. This is delivered to people with a (suspected or diagnosed) mental illness and their families as carers

Self referral, GP referral or community referral

Free service  
Clients: Youth and adults  
Service type: Family  
The service operates from 8am to 8pm

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Psychiatric Rehabilitation Australia

Buckingham House  
45 Buckingham St

**Ph: 9690 8983**

SURRY HILLS  
2010

Fax: 8399 2313

Website: [www.pra.org.au](http://www.pra.org.au)

Psychosocial rehabilitation structured activity program. Social skill development, educational, leisure and recreational.

Self referral. Members of the service should identify a clinical contact such as a GP

Free service  
Clients: Adults only  
Service type: Group

### Benevolent Society St George & Sutherland Live at Home programs

Level 4, 7-11 The Ave

**Ph: 9504 6670**

HURSTVILLE  
2220

Fax: 9585 8423

Website: [www.bensoc.org.au](http://www.bensoc.org.au)

Case management supporting the frail aged, adults with disabilities and carers of the above.

Self referral, GP, social worker

Fees apply  
Clients: Adults only  
Service type: Individual  
Planning ahead project. Legal planning support available

### Sutherland Shire Family Services

90 Soldiers Rd

**Ph: 9528 2933**

JANNALI  
2226

Fax: 9528 2633

Website: [www.ssfs.org.au](http://www.ssfs.org.au)

Provides a broad range of innovative and professional services to families living in the Sutherland shire including: Family support, Aboriginal Family Support, Youth & Family Support, Child Care, Domestic Violence Specialist Services & Financial Management program.

Self referral or community referral

Free service  
Clients: Children, Youth and Adults  
Service type: Individual, couple, family and group  
Parenting programs  
DV support groups  
Programs for children (targeted)

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Shire Wide Youth Services

91A Kiara Rd

**Ph: 9525 7919**

MIRANDA  
2228

Fax: 9525 1991

Website: [www.shirewideyouth.org.au](http://www.shirewideyouth.org.au)

Provides information and support for 12-24 year olds in areas such as D & A, sexual health, family parenting issues etc. Outreach services outside office hours, medium to long term accomodation. Court support. Mental health. Activities

Drop in, self referral or otherwise

Free service  
Clients: Youth only  
Service type: Individual and group

### Shire Wide Youth Services

34-42 Allison Cres

**Ph: 9525 7919**

MENAI  
2234

Fax: 9525 1991

Website: [www.shirewideyouth.org.au](http://www.shirewideyouth.org.au)

Drop in. Self referral or otherwise

Free service  
Clients: Youth only  
Service type: Individual and group

### Shire Wide Youth Services

Captain Cook Dr

**Ph: 9525 7919**

KURNELL  
2231

Fax: 9525 1991

Website: [www.shirewideyouth.org.au](http://www.shirewideyouth.org.au)

Provides information and support for 12-24 year olds in areas such as D & A, sexual health, family parenting issues etc. Outreach services outside office hours, medium to long term accomodation. Court support, Mental Health. Activities.

Drop in, self referral or otherwise

Free service  
Clients: Youth only  
Service type: Individual and group

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Ostara Pra

Level 2, Suite 205  
304-318 Kingsway

**Ph: 9690 8940**

Mental Health Specialist  
Disability Employment Service

Self referral

Free service  
Clients: Youth and Adults  
Service type: Individual

CARINGBAH  
2229

Fax: 9531 7612

Website:

### Aftercare: FACES program

The Arbour  
Building 135  
Wharf Rd  
Former Rozelle Hospital  
Campus

**Ph: 9700 4018**

Aftercare's FACES program provides training, education, advocacy and emotional support to the families and carers of people who are living with mental illness. We provide these services both one to one, and within group settings.

Self, family and friends, acute mental health care teams, GPs

Free service  
Clients: Adults only  
Service type: Individual, couple, family and group

LILYFIELD  
2040

Fax: 9700 4099

Website: [www.aftercare.com.au](http://www.aftercare.com.au)

### Sutherland Early Support Service

Community Health  
Caringbah  
Sutherland Hospital  
Kingsway

**Ph: 9525 3930**

Early intervention volunteer home visiting program to support mothers with new babies. Trained volunteers are carefully selected and supervised by professional co-ordinators to visit families in their own homes. Work with multiple birth, health issues for mum or baby and anxiety and disability

Referral by health or welfare professionals

Free service  
Clients: Children and adults  
Service type: Family  
Our rooms are based in Possum Cotage at Sutherland Hospital. Phone to discuss referral and waiting list at times our service is over subscribed

CARINGBAH  
2229

Fax: 9525 3936

Website: [sutherlandearlysupportservice.org](http://sutherlandearlysupportservice.org)

# Non-clinical

## Description of Services

## How clients access service

## Other useful information

### Buckingham House

45 Buckingham St

**Ph: 9690 8983**

Psychosocial Rehabilitation. Structured activity program, life skill development, work skills, leisure, personal development, participation and belonging.

Self referral or by health professional

Free service  
Clients: Adults only  
Service type: Individual and group

SURRY HILLS  
2010

Fax: 8399 2313

Website: [www.pra.org.au](http://www.pra.org.au)

### Break Thru People Solutions

Level 1, 564 Princes Hwy

**Ph: 9505 8400**

Disability Employment provider

Self referral  
Centrelink referral

Free service  
Clients: Youth and adults  
Service type: Individual and couple  
Must be registered with Centrelink

ROCKDALE  
2216

Fax: 9567 9346

Website: [BREAKTHRU.ORG.AU](http://BREAKTHRU.ORG.AU)

### Camp Kookaburra Inc

P O Box 681

**Ph: 408402591**

Support program for children 8-16 years who live in a family affected by Mental illness. We provide FREE weekend camp and other activities that are safe, healthy, positive and fun.

School counsellors, GPs,Self, Hospital, Police

Free Service  
Clients: Children and Youth  
Service type: Group

GYMEA  
2227

Fax: 8203 1931

Website: [www.campkookaburra.org.au](http://www.campkookaburra.org.au)