

MENTAL HEALTH WEEK

PRIVATE PSYCHOLOGY SERVICES

Visit your GP for a Mental Health Treatment Plan and referral to a subsidised private Psychology service.

Find a Psychologist: www.psychology.org.au

MULTICULTURAL SERVICES

St George Migrant Resource Centre
522 Princes Highway, Rockdale 2216
Ph: 9597 5455 | www.sgmrc.org.au

ABORIGINAL MENTAL HEALTH

Aboriginal Medical Service Redfern
36 Turner Street, Redfern | **Ph: 9319 5823**
Need to be a patient of the service - eg: be seen by a Psychologist / Psychiatrist / GP. Must be Aboriginal or Torres Strait Islander background.

SUPPORT SERVICES

Neami National - Hurstville
Suite 231, 7-11 The Avenue, Hurstville 2220
Ph: 9570 5933 | www.neaminational.org.au

Compeer—Hurstville, St George, Sutherland
PO Box 5, Petersham 2049 | **Ph: 9568 0295**
www.vinnies.org.au/compeer-program-nsw

Aftercare PHaMs (Personal Helpers and Mentors)
Unit 6, 12-18 Murrumbidgee Avenue, Sylvania Waters 2224
Ph: 9532 8500 | www.aftercare.com.au

Richmond PRA
5 Figtree Drive, Sydney Olympic Park 2127
Ph: 9393 9000 | www.richmondpra.org.au

Ability Links—Settlement Services International (SSI)
Ph: 8799 6700 (Rockdale, Kogarah & Hurstville)
www.ssi.org.au/services/ability-links-nsw

CARER & FAMILY SERVICES

3 Bridges Community - Arncliffe **Ph: 9503 9900**
Penshurst **Ph: 9580 0688** Carss Park **Ph: 8558 4000**

Aftercare Family & Carers Education and Support (FACES)
Unit 6, 12-16 Murrumbidgee Avenue, Sylvania Waters 2224
Ph: 9532 8500 | www.aftercare.com.au

Benevolent Society
Level 4, 7-11 The Avenue, Hurstville 2220
Ph: 1800 052 222 | www.benevolent.org.au

Young Carers - **Ph: 1800 242 636**
www.youngcarersnsw.org.au

HELPLINES

Sane Helpline - **Ph: 1800 187 263**—www.sane.org
Lifeline - **Ph: 13 11 14**—www.lifeline.org.au
Kids Help Line - **1800 551 800**—www.kidshelp.com.au

EMPLOYMENT

Nova Employment
Level 1, 631 Princes Highway, Rockdale 2216
Ph: 9508 4400 | www.novaemployment.com.au

The ORS Group
Level 1, 430 Forest Road, Hurstville 2220
Ph: 9191 3810 | www.orsgroup.com.au

Direct Employment
Level 2, 15 Kensington Street, Kogarah 2217 | **Ph: 9553 1355**

ALCOHOL & OTHER DRUGS

St George Alcohol & Other Drugs Service
2 South Street, Kogarah 2217 | **Ph: 9113 2944**

READY (Resources & Education on Alcohol & Other Drugs for Youth)
Ph: 9556 1769 | www.stgeorgeyouth.org/ready

HOSPITALS

St George Hospital
Gray Street, Kogarah 2217 | **Ph: 9113 2432**

Calvary Health Care Sydney
91-111 Rocky Point Road, Kogarah 2217 | **Ph: 9553 3111**

CRISIS & EMERGENCY SERVICES

St George Community Mental Health Services - Acute Care Team (ACR) (24 hours)
Level 1, 15 Kensington Street, Kogarah 2217 | **Ph: 1800 011 511**

Suicide Call Back Service
Ph: 1300 659 467 | www.suicidecallbackservice.org.au

Police/Ambulance Ph: 000 | *From Mobile: 112*

ADULTS

St George Adult Community - Mental Health Services
Level 1, 15 Kensington Street, Kogarah 2217
Ph: 9553 2500 | For Referrals: 1800 011 511

OLDER PEOPLE

St George Older Adult Mental Health Services
7 (rear) Chapel Street, Kogarah
Ph: 9113 2035 | For Referrals: 1800 011 511

CHILDREN

Australian Kookaburra Kids Foundation
PO Box 681, Gymea 2227 M: 0408 402 591 or
Ph: 9525 7474 | www.kookaburrakids.org.au

St George Child & Adolescent Mental Health Service
34 Woniora Road, Hurstville 2220
Ph: 8198 7300 | For Referrals: 1800 011 511

St George Youth Services
Level 3, Cnr Moate Avenue & Princess Street, Brighton-Le-Sands 2216
Ph: 9556 1769 | www.stgeorgeyouth.org

Headspace Hurstville
41 Dora Street, Hurstville 2220
Ph: 8048 3350 | www.headspace.org.au

eheadspace - **Ph: 1800 650 890** | www.eheadspace.org.au
Barnardos Family Referral Service - **Ph: 1800 066 757**

DOMESTIC VIOLENCE & MENTAL HEALTH

Domestic Violence National Counselling Helpline (24 hours)
Ph: 1800 RESPECT (737 732) | www.1800respect.org.au

St George Domestic Violence Counselling Service
Ph: 9113 2495

Mensline (24 hours) - **Ph: 1300 789 978** | www.mensline.org.au

GENERAL PRACTITIONERS

Central and Eastern Sydney PHN
Level 3, 15 Kensington Street, Kogarah 2217
Ph: 9330 9969 Ph: 9330 9999 | F: 9330 9988
www.cesphn.org.au

COUNSELLING

Calvary Bereavement Counselling Service
52 Ercildoune Avenue, Kogarah 2217 | **Ph: 9553 3025**

Enough is Enough Anger Management
Shop 2, 10-14 Boyle Street, Sutherland 2232
Ph: 9542 4029 | www.enoughisenough.org.au

Relationships Australia
34 McMahon Street, Hurstville 2220 | **Ph: 9542 4029**

HOUSING

Links2Home - **Ph: 1800 152 152** (24 hours)