

This is a directory of services for people with a mental illness. If you require the assistance of an interpreter, contact the Telephone Interpreter Services on 131 450.

Ова е именик за луѓе кои имаат ментална болест и нивните семејства. Доколку имате потреба од преведувач, ве молиме да се јавите на телефонската преведувачка служба на 13 14 50.

هذا دليل معلومات للأشخاص الذين يعانون من أمراض عقلية ولعائلاتهم. للمساعدة باللغة العربية يرجى الاتصال بخدمة الترجمة على الرقم 131 450.

精神病患者及其家人指南, 如果你需要傳譯員的幫助, 請電 131 450 請求語言協助

Questo è un direttori di servizi per le persone mentalmente incapaci

Se volete la assistenza di un interprete potete rivolgervi al Telephone Interpreter Service sul 131450.

Αυτος είναι ένας καταλογος με υπηρεσιες για ανθρωπους που υποφερουν απο ψυχικες αρρωστιες. Εαν χρειαζεστε διερμηνεα τηλεφωνηστε στην υπηρεσια διερμηνεων στον αριθμο 13 14 50.



Hurstville City Council



ST GEORGE AND SUTHERLAND SHIRE

SERVICES DIRECTORY

For People with a Mental Illness and their families

January 2005

About this directory

This directory has been developed by the Outreach Section of St George College, TAFE NSW, in consultation with Rockdale Mental Health and the Psychnest Network, to assist People with a mental illness who reside in the St George District and Sutherland Shire to access the services available to them. It also includes advice on support groups for the relatives or friends of people with a mental disorder. Thanks go to Hurstville City Council for taking on the project of keeping the directory updated.

World Network of Users and Survivors of Psychiatry
www.unusd.org

National Resource Centre for Consumer Participation in Health
www.participateinhealth.org

Sara Clarke, Consumer Consultant, Mental Health
www.labyrinth.net.au/~sclarke

Mental Health Consumer Initiative
www.lightband.com/~mhci

Consumers and carers Participation
www.mhca.com.au

Allan Pinches website
www.alphalink.com.au/~alpin/

The lunatics Liberation Front
www.walnet.org (USA)

Building Blocks 110
<http://ats.com.au/~bbcncab/>

The Madness Group (lots of separate lists)
www.peoplewho.net/madness/index.html

People who
www.peoplewho.net

Some Mental Health Information

Relevant Websites

Full of motivational stuff, practical ideas for reducing smoking, getting a life + interviews with people who got their life together and still have a mental illness.

www.mindbodylife.com.au

Quality consumer health information on all health issues

www.healthinsite.gov.au

Australia Mental Health Consumer Network

www.amhon.com.au

Mental Health Association NSW info. Lots of helpful information

www.mentalhealth.org.au

National Mental Health Consumer's Self Help Cleaning House

[www.mhselfhelp.org_\(USA\)](http://www.mhselfhelp.org_(USA))

Madnation

www.madnation.cc/building.html

Mental Health Consumers Organisation

www.mentalhealthconsumers.org

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Women's Services

The Women's Centre

Counselling and therapy for women. Provides individual counselling for childhood sexual assault, drug and alcohol abuse, depression, domestic violence and grief. Support groups for domestic violence and post natal depression. Interpreter is available for Arabic speaking clients. Gambling counselling provided.

Contact: Coordinator
Phone: 9718 1955
Fax: 9718 7072
Hours: Mon-Fri: 9.00am-5.00pm
Location: Carrington Square
CAMPSIE NSW 2194
Referral: Self
Languages: Arabic (3 days a week)
Alternative: Southern Sydney Women's Therapy Names:
Centre Inc.
Fees: No

Women's Information and Referral Centre

Provides information and referral service for women.

Phone: 1800 817 227
Fees: No

Accommodation

St Francis House

St George Area

Specifically for people with mental illness.

Contact: Sister Pauline
Phone: 9585 2845 (An answering machine will record your message and you will be contacted promptly)
Location: Group houses located throughout St George area
Fees: Portion of income to contribute to rent, bills and food

Help at Hand

Hurstville

Seeks to assist those who are homeless or at imminent risk of homelessness in the St George and Sutherland area.

Phone: 9570 6337
Fax: 9570 7174
Mail: PO Box 476
ROCKDALE NSW 2216
Email: brokerage@stgeorgeyouth.org
Web: www.stgeorgeyouth.org

Aged Services

Community Rehabilitation and Geriatric Service (CRAGS)

Comprehensive psychiatric, occupational and psychosocial assessment for the aged. Therapy, counselling, case management, care coordination and advocacy. Information about special groups, respite care and accommodation.

Phone: 9553 3000
Fax: 9553 3048
Location: 91-111 Rocky Point Road
(cnr Fitzgerald Ave)
KOGARAH NSW 2217
Mail: Calvary Hospital
PO Box 261
KOGARAH NSW 2217

Southcare—Aged and Extended Care

Comprehensive psychiatric, occupational and psychosocial assessment for the aged. Therapy, counselling, case management, care coordination and advocacy. Information about social groups, respite care and accommodation.

Phone: 9540 7175
Fax: 9540 7869
Location: Sutherland Hospital
126 Kareena Road
MIRANDA NSW 2228

Women's Services

Caringbah Women's Health & Information Centre

Health information & referral. Monthly pap-smear clinic, monthly seminars, counselling, massage therapist, over 55's social group, carers' social group, general support, pregnancy testing, meditation courses, natural therapist/nutritionist.

Contact: Coordinator
Phone: 9525 2058
Fax: 9525 2058
Hours: Mon-Fri: 9.30am-5.00pm
Location: 346A Kingsway
CARINGBAH NSW 2229
Fees: No

Sylvania Community Health Service

Domestic violence counselling for women who have experienced domestic violence and live in the Sutherland Shire.

Contact: Intake Officer
Phone: 9522 1000
Hours: Mon-Fri: 8.30am-5.00pm
Location: 29 Sylvania Rd
SYLVANIA NSW 2224
Fees: No

Surviving Abuse

Southern Sydney Sexual Assault Service

Adult service which provides advocacy, crisis intervention, medical assessments, counselling and support as well as court preparation. 24 hour crisis service.

Phone: 9350 2494 or for crisis 9350 1111
Fax: 9350 2206
Hours: Mon-Fri: 8.30am-5.00pm & 24 hr crisis
service for adults who have been raped
in the last 7 days
Location: 4th floor, Pritchard Wing,
St George Hospital
Gray St
KOGARAH NSW 2217
Mail: Southern Sydney Sexual Assault Service
St George Hospital
Gray St
KOGARAH NSW 2217
Eligibility: Adults over 16 yrs-men & women
Languages: Interpreters
Fees: No

Alternative Therapies

Caringbah Women's Health & Information Centre

Health information & referral. Monthly pap-smear clinic, monthly seminars, counselling, massage therapist, over 55's social group, carers' social group, general support, pregnancy testing, mediation courses, natural therapist/nutritionist.

Contact: Coordinator
Phone: 9525 2058
Fax: 9525 2058
Hours: Mon-Fri: 9.30am-5.00pm
Location: 346A Kingsway
CARINGBAH NSW 2229
Fees: No

Share Health Education Courses

A variety of courses for stress relief, assertiveness, confidence and health.

Phone: 9533 4422
Location: 64 Stanley Street
PEAKHURST NSW 2210
Fees: Small fee for courses

Alternative Therapies

Calvary Holistic Healing Centre

A multi-disciplinary team of therapists offer a range of complementary therapies including massage, reflexology, aromatherapy, Bowen technique and meditation. The centre also offers Chinese herbal remedies, weekend retreats and counselling.

Contact: Self Referral
Phone: 9553 3085
Fax: 9553 3026
Hours: Mon-Fri: 9.00am-6.00pm
Sat: 9.00am-1.00pm
Location: 52 Ercildoune Ave
KOGARAH NSW 2217
Mail: PO Box 261
KOGARAH NSW 2217
Fees: Yes, but some funds may be covered by private health funds

Surviving Abuse

Child Sexual Assault Service-Riverwood Community Centre

Short to long term play therapy and counselling for children and young people up to 18 years of age who have experienced child sexual assault. Support is also given to non-offending family members. Court support and court preparation.

Contact: Child Sexual Assault Counsellors
Phone: 9584 2811
Fax: 9584 9739
Hours: Mon-Fri: 9.00am-5.00pm
Location: 151 Belmore Rd North
RIVERWOOD NSW 2210
Mail: PO Box 155
RIVERWOOD NSW 2210
Fees; No

Social, Leisure, Recreational Services

Riverwood Lunch & Leisure

Sport, picnics and other leisure activities specifically for people with mental health issues.

Contact: Shaun: 9750 3590 or Sue: 0437 972 366

Hours: Mon: 2.00pm-4.00pm

Wed: from 12.00pm

Location: St Andrew's Anglican Church Hall

9 Littleton St

RIVERWOOD NSW 2210

Fees: Mon: 50 cents-\$1, Wed: \$1 for BBQ

Occasional activity cost

Sutherland Leisure Centre

Water Aerobics classes for people receiving a pension. (other classes are also available).

Contact: Dayna at Rockdale Mental Health

Phone: 9567 6500

Hours: Timetable available from Sutherland Leisure

Centre on 9545 2400

Location: Sutherland Leisure Centre

Rawson St

SUTHERLAND NSW 2232

Fees: \$5.80 to swim all day as well

Child, Adolescent & Family Services

Boys' Town

Engadine

Please refer to the entry on page 4.

Bridge Youth Refuge Sutherland

Crisis accommodation for 16 & 17 year olds. Teaches living skills for residents, crisis counselling for young people, referral to other specialist services. Case management.

Contact: Youth Worker

Phone: 9521 6182

Fax: 9545 4311

Hours: 24 hours a day, 7 days a week

Mail: PO Box 288

SUTHERLAND NSW 1499

Eligibility: From 16-17 years. Homeless young people

Fees: Board payable, 25% of income

Email: bridge@zip.com.au

Centacare Catholic Community Services

Marriage/family/personal counselling, mediation services.

Contact: Receptionist

Phone: 9545 1544

Fax: 9545 1401

Hours: Mon-Fri: 9.00am-5.00pm

Location: Suite 1, Level 4, Endeavour House

3-5 Stapleton Ave

SUTHERLAND NSW 2232

Mail: PO Box 6

SUTHERLAND NSW 1499

Eligibility: Subject to mandate services agreement

Fees: Yes

Child, Adolescent & Family Services

Engadine Community Health Centre

Child & Adolescent Services. Drug and alcohol services, all referrals go through Sylvania Community Health Centre on 9522 1000.

Phone: 9520 4644
Location: 116D Caldarra Ave
ENGADINE NSW 2233

Global Tribe Youth Services

Various events are held throughout the year with a primary focus on Student Leadership Development and Life Skills. Contact the office for a schedule of events. Information, referral and a range of counselling services (crisis, divorce recovery, eating disorders, adolescent) for teenagers are also available. Contact during office hours for details.

Phone: 9521 2933
Fax: 9542 3212
Location: 7 Stapleton Ave
SUTHERLAND NSW 2232
Hours: Tue-Fri: 9.00am-5.00pm
Eligibility: From 11 to 25 years
Fees: Variable
Email: elliec@shirecc.com.au

Social, Leisure, Recreational Services

Kogarah Storehouse Social Club

Sport, picnics and other leisure activities specifically for people with mental health issues.

Contact: Dayna Parker-Rockdale Mental Health
Phone: 9567 6500
Hours: Tuesdays from 12.30pm-4.00pm
Location: Kogarah Uniting Church, 16 Gray St
KOGARAH NSW 2217
Fees: 25 cents for coffee & occasional activity charges

Mental Health Sports Association

Affordable local sports options & competition specifically for people with mental health issues.

Contact: Dayna Parker-Rockdale Mental Health
Phone: 9567 6500 for a program
Hours: Once a month
Location: Various locations
Fees: Membership \$10 per year

Pasley House

“Drop By” social group specifically for people with mental health issues.

Contact: Kylie, Jenny or Elizabeth
Phone: 9579 6322
Hours: Thus: 2.00pm-4.00pm
Location: Pasley House, 63 Pitt St
MORTDALE NSW 2223
Fees: Occasional activity costs

Social, Leisure, Recreational Services

Como Social and Leisure Centre

Recreational club for people who have or are experiencing mental health issues. Joint project of St Vincent de Paul and Sutherland Mental Health Service. All people experiencing a mental illness are welcome. Centre located at 6-8 Taplan St, Como.

Hours: Mon, Wed, Fri: 9.30am-2.30pm
Eligibility: From 18 years
Location: C/ St Vincent de Paul Society,
710 Princes Hwy
SUTHERLAND NSW 2232
Contact: Paul 9528 4963, Cathy 9545 1251
Pam 9540 7800

Fellowship & friendship Group

Games, art, pool, table tennis & other social activities. People with mental health issues are welcome to join in.

Contact: Rev. Bill Thomas on 9718 2601
Hours: Last Saturday of the month
7.00pm-9.00pm
Location: Campsie Friendship Centre, 36 Evaline St
CAMPSIE NSW 2194
Fees: No

Child, Adolescent & Family Services

JPET **Campsie**

The Job Placement, Employment and Training (JPET) program is aimed at assisting students and unemployed young people aged 15-21 years (with priority to be given to those aged 15-19), who are homeless or at risk of becoming homeless.

Contact: James or Dijana
Phone: 9718 8544
Hours: Mon-Fri: 9.00am-5.00pm
Location: 17 Bay St
ROCKDALE NSW 2216
Referral: Usually through Centrelink

Reconnect **Sutherland**

Early intervention youth and family support service for youth 12-18 years, targeting culturally and linguistically diverse backgrounds. Provide case management, counselling, mediation, outreach, advocacy, workshops, bilingual assistance.

Phone: 9542 5699
Location: 33 Belmont St
SUTHERLAND NSW 2232

Child, Adolescent & Family Services

Southern Community Welfare Inc

Provides professional, innovative, strictly confidential and therapeutic services to families and individuals, including counselling. Assists people with the skills and tools they need to face everyday life.

Phone: 9545 0299
Fax: 9521 6252
Location: 2-4 Tea Gardens Ave
KIRRAWEE NSW 2232
Fees: On a sliding scale
Web: www.southerncommunitywelfare.org.au

St George Child, Youth & Family Services

Assessment, treatment, family therapy, child and adolescent counselling. Education groups for families. Information and referral service. Clients can be seen also at Hurstville and Rockdale Community Health Centres.

Contact: Intake Officer
Phone: 9567 6500
Fax: 9597 4756
Hours: Mon-Fri: 9.00am-4.00pm
Location: Peakhurst Community Health Centre
64 Stanley St
PEAKHURST NSW 2210
Intake Through: Rockdale Mental Health Centre
21-25 King St
ROCKDALE NSW 2216
Fees; No

Self Help and Support Groups

Serenity NSW Inc (Hurstville Support Group)

Support/self help group.

Phone: 9587 1908
Meetings: 10.30am-12.30pm on third Saturday of every month
Venue: Hurstville Uniting Church, 22 The Avenue
HURSTVILLE NSW 2220
Fees: No

Serenity NSW Inc (Sutherland Support Group)

Support/self help group.

Contact: Ray Brookes
Phone: 9740 9530
Meetings: 11.00am on second Saturday of every month
Venue: 7 East St
SUTHERLAND NSW 2232
Fees: No

Sutherland Shire Family Support Service

Centre based family support service with outreach, family workers, group work, support groups for parents.

Phone: 9528 2933 or 9528 2633
Hours: Mon-Fri: 9.00am-4.00pm
Location: 90 Soldiers Rd
JANNALI NSW 2226
Eligibility: Any family having dependent young children
Referral: Self or other agency
Fees: No
Email: shiefam@ihug.com.au

Self Help and Support Groups

Serenity NSW Inc (Campsie Support Group)

Support/self help group.

Contact: Ray Brookes
Phone: 9740 9530
Meetings: 11.00am on first Saturday of the month
Venue: Campsie Library, 14-28 Amy St
CAMPSIE NSW 2194
Mail: C/ PO Box 707
CAMPSIE NSW 2194
Fees: No

Serenity NSW Inc (Caringbah Support Group)

Support/self help group currently meets monthly at Caringbah.

Phone: 9740 9539
Fax: 9740 0539
Mail: C/ PO Box 707
CAMPSIE NSW 2194
Fees: No

Child, Adolescent & Family Services

Sutherland Adolescent & Family Counselling Service

Therapy for adolescents & their families in situations where there is a danger of the young person leaving home prematurely or where this has already occurred.

Contact: Adolescent Family Counsellor
Phone: 9521 5130
Fax: 9545 4311
Hours: 9.00am-5.00pm or after hours by appointment
Mail: PO Box 288
SUTHERLAND NSW 2232
Referral: Phone for appointment
Fees: No

Sutherland Shire Family Support Service

Centre-based family support service with Outreach, family workers, group work, support groups for parents.

Contact: Coordinator
Phone: 9528 2933
Fax: 9528 2633
Hours: Mon-Fri: 9.00am-4.00pm
Location: 90 Soldiers Rd
JANNALI NSW 2226
Eligibility: Any family having dependent young children
Referral: Self or other agency
Fees: No
Email: shiefam@ihug.com.au

Child, Adolescent & Family Services

Sylvania Child, Youth and Family Team

Comprehensive counselling and therapy services for children, adolescents and parents.

Contact: Intake Officer
Phone: 9522 1000
Fax: 9544 7662
Hours: Mon-Fri: 8.30am-5.00pm
Location: Sylvania Community Health Centre
29 Sylvania Rd
SYLVANIA NSW 2224
Fees: No

Youthzone Hurstville

Information and referral service for 12-24 year olds.
Youthzone also runs various youth events, groups and fun activities for young people.

Contact: Sam Kendal
Phone: 9580 8008
Hours: Mon-Fri: 9.00am-5.00pm
Location: 143 Forest Rd
HURSTVILLE NSW 2220
Web: www.youthzone.stgeorgeonline.com.au

Self Help and Support Groups

Grow Miranda

Provides support for solving problems and coping with mental illness.

Phone: 9569 5566
Hours: Monday from 7.30pm
Location: Miranda Community Centre
Cnr Kiora Rd & Karimbla St
MIRANDA NSW 2228
Fees: No, manual approx \$12 to purchase

Grow Rockdale

Provides support for solving problems and coping with mental illness.

Phone: 9569 5566
Hours: Wednesday: 10.30am-12.30pm
Location: Rockdale Community Aid & Info Centre
429 Princes Hwy
ROCKDALE NSW 2216
Fees: No, manual approx \$12 to purchase

Obsessive Compulsive Disorder Support Groups

Provides support, education & information to sufferers of OCD as well as their families & friends.

Free call: 1800 626 055 or
Phone: 9570 4519

Self Help and Support Groups

Anxiety, Panic & Agoraphobia Support Group Information Line

Infoline provides details of mutual support groups which meet regularly at Bankstown, Campsie, Gladesville, Penrith, Albury, St George, Bondi Junction, Glebe, South Sydney, Cronulla, Neutral Bay, Campbelltown, Newcastle, Leichhardt.

Phone: 1902 261 534
Mail: C/ PO Box 707
CAMPSIE NSW 2194
Fees: No

Association of Relatives & Friends of the Mentally Ill (ARAFMI) NSW Inc-Cronulla Support Group

Support group for relatives or friends of people with a mental disorder.

Phone: 9887 5897 (ARAFMI NSW)
Mail: C/ ARAFMI NSW
PO Box 302
NORTH RYDE NSW 1670

Eating Disorders Support & Information

Phone: 9412 4499

Community Treatment Services

Hurstville Mental Health Centre

Comprehensive mental health services. Intake through Rockdale Mental Health Centre.

Phone: 9113 4444
Fax: 9350 1111
Hours: Mon-Fri: 9.00am-4.00pm
Location: 34 Woniara Road
HURSTVILLE NSW 2220
Referral: Self or doctor or family
Languages: English, Cantonese, Arabic
Fees: No

Menai Community Health Centre

Comprehensive community health centre. Child and adolescent services.

Contact: Child and Family Unit (Counselling 0-18 yrs)
Phone: 9543 1111
Hours: Mon-Fri: 9.00am-4.30pm
Location: 32 Allison Crescent
MENAI NSW 2234
Mail: PO Box 295
MENAI CENTRAL NSW 2234
Fees: No

Community Treatment Services

Rockdale Mental Health Centre

Comprehensive mental health services.

Phone: 9113 4444
Fax: 9350 1111
Hours: Mon-Fri: 9.00am-5.00pm
Location: 21-25 King St
ROCKDALE NSW 2216
Referral: Self or doctor or family
Fees: No

Sutherland Access Team

Central contact point for all inquiries and referrals to Sutherland Division of Mental Health. Comprehensive assessment of mental health needs and referral to appropriate services. Works in partnership with GP's health professionals and the public.

Contact: Intake Officer/Clinical Coordinator
Phone: 9540 7474
Fax: 9540 7472
Hours: 8.30am-5.00pm
Location: Level 1, Sutherland Hospital
126 Kareena Rd
CARINGBAH NSW 2229
Mail: Locked Bag 21
TAREN POINT NSW 2229
Eligibility: 18 years and over
Referral: Not necessary but would be helpful
Languages: Interpreter service available.

Self Help and Support Groups

Anxiety Disorders Alliance

Self help and support groups and courses for those experiencing anxiety disorders and obsessive compulsive disorder.

Contact: Judy or Julie four up-to-date groups and courses
Venues: Bexley-Bexley RSL: Saturdays
Sutherland-United Services Club: First Tuesday of the month: 11.00am-1.00pm
Phone: 9570 4519
Fax: 9579 3672
Mail: C/ Anxiety Disorders Alliance
PO Box 166
PENSHURST NSW 2222
Website: www.ada.mentalhealth.asn.au

Anxiety Disorders Alliance-Rockdale OCD Support Group

Self help and support group for people with Obsessive Compulsive Disorder. Meets monthly on a Saturday afternoon in Rockdale. Call for details.

Contact: Ring Julie
Phone: 9570 4519
Fax: 9579 3672
Mail: C/Anxiety Disorders Alliance
PO Box 166
PENSHURST NSW 2222

Rehabilitation Services

Storehouse Social Club

Run by members and volunteers. Social and sporting activities for people who experience mental health issues.

Contact: Community Integration Officer
Phone: 9567 6500
Fax: 9597 4756
Hours: Tues: 12.30pm-4.00pm
Location: Kogarah Uniting Church
Storehouse Centre
16 Gray St
KOGARAH NSW 2217
Mail: C/ Rockdale Mental Health Centre
21-25 King St
ROCKDALE NSW 2216
Fees: No, 25 cents for coffee and occasional activity costs.

Community Treatment Services

Sutherland Acute Community Treatment Team

The Acute Community Treatment Team (ACTT) offers a 24 hour service providing support in times of crisis as well as emergency mental health assessment in the home and in the Emergency Department at Sutherland Hospital. The ACCT offers after hours and weekend support to people who are in the acute stage of their illness and who don't want to stay in hospital.

St George Adult Mental Health Service

The Older Adult Mental Health Service provides assessment and treatment for older people (65 years and over) with mental health problems. Treatment is provided in both hospital and the community. The team also offers consultation and support to other aged care services.

Contact: Intake and Information Officer
Phone: 9350 2035
Fax: 9350 2098
Hours: 8.30am-5.00pm
Location: 7 Chapel St
KOGARAH NSW 2217
Fees: No

Emergency 24 hours call 1300 300 180 (NSW callers only)

Community Treatment Services

St George Mental Health Service

The St George Intake and Assessment Service is the central point for all inquiries about mental health in the St George area. You should call the Intake and Assessment Service if you:

- Are contacting the St George Mental Health Service for the first time
- Want information, advice or assessment of mental health problems
- Would like to see a mental health worker.

Contact: Intake Officer

Phone: 9113 4444

Hours: 8.30am-5.00pm

Location: Mental Health Centre
11 South St
KOGARAH NSW 2217

Fees: No

Emergency 24 hours call 1300 300 180 (NSW callers only)

Sylvania Community Health Centre

Comprehensive mental health services including: child, youth and family counselling, speech pathology, occupational therapy, alcohol and other drugs counselling, domestic violence counselling.

Contact: Intake Worker

Phone: 9522 1000

Fax: 9544 7662

Hours: Mon-Fri: 8.30am-5.00pm

Location: 29 Sylvania Rd
SYLVANIA NSW 2224

Fees: No

Rehabilitation Services

St George Mental Health: Community Intensive Rehabilitation Program

Intensive, individual rehabilitation services. Focus on assessment, goal setting, skills training, cognitive interventions & evaluation. Attention to training/retraining skills required for consumers to carry out daily roles such as self maintenance, leisure, etc. Assistance in development of disability support services and structures in consumer's local community.

Contact: Intake Officer

Phone: 9567 6500

Fax: 9570 4756

Hours: Mon-Fri: 9.00am-4.00pm

Location: Hurstville & Rockdale
Community Health Centres
HURSTVILLE NSW 2220

Mail: Rockdale Mental Health Centre
21-25 King St
ROCKDALE NSW 2216

Eligibility: People experiencing mental health issues who live in the St George District.

Referral: St George Intake & Assessment
Rockdale 9567 6500

Languages: English, Arabic

Fees: No

Rehabilitation Services

St George Mental Health Rehabilitation: Community Integration

Facilitates community development towards opportunities for people with a mental illness through association with a number of leisure, recreation, community education, vocational and consumer empowerment programs.

Contact: Dayna Parker
Phone: 9567 6500
Fax: 9597 4756
Hours: Mon-Fri: 8.30am-5.00pm
Location: Rockdale Mental Health
21-25 King St
ROCKDALE NSW 2216
Eligibility: Anybody identifying with mental illness
Fees; No
Email: parkerd@sesahs.nsw.gov.au
Alternative Names: Riverwood Lunch & Leisure Club, Kogarah Storehouse Social Club, Vocational Community Development.

Counselling & Psychology Services (Including Private Practice Groups)

Anglicare Counselling

Marriage and Relationship Counselling Service-available to couples or individuals who are experiencing relationship difficulties within the family context. Separation and divorce counselling as well as remarriage and parenting issues. Adolescent and Family Counselling Service-for adolescents 12-21 years old and/or their parents.

Phone: 4228 9612
Fax: 4228 0283
Location: 43A Belmont St
SUTHERLAND NSW 2232
Hours: Tue & Thurs: 9.30am-5.30pm
Fees: Marriage Counselling: scaled fees and donations (inability to pay does not exclude anyone from the service). Adolescent Counselling: no fees.

Caringbah Women's Health & Information Centre

Health information and referral. Monthly pap-smear clinic, monthly seminars, counselling, massage therapist, over 55's social group, carers' social group, general support, pregnancy testing, meditation courses, natural therapist/nutritionist.

Contact: Coordinator
Phone: 9525 2058
Fax: 9525 2058
Hours: Mon-Fri: 9.30am-5.00pm
Location: 346A Kingsway
CARINGBAH NSW 2229
Fees: No

Counselling & Psychology Services (Including Private Practice Groups)

Centacare Catholic Community Services

Marriage/family/personal counselling, mediation services.

Contact: Receptionist
Phone: 9545 1544
Fax: 9545 1401
Hours: Mon-Fri: 9.00am-5.00pm
Location: Suite 1, Level 4, Endeavour House
3-5 Stapleton Ave
SUTHERLAND NSW 2232
Mail: PO Box 6
SUTHERLAND NSW 1499
Eligibility: Subject to mandate services agreement
Referral: Just call reception
Fees: Yes

Crossroads Community Care

Assistance, counselling for people facing crisis, problems or stress. Drop-in centre for those needing/wanting to talk. Support for eating disorders.

Phone: 9525 3790
Location: Room 302
Office Town Block
MIRANDA NSW 2228
Fees; No

Rehabilitation Services

CRS Australia Miranda

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalise injury prevention services.

Contact: Rehabilitation Consultant
Phone: 9542 7491
Fax: **9542 7508**
Hours: Mon-Fri: 8.30am-5.00pm
Location: 14-16 Central Rd
MIRANDA NSW 2228
Mail: PO Box 715
MIRANDA NSW 2228
Fees: No
Website: www.crsrehab.gov.au

CRS Australia Rockdale

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalise injury prevention services.

Contact: Rehabilitation Consultant
Phone: 1800 624 824
Hours: Mon-Fri: 8.30am-5.00pm
Location: Ground Floor, 25 Frederick St
ROCKDALE NSW 2216
Mail: PO Box 1045
ROCKDALE NSW 2216
Fees: No
Website: www.crsrehab.gov.au

Rehabilitation Services

Community Rehabilitation & Geriatric Service (CRAGS)

Comprehensive psychiatric, occupational and psychosocial assessment for the aged. Therapy, counselling, case management, care coordination and advocacy. Information about social groups, respite care and accommodation.

Contact: Receptionist
Phone: 9553 3000
Fax: 9553 3048
Hours: Mon-Fri: 8.00am-4.15pm
Mail: Calvary Hospital
PO Box 261
KOGARAH NSW 2217
Fees: No

CRS Australia Hurstville

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalise injury prevention services.

Contact: Rehabilitation Consultant
Phone: 1800 624 824
Hours: Mon-Fri: 8.30am-5.00pm
Location: Level 1, 10 Cross St
HURSTVILLE NSW 2220
Mail: PO Box 520
HURSTVILLE NSW 2220
Fees: No
Website: www.crsrehab.gov.au

Counselling & Psychology Services (Including Private Practice Groups)

Interrelate

Counselling, mediation, education & training for organisations. Coordination and administration of Children's Contact Centres (located in regional areas).

Contact: Executive Manager
Phone: 9545 3566
Fax: 9521 2184
Hours: Mon-Fri: 9.00am-5.30pm
Location: 160 Bath Rd
KIRRAWEE NSW 2232
Languages: English and Samoan
Fees: Yes
Email: Kirrawee@interrelate.org.au

Lifeline Sutherland

Free 24 hour crisis telephone counselling and referral service.

Phone: 9522 7807
Location: C/Frank Vicary Village
101 Port Hacking Rd
SYLVANIA NSW 2224
Email: lifelinesutherland@wesleymission.org.au
Web: www.lifelinesydney.org
Hours: 24 hours a day
Fees: No

Counselling & Psychology Services (Including Private Practice Groups)

Southern Community Welfare Inc

Provides professional, innovative, strictly confidential and therapeutic services to families and individuals, including counselling. Assists people with the skills and tools they need to face everyday life.

Phone: 9545 0299
Fax: 9521 6252
Location: 2-4 Tea Gardens Ave
KIRRAWEE NSW 2232
Fees: On a sliding scale
Web: www.southerncommunitywelfare.org.au

Sutherland Adolescent & Family Counselling Service

Therapy for adolescents and their families in situations where there is a danger of the young person leaving home prematurely or where this has already occurred.

Contact: Adolescent Family Counsellor
Phone: 9521 5130
Fax: 9545 4311
Hours: 9.00am-5.00pm or after hours by appointment
Mail: PO Box 288
SUTHERLAND NSW 2232
Referral: Phone for appointment
Fees: No
Email: ymcdonell@bigpond.com

Psychiatric Units and Clinics

Wandene Private Hospital

Specialised in-patient program for individuals with acute psychiatric and/or drug and alcohol problems. Out-patient services, specialises in depression, anxiety, interpersonal effectiveness, aged care.

Contact: Director of Clinical Services
Phone: 9587 5077
Fax: 9587 2250
Hours: 24 hours
Location: 7 Blake St
KOGARAH NSW 2217
Referral: Required from GP
Fees: Private Health Insurance, or self fund
Web: www.wesleyhealth.org.au
Email: wesleyhospital@wesleymission.org

Wesley Mission English St Consulting Rooms

Various private psychiatrists.

Contact: Receptionist
Phone: 9588 3200
Hours: 8.00pm-6.00pm
Location: 20 English St
KOGARAH NSW 2217
Fees: Yes

Psychiatric Units and Clinics

St George Mental Health Acute Care Service

The Acute Community Care Team provides urgent community based mental health assessments for individuals with mental health problems who present to the St George Hospital Emergency Department. The role of the ACCT service is to provide crisis intervention, short term follow up of people in an acute phase of mental illness or distress, as well as intensive support and intervention for consumers and their families presenting in the early stages of an acute mental health problem. You should call the Acute Community Care Team if you:

- Feel very emotionally distressed
- Are too unwell to come to the hospital and need someone to visit you at home
- Feel you can't cope with your symptoms or feelings

Phone: 9350 1111 (ask for Acute Care Team)

Hours: 8.00am-10.30pm (7 days)

Location: 11 South Street
KOGARAH NSW 2217

Emergency 24 hours call 1300 300 180 (NSW callers only)

Southview Clinic Consult Rooms

Specifically for people with mental illness. Psychiatrists and psychologists available by appointment.

Phone: 9553 1160

Hours: Mon-Fri: 7.30am-8.30pm

Location: Southview Clinic Consulting Rooms
St George Private Hospital
South Street
KOGARAH NSW 2217

Counselling & Psychology Services (Including Private Practice Groups)

Sydney Anxiety Disorders Practice

Diagnosis and support for adults and children needing help with panic disorder, social phobia, schizophrenia and generalised anxiety.

Phone: 9527 0796 (when no one is available, answering machine will take a message and calls will be returned promptly and discreetly)

Email: info@sadp.com.au

Wesley Gambling Counselling Service

Provides an holistic approach to gambling counselling where all aspects of problem gambling and its effects can be addressed. This is a free service for people with a gambling problem and/or members of their family who are experiencing difficulties associated with the impact of problem gambling. Financial assistance for this project was provided by the New South Wales Government from the Casino Community Benefit Fund.

Phone: 9542 2578

Fax: 9542 5541

Location; Stapleton Community Information Centre
3A Stapleton Ave
SUTHERLAND NSW 2232

Hours: Mon-Fri: 9.00am-5.00pm

Fees: No

Crisis Support

St George Hospital

For after hours and emergencies only.

Phone: 9350 1111 and page the Acute Care Team.

St George Mental Health Service

Emergency 24 hours call 1300 300 180 (NSW callers only)

Psychiatric Units and Clinics

Dr M B Younan, Psychiatrist

Specifically for people with mental illness.

Contact: Receptionist

Phone: 9584 1826

Hours: Mon-Fri: 10.00am-2.00pm & 4.00pm-6.00pm

Location: 166 Forest Rd
HURSTVILLE NSW 2220

Fees: Bulk Bills

Sutherland Psychiatric Unit

Voluntary and involuntary treatment of adults with acute psychiatric illness. Gazetted.

Phone: 9540 7111 or 9540 7490

Fax: 9540 7501

Hours: 24 hours

Location: Sutherland Hospital, Kingsway
CARINGBAH NSW 2229

Mail: Sutherland Hospital, Psychiatric Unit
PO Box 21
CARINGBAH NSW 2229

Fees: No

Interpreting Services

Local Area Health Care Interpreter Services

Onsite interpreter 24 hours 7 days (subject to interpreter availability)

Central Sydney

(Including Southern and Eastern Areas)

Normal: 9515 3222

Emergency: 9515 3218

Telephone Interpreter for emergencies

(24 hours): 131 450

Hospital priority

line for GP's: 1300 655 030

Free GP Priority Telephone Interpreting Service (ITS)

Available

24 hours: 1300 131 450

Free onsite interpreting for GPs

1300 655 081

(subject to interpreter availability in non-metropolitan areas)

Book in advance. Interpreters available 9.00am-4.00pm

Educational Support Services

Career Counsellors

Assistance for students or potential students to plan for further education and training with a view to a future career.

Contact: Receptionist

Phone: 9598 6232

Hours: Mon-Fri: 9.00am-8.00pm

Locations: St George College
Counselling Unit, Building A
Cnr Princes Hwy & President Ave
KOGARAH NSW 2217

Fees: No

Consultant for Students with a Mental Illness

For students suffering mental illness who are currently enrolled in a course at St George, Gymea and Loftus Colleges.

Contact: Teacher Consultant-Disabilities

Phone: 9710 5193

Fax: 9710 5026

Hours: Mon-Fri: 9.00am-5.00pm

Location: Sutherland College-Gymea Campus
Cnr Hotham Rd & Kingsway
GYMEA NSW 2227

Fees: No

Educational Support Services

Outreach (in partnership with Rockdale Community Health)

Provides programs for people with a mental illness, who have their illness under control and are ready to begin study.

Contact: The Outreach Section of St George College
for course dates
Phone: 9598 6371
Hours: Mon-Fri: 9.00am-5.00pm
Location: St George College
Outreach Section, Building A
Cnr Princes Hwy & President Ave
KOGARAH NSW 2217
Fees: No

Non-English Speaking Background Services

Transcultural Mental Health Centre

Specifically for people from a non-English speaking background providing assistance when Transcultural issues cause confusion. Provides assessment, short term counselling, psycho-education, multilingual resources.

Contact: Intake Officer
Phone: 9840 3899
Hours: Mon-Fri: 8.30am-5.00pm
Location: Cumberland Hospital
5 Fleet St
PARRAMATTA NSW 2150
Mail: Transcultural Mental Health Centre
Locked Bag 7118
PARRAMATTA BC NSW 2150
Fees: No
Email: www.tmhc.nsw.gov.au

Information, Service Improvement

St George Community Consultative Committee

Monthly meeting for any consumers, carers, community members interested in improving mental health services in St George or Sutherland. Information sharing.

Chairperson: Chris Fickert
Phone: 9570 0500
Fax: 9570 0511
Meets: Monthly (consumers only)
Bi-monthly: Carers, community, staff & consumers
Mail: C/ Hurstville Mental Health
34 Woniora Rd
HURSTVILLE NSW 2220
Fees: No

Sutherland Community Consultative Committee

Monthly meeting for any consumers, carers, community members interested in improving mental health services in St George or Sutherland. Information sharing.

Chairperson: Ken Close
Phone: 9525 7730
Mail: Crossroads Centre
Room 302, Office Town Block
MIRANDA NSW 2208
Meets: Bi-monthly
Fees: No

Employment & Training Opportunities

CARE Employment-Southern Sydney

Assisting people with a psychiatric disability to gain and maintain open employment.

Contact: Employment Consultants
Phone: 9599 0222
Fax: 9599 0049
Hours: Mon-Fri: 8.30am-5.00pm
Location: 429 Princes Highway
ROCKDALE NSW 2216
Mail: PO Box 720
ROCKDALE NSW 2216
Fees: No
Email: care.ss@nautilus.org.au
Referral: Referral required

CRS Australia Hurstville

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalised injury prevention services.

Contact: Rehabilitation Consultant
Phone: 8512 2500 or 1800 624 824
Hours: Mon-Fri: 8.30am-5.00pm
Location: Level 1, 10 Cross Street
HURSTVILLE NSW 2220
Mail: PO Box 520
HURSTVILLE NSW 2220
Fees: No
Website: www.crsrehab.gov.au

Employment & Training Opportunities

CRS Australia Miranda

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalised injury prevention services.

Contact: Rehabilitation Consultant
Phone: 9542 7491
Fax: 9542 7508
Hours: Mon-Fri: 8.30am-5.00pm
Location: 14-16 Central Road
MIRANDA NSW 2228
Mail: PO Box 715
MIRANDA NSW 2228
Fees: No
Website: www.crsrehab.gov.au

CRS Australia Rockdale

The CRS helps people with a disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalised injury prevention services.

Contact: Rehabilitation Consultant
Phone: 8512 3700 or 1800 624 824
Hours: Mon-Fri: 8.30am-5.00pm
Location: Ground Floor, 23-25 Frederick St
ROCKDALE NSW 2216
Mail: PO Box 1045
ROCKDALE NSW 2216
Fees: No
Website: www.crsrehab.gov.au

Information Services

Sutherland Shire Suicide Safety Network

Aims to formalise links between organisations and individuals involved in reducing the incidence of suicide in the Sutherland Shire. Helps to ensure that information and ideas are shared, and a coordinated approach to suicide prevention is adopted. Maintains data relating to incidence of suicide prevention is adopted. Maintains data relating to incidence of suicide in the Shire, acts as source of referral for individuals and families experiencing bereavement, supports early intervention programs and facilitates a better understanding of community concerns and recommendations. Provides information to service providers and individuals about suicide awareness and referral organisations available in the Sutherland Shire. Runs community information evenings raising awareness of mental health issues in the community and a conference once a year for service providers.

Contact: Coordinator—Anita Smith
Phone: 9710 0602
Mail: Locked Bag 17
SUTHERLAND NSW 1499
Email: asmith@ssc.nsw.gov.au

The Shack

Australian web site that provides support to people diagnosed with Borderline Personality Disorder as well as their partners and family. The Shack provides information, resources, message boards, contacts and support about Borderline Personality Disorder in a safe and friendly environment.

Web: www.mjtacc.com

Financial Assistance

Centrelink

Centrelink provides financial assistance to unemployed people.

Contact: Disability Officer at your local Centrelink office

Phone: 131 021

Location: 9-11 Crofts Ave
HURSTVILLE NSW 2220

75 Railway St
ROCKDALE NSW 2216

36 Eton St
SUTHERLAND NSW 2232

Employment & Training Opportunities

CRS Australia

Sutherland

The CRS helps people with disability or injury to return to or gain employment. The CRS also provides a range of expert consultancy services which include personalised injury prevention services.

Contact: Rehabilitation Consultant

Phone: 9545 9200

Hours: Mon-Fri: 8.30am-5.00pm

Location: 2-4 Merton St
SUTHERLAND NSW 2232

Fees: No

Website: www.crsrehab.gov.au

Disability Support Australia Labour Solutions

Assists people with a psychiatric disability in finding supported employment.

Contact: Employment Officer
Amforce Factory

Phone: 9310 2055 Head Office DSA
9556 2371 Amforce

Hours: Mon-Fri: 9.00am-5.00pm

Location: Amforce
2/450 West Botany Street
ROCKDALE NSW 2216

Fees: No

Employment & Training Opportunities

One to One Employment

Assists people with a psychiatric disability in finding open employment.

Contact: Michelle Zammit
Phone: 9310 2055
Hours: Mon-Fri: 9.00am-5.00pm
Location: 199 Regent St
REDFERN NSW 2012
Mail: PO Box 970
STRAWBERRY HILLS NSW 2012
Fees: No

Personal Support Program

Provides people with a psychiatric disability who are on Centrelink benefits with two years of case management.

Contact: Occupational Psychologist
Phone: Your local Centrelink Office
Hours: Mon-Fri: 8.30am-4.30pm
Fees: No

Employment & Training Opportunities

St George Mental Health Rehabilitation: Community Integration

Facilitates community development towards opportunities in our community for people with a mental illness through association with a number of leisure, recreation, community education, vocational and consumer empowerment programs.

Contact: Dayna Parker
Phone: 9567 6500
Fax: 9597 4756
Hours: Mon-Fri: 8.30am-5.00pm
Location: Rockdale Mental Health
21-25 King St
ROCKDALE NSW 2216
Eligibility: Anybody identifying with mental illness
Fees: No
Email: parkerd@sesahs.nsw.gov.au
**Alternative
Names:** Riverwood Lunch and Leisure Club, Kogarah
Storehouse Social Club, Vocational
Community Development