

Looking for local mental health information...



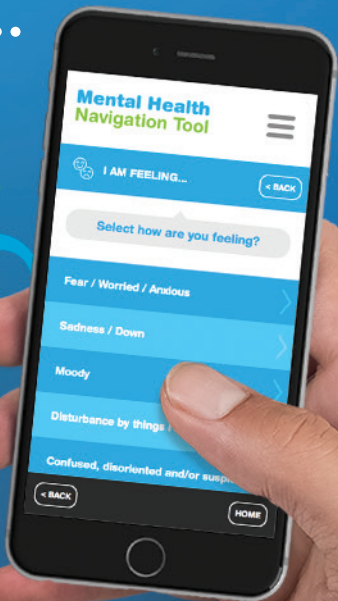
Introducing the

Mental Health Navigation Tool

The Nepean Blue Mountains Mental Health Navigation Tool is a simple and friendly online platform that provides general mental health advice and localised information on mental health services, supports, advocacy and programs in the Penrith, Blue Mountains, Hawkesbury and Lithgow Local Government Areas. Created in collaboration with mental health consumers, carers and the community, the navigation tool can be accessed as a website and an app on smartphones and tablets.

The tool aims to be simple, so you can find the appropriate programs, services and supports for all your mental health needs within five clicks.

Visit mentalhealthhelp.com.au on your smartphone, tablet or desktop to find the help you need.



www.mentalhealthhelp.com.au

Blue Mountains | Hawkesbury | Lithgow | Penrith

Mental Health Wellness Libraries

Looking for information about mental health and wellness?

Mental Health Wellness Libraries have been established across the Nepean Blue Mountains region to provide information on mental health wellness and recovery.

The libraries are located in community centres and mental health services in Penrith, Lithgow, Blue Mountains and the Hawkesbury. Anyone using their services are encouraged to borrow items that may help them.

The libraries will have a selection of books, pamphlets, fact sheets and DVDs available on mental health conditions, mental health wellbeing and recovery.

Resources have been provided by peak mental health organisations such as Beyond Blue, Lifeline and Sane.

Mental Health Wellness Library locations:

Community Services

- Blue Mountains City Council Library
- Cranebrook Neighbourhood Centre
- Headspace Penrith
- Koolyangarra Neighbourhood Centre, Cranebrook
- Lawson Neighbourhood Centre
- Lithgow Library
- South Penrith Neighbourhood Centre
- Vale Street, Katoomba Neighbourhood Centre
- Werrington-Impingar Neighbourhood Centre
- WestClub, Penrith
- Youth Hub Neighbourhood Centre, Glenmore Park

Mental Health Services

- Acute Inpatient Unit Nepean Hospital
- Anxiety Disorders Clinic Nepean Hospital
- Clozapine Clinic Nepean Hospital
- Hawkesbury Community Mental Health
- High Dependency Unit (HDU)
- Katoomba Inpatient Unit Blue Mountains Hospital
- Penrith Community Mental Health
- Plains Access Team Nepean Hospital
- Psychiatric Emergency Care Centre (PECC)
- Specialist Mental Health Services for Older People (SMHSOP) Nepean Hospital
- SMHSOP Community Mental Health
- Springwood Community Mental Health
- St John of God Health Care Outpatient Unit, Richmond
- St Mary's Community Mental Health