










Child and Youth Mental Health Services in the Northern Sydney Area

Online & Phone Counselling		
Service	Contact Details	Services Provided
<p>eheadspace</p> 	<p>1800 650 890 (9am to 1am/ 7 Days a week AEST) eheadspace.org.au</p>	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>
<p>Kids Helpline</p> 	<p>1800 551 800 kidshelpline.com.au</p>	<p>Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.</p>
<p>Beyond Blue Youth</p> 	<p>1300 22 44 36 (24 hours/ 7 Days a week) youthbeyondblue.com</p>	<p>Beyond Blue offers free telephone and online support and counselling with a trained mental health profession.</p>
<p>Lifeline</p> 	<p>13 11 14 (24 hours/ 7 Days a week) lifeline.org.au</p>	<p>Lifeline provides all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.</p>

Mental Health Intervention & Support		
Service	Contact Details	Service Provided
<p>Headspace</p> <p><i>Low Level Intervention</i></p> 	<p>Brookvale headspace 02 9937 6500</p> <p>Chatswood headspace 02 8021 3668</p>	<p>headspace deliver early intervention mental health, drug and alcohol, sexual health and employment services for young people in a youth friendly environment.</p> <p>For young people with <u>mild to moderate</u> mental health conditions</p>
<p>YESS</p> <p><i>Moderate Level Intervention</i></p>  	<p>1800 YESS PM (1800 937 776)</p> <p>E. yess@parramattamission.org.au</p>	<p>YESS is a mental health outreach service for 12 – 25 year-olds who have, or are at risk of developing, a serious mental illness. YESS is an early intervention program and services can include a combination of psychological intervention, case management, peer work, psychiatry support and family intervention.</p> <p>For young people with <u>moderate to severe</u> mental health conditions. It is a service for young people who may require more support than what headspace can provide and for those who do not meet the criteria for the local Child & Youth Mental Health Services (CYMHS).</p>
<p>Child and Youth Mental Health Service (CYMHS)</p> <p><i>High Level Intervention</i></p>  	<p>Hornsby Ku-ring-gai 02 9485 6155</p> <p>Northern Beaches 02 9388 5150</p> <p>Lower North Shore 02 9462 9222</p> <p>Ryde 02 9448 6877</p>	<p>The NSLHD Child and Youth Mental Health Services (CYMHS) provide specialist mental health assessment and intervention to children and young people experiencing significant emotional, behavioural or mental health difficulties.</p> <p>For children and young people with <u>moderate to severe</u> mental health conditions.</p>

Support Services

Service Name	Contact Details	Services/Focus
Mental Health Line 	1800 011 511 (24 hours/ 7 Days a week)	Provides professional help and advice and referrals to local mental health services for children, teens, adults and older people
Family Referral Service 	1800 066 757 (8am– 6pm Monday to Friday excluding PH) familyreferralservice.com.au	Linking families with the most appropriate service or supports for their individual needs
Butterfly Foundation 	1800 33 4673 butterfly.org.au	Provides information and support for eating disorders and body image issues
Sydney Drug Education and Counselling Centre 	North Shore Service 02 9977 0711 Northern Beaches Service 02 9977 0711 www.sdecc.org.au	Provides free counselling and support for young people aged 12-25 with problematic alcohol and other drugs use (AOD)
Domestic Violence Line 	1800RESPECT (1800 656 463) www.1800respect.org.au	1800RESPECT is the national sexual assault, domestic and family violence counselling service
Taldumande 	02 9460 3777 www.taldumande.org.au	Youth Service offering homelessness services and crisis support accommodation
Twenty 10 incorporating Gay & Lesbian Counselling Services of NSW 	02 8594 9555 www.twenty10.org.au	Providing a broad range of specialised services for gender diverse (LGBTIQ+) young people aged 12-25 including housing, mental health, counselling and social support.
Be You 	https://beyou.edu.au/ Contact for Critical Incidents Be You NSW State Manager 0475 838 049	Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health. Be You also offers support to schools following a critical incident (includes responding to or recovering from a suicide or attempted suicide).
Local General Practitioner (GP)	Local GP's can make referrals to a Mental Health Clinician (i.e. Social Worker, Psychologist, Occupational Therapist) under a Mental Health Care Plan. Under the Mental Health Care plan, you can be entitled to Medicare rebates for up to 10 individual and 10 group appointments within a calendar year.	

In emergency situations ring 000

School-Link: How can we help?

School-Link provides a platform for collaboration where mental health professionals and educators work in partnership with children, young people and their families to achieve optimal mental health and remain engaged in education.

School-Link Services Available

- ◆ Consultation on referral pathways for children, young people and their families
- ◆ Linking Health Services and Education Staff to work together
- ◆ Information on evidence based preventions and early intervention programs and initiatives
- ◆ Access to education, training and professional development on current mental health topics



Contact Details:

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