

SUTHERLAND SHIRE MENTAL HEALTH SERVICES



CRISIS & EMERGENCY

Acute Care Team

Sutherland Hospital, Caringbah
Ph: 1800 011 511

POLICE & AMBULANCE

Sutherland, Miranda, & Cronulla Police Stations

Ambulance: Sutherland Hospital, Caringbah
Ph: 000 or from a Mobile: 112

HOSPITALS

Sutherland Hospital Mental Health Unit

Ph: 1800 011 511 or 9540 7490

St George Hospital Mental Health Centre

Ph: 1800 011 511 or 9113 2432

There is also a variety of private hospitals available

GENERAL SUPPORT

Sutherland Hospital Mental Health Service

Ph: 1800 011 511

Compeer, Sutherland

Ph: 9568 0237 www.compeer.org.au

Aftercare Personal Helpers and Mentors

Ph: 9532 8500 www.aftercare.com.au

The HUB, Caringbah

Ph: 9525 4971 www.caringbahhub.org.au

Neami, Hurstville

Ph: 9570 5933 www.neaminational.org.au

Bereavement Counselling Services, Kogarah

Ph: 9553 3025 www.calvary-sydney.org.au

Break Thru People Solutions, Rockdale

Ph: 9505 8400 www.breakthru.org.au

Interrelate Ph: 8522 4450 www.interrelate.org.au

Enough is Enough, Sutherland

Ph: 9542 4029 www.enoughisenough.org.au

DOMESTIC VIOLENCE

Domestic Violence Line Ph: 1800 656 463

Caringbah Women's Health Information Centre

Ph: 9525 2058 www.caringbahwomenscentre.org.au

Women's Domestic Violence Counselling Service, Caringbah

Ph: 9522 1000

Women's Domestic Violence Court Advocacy Service

Ph: 9589 1200 www.ssfs.org.au

Crossroads Community Care, Miranda

Ph: 9525 3790 www.crossroadscommunitycare.org.au

Southern Sydney Sexual Assault Service

Ph: 9113 2494

COUNSELLING/PSYCHOLOGICAL SERVICES

Visit your GP for a Mental Health Treatment Plan and referral to a local subsidised or private psychology service. If you don't have a GP, or for access to subsidised counselling, please contact:

South Eastern Sydney Medicare Local

Ph: 9330 9999 www.sesml.org.au

FOR MORE INFORMATION

South Eastern Sydney Local Health District

www.seslhd.health.nsw.gov.au

Mental Health Information Services Ph: 1300 794 991

Anxiety Disorders Information Line Ph: 1300 794 992

HELPLINES

Kids Help Line Ph: 1800 551 800 www.kidshelp.com.au

Lifeline Ph: 13 11 14 www.lifeline.org.au

SANE Helpline Ph: 1800 18 7263 www.sane.org

Suicide Call Back Service

Ph: 1300 659 467 www.suicidecallbackservice.org.au

Beyond Blue Ph: 1300 22 4636 www.beyondblue.org.au

MensLine Australia

Ph: 1300 78 99 78 www.mensline.org.au

CHILD, YOUTH & FAMILIES

Caringbah Community Health Ph: 9522 1000

Menai Community Health Ph: 9543 1111

Engadine Community Health Ph: 9548 4300

Reconnect Mental Health, Caringbah
Ph: 9542 5699 www.reconnect.salvos.org.au

Australian Kookaburra Kids Foundation Inc.
Ph: 9525 7474 Mobile: 0408 402 591
www.kookaburrakids.org.au

headspace, Miranda
Ph: 9575 1500 or 1800 650 890 www.headspace.org.au

Sutherland Shire Family Services, Jannali
Ph: 9528 2933 www.ssfs.org.au

Southern Community Welfare, Kirrawee
Ph: 9545 0299 www.scw.org.au

ATAPS Children's Psychological Services
Ph: 9330 9999 www.sesml.org.au

ABORIGINAL HEALTH & WELL-BEING

Kurranulla Aboriginal Corporation, Jannali
Ph: 9528 0287 www.kurranulla.org.au

Narrangy Booris, Menai Ph: 9543 1111

Aboriginal Family Worker Project, Jannali
Ph: 9528 2933 www.ssfs.org.au

MULTICULTURAL

St George Migrant Resource Centre, Rockdale
Ph: 9597 5455 www.sgmrc.org.au

GyMEA Community Aid & Information Service
Ph: 9524 9559 www.gymeacommunityaid.org.au

Transcultural Mental Health Centre
Ph: 1800 648 911 www.dhi.health.nsw.gov.au

Translating and Interpreting Service
Ph: 131 450

CARERS

Sutherland Shire Carer Support Service Inc
Ph: 9542 6292 www.sscss.org.au

Benevolent Society Respite & Carelink Centre
Ph: 1800 052 222 www.benevolent.org.au

Aftercare Family & Carers Education & Support
Ph: 9532 8550 www.aftercare.com.au

ALCOHOL & OTHER DRUGS

St George & Sutherland Drug & Alcohol Service
Ph: 9113 2944

Cannabis Clinic
Ph: 9540 7464

EMPLOYMENT

Centrelink Ph: 136 150
www.humanservices.gov.au

Direct Employment, Sutherland Ph: 8536 0855

Ostara Australia, Caringbah Ph: 9393 9134

CRS Australia, Sutherland Ph: 9545 9200

Max Employment, Sutherland Ph: 9574 8200

HOUSING

Housing NSW Ph: 1300 468 746

Link2Home Ph: 1800 152 152

St George & Sutherland Homeless Help
www.sgshomelesshelp.org.au

ADVOCACY

Legal Aid Mental Health Advocacy Service
Ph: 9747 6155 www.legalaid.nsw.gov.au

Mental Health Association NSW
Ph: 9339 6000 www.mentalhealth.org.au

NSW Consumer Advisory Group
Ph: 9332 0200 www.nswcag.org.au

People with Disabilities
Ph: 9370 3100 www.pwd.org.au

Mental Health Review Tribunal
Ph: 9816 5955 www.mhrt.nsw.gov.au