

Sydney South / West Service Listings

HOW CAN WE SUPPORT YOU

NDIS Support Carer Services Individual Support

Physical Health Support Groups Employment

Youth Support Centre-Based Services

Education & Training Health Care



SOUTH WESTERN SYDNEY (SWS) AREA

SWS Area includes South Western Sydney Local Health District (SWSLHD) and South Western Sydney Primary Health Network (SWSPHN) areas of service. We have offices located in Campbelltown, Bankstown, Liverpool, Bowral and Moss Vale. Our staff additionally speak Arabic, Vietnamese, Spanish, Bosnian/Croatian in order to support and assist.

Beautiful Minds – Support Group fundraise to improve the acute hospital facilities in South Western Sydney, raise awareness and reduce the stigma of mental illness in the community.

Locations: Bankstown, Campbelltown;
Campbelltown: Sandra McDonald (President) **0408 633 181 (02) 4632 3053**
sandrarick@bigpond.com
Bankstown: Susan Curd (President) **0402 647 497 (02) 9772 3389**
susan.curd@bigpond.com
Website: www.beautifulminds.net.au <http://www.onedoor.org.au/services/support-groups>

Carer Services provide carers with individual support services, education and training for carers and families of someone with mental illness. Carer Advocates work and cover residents within the South Western Sydney Local Health District (SWSLHD).

Contact: Bankstown **(02) 9708 2670** bankstown@onedoor.org.au
Campbelltown **(02) 4625 1639** campbelltown@onedoor.org.au
Moss Vale **(02) 4868 2755** mossvale@onedoor.org.au
Website: www.onedoor.org.au/services/carer-services

Centre-Based Services host recovery-focused programs that proactively help members to regain everyday living skills. Berrima Cottage and Harmony House take members from 16 years old. The aim is to support our members to transition into NDIS to become independent and to gain practical skills that will help them to feel more capable and skilled in the wider community. Services and activities provided include client-led recovery-oriented groups, day-to-day activities, events, special interests, individual support/planning and outreach.

Contact: Chris Manny (Coordinator) **0481 033 700**
Campbelltown: Harmony House, 103 Hoddle Avenue, Bradbury, NSW, 2760
(02) 4620 8888 harmonyhouse@onedoor.org.au
Bowral: Berrima Cottage, Corner Ascot and Sheffield Streets, Bowral, NSW, 2576
(02) 4861 0320 bowral@onedoor.org.au

Mental Health Respite Carer Support (MHRCS) provides short term respite options and regular carer social groups for carers and families of someone with a mental illness. This service is provided across the Wollondilly and Wingecarribee local government areas. Under new guidelines, MHRCS Service will be aiming to provide support for NDIS transition to all clients, including both carers and consumers.

Contact: Tamalain Anstess
0417 132 092 bowral@onedoor.org.au
Wingecarribee: Suite 3, Moss Vale Community Centre, Queen Street, Moss Vale, NSW, 2577
campbelltown@onedoor.org.au

On Fire is a program designed for young carers aged 8 - 17 years whose parents or siblings have mental health issues and would like to access NDIS. Young people can either be self-referred or referred by various agencies including schools and health services. Activities include weekends, fun days out, group activities and also a 2 day Camp (potentially twice per year). Peer support, mental health and wellbeing groups are also run regularly as decided by the young people attending the service. Program also offers leadership training which has seen young people return to the program as volunteers and ambassadors for their peers.

Campbelltown: Thursdays and Fridays
Desiree O'Donnell **(02) 4625 1639** campbelltown@onedoor.org.au
Website: www.onedoor.org.au/services/youth-support

South Western Sydney Partners in Recovery (SWSPIR) helps identify appropriate supports for people living with severe and persistent mental illness, including a large variety of services such as psychiatrists, financial and budgeting, housing support, education and training and justice services. SWSPIR are the lead agency supporting clients into applying for NDIS packages to continue receiving appropriate support in the community. SWSPIR have developed an access app to all the services in South Western Sydney as part of their commitment to mental health recovery.

Location: Campbelltown (lead agency)
Contact: 1300 PIR SWS (1300 747 797)
PIRSWS email: pirsws.admin@onedoor.org.au
Access app: www.nowrongdoor.org.au – further info: Julie.Blake@swsphn.com.au

One Door Health Care provides **You In Mind** psychological health services in South Western Sydney as commissioned by South Western Sydney Primary Health Network (SWSPHN). To assist in your recovery we provide access to psychologists (for assessment, therapeutic treatment and counselling), exercise physiologists and dieticians (for individual advice, exercise and dietary planning or referral to group programs).

To see a One Door Health Care professional, contact us on **(02) 9199 6143** to discuss or go directly to your GP to make an appointment to obtain a Medicare approved mental health care plan or chronic health care plan, ask your GP to fax your referral directly to us on (02) 9879 2699, then call us to make an appointment.

Locations: Balgowlah, Burwood, Campbelltown, Chatswood
Contact: **(02) 9199 6143** or **(02) 9879 2600** (Gladesville Head Office)
Email: health@onedoor.org.au

Personal Helpers and Mentors Employment (e-PHaMs) provides leading primary support in transitioning clients into NDIS so that there is continuation in mentoring and support for people living with a severe mental illness. Goals such as increasing their functional independence and quality of life with a focus on gaining and sustaining employment. We can address barriers such as drug/alcohol issues and homelessness.

Location: 300 Queen Street, Campbelltown, NSW, 2560
Contact: **(02) 4625 1639**
Email: campbelltown@onedoor.org.au
Website: www.onedoor.org.au/services/employment

headspace Campbelltown is a youth mental health service that helps young people aged 12 – 25 who are having a hard time and would like to work with professionals that understand and listen.

Location: Level 8, 171-197 Queen Street, Campbelltown, NSW, 2560
Contact: **(02) 4627 9089**
Email: headspace.campbelltown@onedoor.org.au
Facebook: www.facebook.com/headspacecampbelltown

RECOVERY INITIATIVES

Five Ways to Wellbeing:

Take notice
Connect
Give
Be active
Keep learning



One Door Mental Health has subscribed to become a member of this recovery-oriented initiative as led by the South Western Sydney Local Health District and is a regular partner of the Wellbeing Collaboration.

www.nowrongdoorsws.com.au/access/consumer/mental-health-resources/recovery/5-steps-to-wellbeing/

CENTRAL & EASTERN SYDNEY (CES) AREA

CES Area includes Sydney Local Health District (SLHD) and Eastern Sydney Local Health District (SELHD) as well as Central & Eastern Primary Health Network (CESPHN) areas of service. We have offices located in Burwood and Bankstown. Our staff additionally speak Chinese, Arabic, Vietnamese, Spanish, Bosnian/Croatian in order to support and assist.

Mental Health Respite Carer Support (MHRCS) provides short term respite options and regular carer social groups for carers and families of someone with a mental illness. This service is provided across the Metropolitan Sydney local government areas. Under new guidelines, MHRCS Service will be aiming to provide support for NDIS transition to all clients, including both carers and consumers.

Metro Sydney: Level 1, 5 Belmore Street, Burwood, NSW, 2134
Contact: (02) 9747 8616 burwood@onedoor.org.au

Carer Services provide carers with individual support services, education and training for carers and families of someone with mental illness. Carer Advocates work and cover residents within the Sydney Local Health District (SLHD) area.

Contact: Bankstown (02) 9708 2670 bankstown@onedoor.org.au
Burwood (02) 9747 8616 burwood@onedoor.org.au
Website: www.onedoor.org.au/services/carers-services

NOUS is a recovery program supporting multicultural people with mental illness and their carers from a Greek-speaking background as well as other cultures by direct assistance with the NDIS transition.

Contact: (02) 9747 8616 burwood@onedoor.org.au
Location: Level 1, 5 Belmore Street, Burwood, NSW, 2134

On Fire is a program designed for young carers aged 8 - 17 years whose parents or siblings have mental health issues and would like to access NDIS. Young people can either be self-referred or referred by various agencies including schools and health services. Activities include weekends, fun days out, group activities and also a 2 day Camp (potentially twice per year). Peer support, mental health and wellbeing groups are also run regularly as decided by the young people attending the service. Program also offers leadership training which has seen young people return to the program as volunteers and ambassadors for their peers.

Burwood: Wednesdays and Thursdays (Central Sydney)
Elizabeth Greaves (02) 9879 2600 / 0478 316 329; burwood@onedoor.org.au
Website: www.onedoor.org.au/services/youth-support

Ostara / Disability Employment Services (DES) support people with mental illnesses that are unemployed or employed but are at risk of losing their job due to their mental illness. Ostara/DES supports people with a mental illness with on-the-job training and support.

Location: Level 1, 5 Belmore Street, Burwood, NSW, 2134 (02) 9715 5133
Website: www.onedoor.org.au/services/employment

Partners in Recovery (PIR) works directly with clients to assist their transition into NDIS support as well as providing allocated Coordination of Supports (CoS) per each client. We help to identify appropriate supports for people living with severe and persistent mental illness, including a large variety of services such as psychiatrists, financial and budgeting, advocacy, housing support, education and training and justice services. One Door Mental Health is one of the organisations that is part of the Inner West Sydney PIR (IWSPiR) consortium of different agencies working together in a united approach to service the Inner West.

Location: Burwood (host agency)
Burwood: (02) 9715 5711
Email: burwood@onedoor.org.au

One Door Health Care provides **Psychological Support Services (PSS)** as commissioned by Central and Eastern Sydney Primary Health Network (CESPHN). To assist in your recovery we provide access to psychologists (for assessment, therapeutic treatment and counselling), exercise physiologists and dieticians (for individual advice, exercise and dietary planning or referral to group programs).

To see a One Door Health Care professional, contact us on **(02) 9199 6143** to discuss or go directly to your GP to make an appointment to obtain a Medicare approved mental health care plan or chronic health care plan, ask your GP to fax your referral directly to us on (02) 9879 2699, then call us to make an appointment.

Locations: Balgowlah, Burwood, Campbelltown, Chatswood
Contact: **(02) 9199 6143** or **(02) 9879 2600** (Gladesville Head Office)
Email: health@onedoor.org.au

STATE-WIDE SERVICES

One Door Education and Training offers a wide range of education and training workshops for people living with mental illness, carers, family, friends and professionals to improve understanding, skills and confidence in living with and supporting people living with mental illness. See the website for upcoming workshops and training available or phone to book a workshop to meet your needs.

Location: Gladesville (Head Office)
Contact: **(02) 9879 2600** advocacy@onedoor.org.au
Website: www.onedoor.org.au/advocacy/education-training

Carer Services provide respite via recreational and educational service options to meet the needs of families and friends caring for a person with mental illness. Activities include art classes, physical health and wellness programs and short term stays as well as individualized support. We can assist you to add this support in your or your loved one's NDIS care package.

Locations: Bulli, Burwood, North Head (Manly), Nowra, Wagga Wagga
Contact: Gladesville **(02) 9879 2600**; Inner West Sydney **(02) 9747 8616**;
Website: www.onedoor.org.au/services/carers-services/sanctuary-respite-centre

National Disability Insurance Scheme (NDIS)

One Door Mental Health currently provides NDIS mental health recovery services and coordination of services in NSW and ACT. We are NDIS ready and aim to be the preferred supplier of services.

Contact: **1800 THE KEY (843 539)** or speak directly to any One Door MH staff member
Website: www.onedoor.org.au/ndis

Support Groups - One Door Mental Health supports more than 50 support groups across urban and regional NSW. Some groups are for carers only, other support groups are for people who are living with mental illness and some support groups have a mixture of people. Training is provided to run support groups. Some groups are facilitated and supported by our staff.

Website: www.onedoor.org.au/services/support-groups
Contact: Hugh Worrall – **(02) 9879 2685 - 0466 306 206**

One Door Information and Support (previously TRISS helpline) is a state-wide telephone service for anyone requiring information about mental illness, the mental health system or outreach support. This service is appropriate for consumers, carers, professionals. Service is staffed by trained volunteers and is an outreach service for isolated consumers and carers.

Hours: Monday to Friday 9am—5pm
Contact: **(02) 9879 2600, 1800 985 944**

THANK-YOU

Head Office
One Door Mental Health

Locked Bag 5014
Gladesville NSW 1675

1800 THE KEY (843 539)

onedoor.org.au

For further information please contact:

Admin/Intake – (02) 9747 8616

