

Mental Health Booklet



A Resource developed by Lithgow Information
& Neighbourhood Centre Limited

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Aboriginal Liaison Officer

Social & Emotional Wellbeing support for the Aboriginal Community.

Information & Referral

Contact: Sonia

Monday - Friday

Located: Community Health Centre, Col Drewe Drive, Bowenfels 2790

Phone: 6350 2750 or 0413 005 324

New Referrals: 1800 222 608

Free Phone Apps

Black Dog Institute



This mobile phone app supports Australian adults to measure, monitor and manage factors that may influence mental health such as anxiety and depression.

Smiling Mind



This app takes users through a mindfulness meditation to help reduce anxiety and depression.

ReachOut Breathe



This app helps slow down users heart rate with breathing techniques which lowers physical stress and anxiety

Mental Health First Aid



This app provides mental health resources for members of the public.

Headspace



This app provides support in healthy thinking. This mobile phone app supports Australian adults to measure, monitor and manage factors that may influence mental health s

Mental Health Services - Lithgow

Lithgow Community Mental Health Team (Rose Cottage)

Service available Monday - Friday during business hours

Age range: 18 - older adults who are not experiencing age related illness or disability

The Lithgow Community Mental Health Team is a multi disciplinary community-based team that provides a range of mental health services for people ages 18 years and older. This may include mental health interventions, psychosocial interventions, education and information.

Address: Rose Cottage, 15-17 Hassan St, Lithgow

Phone: (02) 6354 0600 (for people already receiving the service)

New Referrals: 1800 011 511

Blue Mountains Older Persons Community Team

Service available Mon-Fri 8:30 - 5pm

Mental Health services for people with mental illness over the age of 65, with significant functional impairment from co-morbid ageing impairment. Service is available for people over 50 who are

Aboriginal or Torres Straight Islander

Phone: 4734 4720 (for people already in the service)

New Referrals: 1800 011 511

For family members and carers

Family and Carer Mental Health Support Group

A support group for family and friends of someone experiencing mental illness.

Meeting held: 4th Thursday/month, 1pm - 3pm

Address: Lithgow Library (upstairs meeting room), 157 Main Street, Lithgow

Mental Health Services - Lithgow

continued

Child and Youth Mental Health Service

Outreach services provided as required

Age range: primary school-aged to 25

Assessment and Therapy team, Assertive Response Outreach team, Early Psychosis Intervention, School link.

Services provided include various mental health assessments and therapeutic interventions and psychiatric services.

Referrals are made via the Access Team (Blue Mountains) 1800 011 511

Lithgow Hospital Consultation Liaison Service

Clinical Nurse Consultant Services available 7 days a week, available during business hours.

The role covers the emergency department, Safe start, and outpatients.

Service provides comprehensive mental health assessment and referral to other services for follow up.

Located within Lithgow Hospital

Lithgow Information and Neighbourhood Centre (LINC)

LINC provides support & community development services to the Lithgow LGA and ALSO Adolescent Family Counselling; specialist help with relationships /mental / emotional wellbeing for young people and their families aged 11-17 years (10:30-6:00pm, 3 days a week)

Address: 1 Padley St, PO Box 289, Lithgow, NSW, 2790

Phone: 6352 2077

Mental Health Services - Lithgow

continued

After Care

Housing Accommodation and Support Service Initiative (HASI) and Personal Helpers and Mentors Service (PHaMS).

Age range: People aged over 18 years old.

Services provided aim to increase opportunities for recovery for people whose lives are severely affected by mental illness. It provides a strengths-based, recovery approach for people whose ability to manage their daily activities and to live independently in the community is impacted because of a severe mental illness.

Phone: (02) 6350 0100

Address: 40 Main St, Lithgow

For Family members and carers

Family & Carer Mental Health Program

Individual support for family members and carers of someone experiencing mental health issues.

A range of workshops for family members and carers delivered in Lithgow, including Communication for carers, Managing Stress and Increasing Resilience, and Mental Health First Aid.

Phone: (02) 8599 4880

Email. fcmhinfo@unitingrecovery.org.au

Mental Health Carer Respite Service

Commonwealth Respite and Carelink Centre

Phone: 1800 052 222

Mental Health Services - Lithgow

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Dianella Cottage

Dianella Cottage is a non-residential drug and alcohol service for women. It is a harm minimization service which provides non-judgmental support for women with coexisting drug, alcohol and mental health issues including Post-Traumatic Stress Disorder and complex trauma.

Groups operating in Lithgow in 2017 include:

SMART Recovery for Women, Emotional Roller Derby Dialectical Behavior Therapy (DBT) Skills Group, Recovery Skills Women Choice & Change Recovery and Relationships Program.

Phone: (02) 4782 9265

Address: 2 Roy St, Lithgow

Lithgow Community Projects

Crisis centre: 9am - 8pm Monday - Friday,

Saturday 8:30am - 1pm.

All other services: Mon - Fri 9 - 5pm.

Full age spectrum covered through the various programs offered.

Housing and homelessness service that offers the following programs:

Lithgow Women and Children escaping domestic violence), Youth-works, Tenancy support project, Lithgow Community Projects Homelessness services, Counselling

Phone: 1800 664 996

Address: 28 Main St, Lithgow

Suicide Call Back Service

The Suicide Call Back Service offers two types of counselling support

Thoughts of Suicide?

Worried about someone?

Bereaved by suicide?

Supporting suicidal clients?

Immediate Support: The Suicide Call Back Service offers counselling, referral and advice around the clock.

- Available to anyone who is feeling suicidal, worried about someone at risk of suicide.
- For the cost of a local call*, the Suicide Call Back Service offers professional and anonymous support, no matter where you are in Australia.

Ongoing Support: The Suicide Call Back Service provides callers who are impacted by suicide and not already receiving professional support, with up to six 50 minute telephone or online counselling sessions with the same counsellor.

Professionals who are seeking support can access up to two sessions with the same counsellor.

**Cost of a local call from a landline, call costs higher for mobiles*

If you are affected by suicide contact the professional counsellors at the Suicide Call Back Service to receive support Phone: **1300 659 467**

Visit us online: suicidecallbackservice.org.au

- Professional online counselling and support
- Grief and loss support program for people bereaved by suicide
- Download tip sheets on a wide range of topics

Helpful Numbers:

Police, Fire & Ambulance:

call 000 in life threatening situations.

Suicide call back service

call 1300 659 467 for Suicide Bereavement assistance

Mental Health Line

call 1800 011 511 for 24 hour telephone support across NSW staffed by mental health clinicians for people with a mental health issue, their families and carers.

Beyond Blue

call 1300224636 for information and support for people with mental health issues. call 1800 551 800 24 hour advice line for children.

Kids Helpline

call 1800 551 800 24 hour advice line for children.

MensLine Australia

call 1300 789978 for support for men

LINC – Lithgow Information & Neighbourhood Centre

call 6352 2077 9am-5pm Mon-Fri.

Partners in Recovery

www.mentalhealthhelp.com.au

<http://www.mentalhealthhelp.com.au/resources/>

<http://www.nbmphn.com.au/Resources/Programs-Services/After-Hours/After-Hours-Pharmacies-and-Medical-Lithgow.aspx>

Helpful Numbers:

Lifeline

13 11 14 - Crisis Support Line

<https://www.lifeline.org.au/>

Lifeline Tool Kit (downloadable) - for carers of a person with mental health issues

<https://www.lifeline.org.au/get-help/self-help-tools>

planning tools to help you cope with emotions or difficult situations, strategies for staying calm and safe when you're feeling overwhelmed or remind you of things or people that may help you gain control or feel better

Reachout Australia

Practical tools and support to help young people get through everything from everyday issues to tough times

<https://au.reachout.com/tough-times/mental-health-issues>

Who we are

Neighbourhood Centres are here to help. We have many services on the premises such as an Adolescent & Family Counsellor, a community development worker, Communities & Kids who offer support to families with young children, disability services and aged care services. We can also connect you to information and make referrals to make life easier.

- Remember the free phone apps; Smiling Mind, ReachOut Breathe, Headspace, Mental Health First Aid and Black Dog Institute.
- Lifeline Crisis Support Line: 13 11 14 www.lifeline.org.au

Contact Us

We are located on the corner of Railway Parade and Padley Street.

1 Padley Street, Lithgow

Phone: 02 63522077

Email: linc@linc.org.au



Lithgow Information
and Neighbourhood Centre