

For a stronger and more inclusive Western Sydney community, in which we care about people with mental illness.

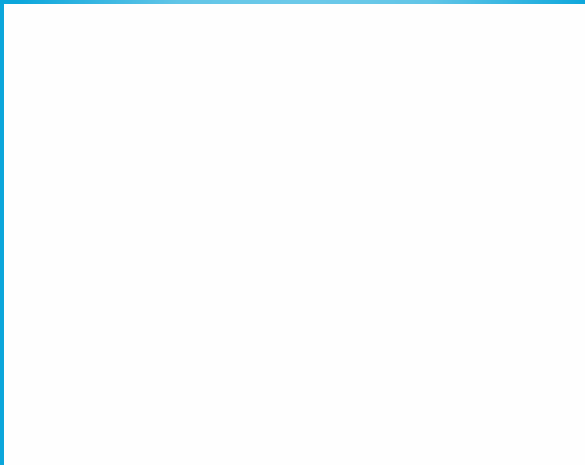
One Door
Mental Health

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Your mental health
worker is



Program
provided by



This service is made possible by funding from
Western Sydney Primary Health Network.

**Bilingual
Hospital 2 Home**

One Door.
Many Opportunities.

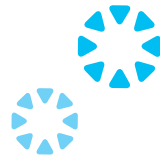


Bilingual Hospital 2 Home

The Bilingual Hospital 2 Home program helps people from culturally and linguistically diverse communities living in Western Sydney to connect to mental health services, develop resilience, increase understanding around mental health and reduce hospital readmission.

Our program supports integration into the community by facilitating community-based support groups, delivering person-centred, recovery-oriented, family focused and trauma informed services.

Our goal is to strengthen the coordination, referral pathways and connection between people so they can live independently and pursue a fulfilling life.



Experiencing mental illness

Mental illness can be a very isolating experience. It can also be very difficult to navigate the mental health sector and connect to the right services for you and your family.

If you or your family members are experiencing a mental illness, including anxiety, depression, schizophrenia, our mental health support workers can help you through the process of recovery, connect you to services and reduce risks of hospital readmission.



Who we support

People living with mental illness, their families and carers who reside in Western Sydney can contact us for support in finding the right services.

Our workers can work one on one with individuals and family members and carers to connect them to the services they need, creating pathways to integrated care.

We support and work closely with service providers within the Western Sydney Primary Health Network including, NSW Health, Community Service, GPs, psychologists and allied health professionals. Our stepped care approach facilitates better coordination of mental health supports that respond to peoples' changing mental health recovery needs.

Our bilingual mental health support workers speak common languages spoken by the community and understand a diversity of cultures, including Religion, Spirituality, Race and Ethnicity.



Our services

- Assist you in establishing goals that are important to you and set a plan to achieve these goals.
- Provide practical help such as accompany you to medical appointments and linking you in with other community services as needed.
- Assist you to navigate Centrelink and other government agencies.
- Link you in with social, lifestyle and in-ward groups to meet other people and take part in activities.
- Provide public educational sessions to improve the community understanding of mental health.
- Visit you whilst you are in hospital to offer support and address any concerns you may have about leaving hospital.
- Participate in your discharge plan in order to understand your individual needs and to identify how to best assist you once you are at home.