

Member Quickview		
ACON	EIS Health Ltd (Central & Eastern Sydney Primary Health Network)	ONE80TC
Action Foundation for Mental Health Inc	Family Drug Support	On Track Community Programs
Aftercare	Flourish Australia	Peer Support Foundation Limited
Alcohol & Drug Foundation NSW	Foundation House	Rape & Domestic Violence Services Australia
Anglicare Sydney	Good Grief Ltd	Samaritans
Anglicare Victoria	GROW NSW	Schizophrenia Fellowship of NSW
Australian Kookaburra Kids Foundation Inc	Heal for Life Foundation	South Eastern NSW Primary Health Network – Coordinare
B Miles Womens Foundation	Home in Queanbeyan	Southern Community Welfare Inc.
Baptist Care NSW & ACT	Independent Community Living Australia Ltd	St John of God (Richmond)
BEING – Mental Health & Wellbeing Consumer Advisory Group	Interrelate Family Centres	St Vincent de Paul Society NSW
Belong's Haven	Jewish House Limited	Survivors & Mates Support Network
Billabong Clubhouse	JewishCare - Fischl House	Sydney Womens Counselling Centre
Blue Knot Foundation	Justice Action	Ted Noffs Foundation
Bobby Goldsmith Foundation	Life Without Barriers	The Benevolent Society - Paddington
Break Thru People Solutions	Lou's Place	The Disability Trust
Bridges Incorporated	Macarthur Disability Services	The Lyndon Community
Brown Nurses	Make a Difference	The Mental Health Recovery Institute
CAN (Mental Health) Inc.	Manly Drug Education & Counselling Centre	The Salvation Army - Recovery Services
Care Connect Ltd NSW	Mental Health Carers NSW	The Station Ltd
Carers NSW Ltd	Mental Health Association NSW – Way Ahead	The Wayside Chapel
CCNB Ltd	Mentor and Support Ltd	Uniting Recovery
Catholic Social Services NSW/ACT	Mind Australia	Verge Collaborative Ltd
Centacare – Community Lifestyle Support	Mission Australia - NSW	Wagga Women's Health Centre
Centacare - New England North West	Mission Australia - Triple Care Farm	WAYS Youth Services
Centacare – South West NSW	Murrumbidgee Primary Health Network	Weave Youth and Community Services Inc
Central Coast Disability Network	NALAG Centre for Loss & Grief Dubbo	Wellways
CHES Employment	Neami National	Wesley Mission - Mental Health Support Services
Club Speranza	New Horizons	Wentwest
CO AS IT	PANDA – Perinatan, Anxiety and Depression Australia	Wild Bamboo
Community Links Wollondilly	NOVA	Women's and Girls Emergency Centre (WAGEC)
Grand Pacific Health	Oakdene House Foundation	
CRANES Community and Support Programs	Open Minds	

## ACON

02 9206 2000

[www.acon.org.au](http://www.acon.org.au)

ACON (formerly known as The AIDS Council of NSW) is a non-government organisation based in the gay and lesbian communities. We provide advocacy, care and support services to members of those communities including Indigenous people, transgender people, injecting drug users, sex workers and all people living with HIV/AIDS.

We work for:

- The right of all HIV positive men and women to claim the best quality of life that is individually attainable and to have their strengths, their achievements and their needs recognised.
- The sexual health and rights of every member of our communities to be recognised.
- The lesbian and gay community to understand and take responsibility for its mental and physical health.
- A society which respects the basic link between health and justice.

## Action Foundation for Mental Health Inc

0438 271 570

[www.actionfoundation.org.au](http://www.actionfoundation.org.au)

The Action Foundation for Mental Health Inc. is an independent incorporated non-profit organisation and registered charity. The Foundation was established in early 1987 and currently operates programs throughout the Lower North Shore of Sydney due to the temporary closure of Westview Cottage. The current Activities of the Foundation are, broadly, to:

- Provide suitable psycho-social and skills based programs
- Promote awareness and provide information regarding mental health
- Advocate and lobby on behalf of clients who suffer or have suffered from a mental health problem
- Fundraise for programs

## Aftercare

02 8572 7700

[www.aftercare.com.au](http://www.aftercare.com.au)

Aftercare contracts with the NSW Department of Health and the Department of Ageing, Disability and Home Care to provide support services throughout Sydney Metropolitan Region for people living with mental illness and/or intellectual disability. Services are provided through a range of models including a 24 hour residential support for adolescents at Seven Hills and adults in the Central Sydney Area to outreach support for people living in their own homes or accommodation provided by Aftercare. Individual planning provides the opportunity for staff to provide programs on a needs basis and allows each person to access a wide range of community generic and specialist services. Support includes living skills training, personal development, social, recreational and vocational activities.

## Alcohol & Drug Foundation NSW

02 9660 5818

[www.adfnsw.org.au](http://www.adfnsw.org.au)

The Alcohol & Drug Foundation NSW is a charitable, not-for-profit organisation which was founded in 1956 as The Foundation for Research and Treatment of Alcohol Dependence. The Foundation currently operates programs in the Sydney metropolitan area from two residential houses: Cyrenian House located in Stanmore and Kathleen York House in Glebe. It is today an active organisation dealing with drug and alcohol-related problems, principally their prevention and management. The current activities of the Foundation address the core organisational aim, this being the running of residential programs for people affected by problems arising from the abuse of alcohol and other drugs. Over the next five years the Foundation intends to expand the number of people it can accommodate in its residential programs from the current 22. In addition the plan is to extend the current outpatient program for former residents and prospective residents. To be able to do so the Foundation will require additional properties, a significantly increased and diversified income stream and associated additional professional and administrative staff.

## Anglicare Sydney

02 9895 8000

[www.anglicare.org.au](http://www.anglicare.org.au)

Anglicare services include emergency relief for families in crisis; foster care and adoption for abused children and those with special needs; counselling and support for children and youth with disabilities; migrant services; aged care through both nursing homes and community services; opportunity shops providing low-cost clothing; emergency services in times of disaster and chaplains in hospitals, prisons, mental health facilities and juvenile justice institutions.

The Diocesan Services Division provides a range of services to Anglicare and to the Diocese -often by way of consultancy in specialised fields. Within the

context of the Mission of Anglicare and the Sydney Diocese Mission Strategy, the Division exists to encourage, serve, resource and represent the Church in gospel ministries to people in the community. Diocesan Services aims to stimulate constructive growth in pastoral action through a range of connected outreach programs.

## Anglicare Victoria

03 5448 1000

[www.anglicarevic.org.au](http://www.anglicarevic.org.au)

Anglicare Victoria exists to protect the vulnerable in our community – a child suffering from abuse, a homeless young person, a women escaping domestic violence, an impoverished couple unable to feed their family – people who desperately need our help.

We help people overcome their immediate crisis and offer hope for a long-term solution to their problems. We provide a range of programs including foster care, food and material aid, care for children with disabilities, family and financial counselling, assistance for victims of child abuse and neglect, parenting advice and support, residential and crisis accommodation for young people, and advocacy. We are constantly trying to develop new ways of working to meet the emerging needs of vulnerable people.

## Australian Kookaburra Kids Foundation Inc

02 9525 7474

[www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)

Australian Kookaburra Kids Foundation, (previously known as Camp Kookaburra) was founded in 2002 by Dianne Madden who through personal experience recognised the lack of support for children who lived in a family affected by mental illness. Often the forgotten sufferers of mental illness children living with a family member are very much in need of support and understanding as well as the opportunity just to be a kid. Our Purpose: To support children in school grades 3 to grade 12 who are living in families affected by mental illness. Providing a place where kids can be kids through recreational camps and school holiday activities that are fun, safe, healthy and positive. To provide the support and education they need to cope with their family situation.

## B Miles Womens Foundation

02 9360 4881

[www.bmiles.org.au](http://www.bmiles.org.au)

B. Miles Women's Housing Scheme provides accommodation for up to 18 months for women (without dependent children) who are living with a mental illness. Their philosophy is to provide supportive accommodation in a non-institutional environment. Staff aim to provide support appropriate to each woman's needs. Tenants can expect to see their support worker once a week. B. Miles assists all women regardless of race, religion, sexuality or language. Interpreters will be arranged, if required. B. Miles Women's Housing Scheme has eight shared houses and eleven units for single accommodation in the eastern suburbs of Sydney. Tenants are required to pay 30% of their income towards their rent. B. Miles has entered into a joint project with the Women's Housing Company in the Inner West of Sydney. Subsequently, they can provide single accommodation to 2 women in this area. This accommodation is also medium term. As the Women's Housing Company is the landlord, the rental arrangements are slightly different. Contact B. Miles for further information.

## Baptist Care NSW & ACT

02 9023 2500

[www.bcs.org.au](http://www.bcs.org.au)

Baptist Community Services NSW & ACT (BCS) is a large not-for-profit Christian organisation operating in NSW and the ACT and is one of Australia's premier organisations providing residential and community based services. Having started over 60 years ago with the establishment of the NSW Baptist Homes Trust, the work of BCS has now expanded to include 10 nursing homes, 15 hostels and 10 retirement villages, and it provides care to over 660 clients on Community Aged Care Packages (CACPs) and to 48 clients on Extended Aged Care at Home (EACH packages). It also has approx 600 Department of Veterans Affairs (DVA) clients and operates over 40 Home and Community Care programs. BCS also operates a number of non-aged care programs such as accommodation for troubled young people, relationship counselling services and programs for victims and perpetrators of domestic violence. BCS provides specific assistance to people with a psychiatric disability in Newcastle through Hunter Contracts which provides supported employment to 31 people carrying out lawn & garden maintenance and office cleaning. The driving mission

behind Baptist Community Services is 'Excellence in Christian care to individuals, families and the community.' BCS seeks to offer people assistance to live independently and comfortably within their own home and community, and to give them the peace of mind and reassurance that they are being looked after and being helped to reach their potential.

## **BEING – Mental Health & Wellbeing Consumer Advisory Group**

02 9332 0200

[www.being.org.au](http://www.being.org.au)

Previously known as the NSW Consumer Advisory Group – Mental Health Inc (NSW CAG), Being has over 20 years of rich history. The NSW CAG was originally established as a ministerial committee in 1992 in response to the First National Mental Health Plan. Consumer advisory groups were established in each state and territory in Australia to provide consumer and carer advice and oversight to the implementation of the First National Mental Health Plan at a state level. As such, NSW CAG was a committee of consumers and carers who provided advice to the Minister for Health. Each state and territory was called to: Establish or maintain a mental health consumer advisory committee which is representative of the range of mental health consumers and carers. Such an Advisory Committee shall provide advice, including to both the relevant Minister and Chief Executive Officer of the Agency. (First National Mental Health Plan, 2002). In 1994, NSW CAG was incorporated and became an organisation within its own right. This meant that NSW CAG was no longer a ministerial committee, but was its own separate legal entity. NSW CAG evolved into an advocacy body for mental health consumers and carers, which gave it the ability to provide advice and input in a lot of different ways at the state level, whilst still retaining close links to the Minister. In 2014, on its 20th anniversary, NSW CAG unveiled its new name and brand. This is in line with a long-term strategy to proactively stay at the forefront of mental health advocacy. The new brand identity builds on this rich history but also captures a renewed vision for the future, repackaged in a way that is fresh and exciting.

## **Benelong's Haven**

02 6567 4856

[www.benelongshaven.com.au](http://www.benelongshaven.com.au)

Benelong's Haven Ltd Aboriginal Family Drug & Alcohol Rehabilitation Centre was founded in 1974 by Dr Valerie Bryant-Carroll OAM.

The centre and hostel is situated on the banks of the Macleay River between Kempsey and South West Rocks on the mid North Coast of NSW. Dormitory accommodation is provided for single males and family rooms for couples with or without children.

The Program treats all forms of addiction. It does this by seeking to re-establish spiritual bonds in human relationships damaged by addiction. Addiction is reliance on substances or activities for emotional support instead of human relationships.

## Billabong Clubhouse

02 6766 9960

[www.billabongclubhouse.org.au](http://www.billabongclubhouse.org.au)

Billabong's mission is to assist adults with a mental illness in developing the skills and confidence necessary to lead satisfying and productive lives in their community. This assistance is provided in psychosocial day program designed to empower and support its members.

## Blue Knot Foundation

02 8920 3611

[www.blueknot.org.au](http://www.blueknot.org.au)

Blue Knot Foundation is the leading national organisation working to improve the lives of the five million. (1 in 4) Australian adults who are survivors of childhood trauma, including abuse. We support survivors, their families and communities through professional phone counselling, information and resources, advocacy and educational workshops. We also deliver professional development training, group supervision and consultancy for workers, organisations and practitioners working with survivors.

## Bobby Goldsmith Foundation

02 9283 8666

[www.bgf.org.au](http://www.bgf.org.au)

BGF was founded in 1984 and is Australia's oldest HIV charity. The organisation provides support to people living with HIV (PLWHA) across NSW including direct financial and practical assistance, financial counselling, supported housing and employment support. BGF works closely with other HIV/AIDS and mainstream organisations. BGF responds to the needs of PLWHA with direct practical support whilst promoting independence and clients participation. We work holistically with clients rather than just addressing financial assistance needs. Service delivery essentially includes:

- Practical assistance which is based on individual need.
- Outreach / links with other service providers.
- Areas of service provision: financial assistance, NILS (No Interest Loans Scheme), financial counselling, supported housing, Phoenix Workshops including Stanford University Positive Self-Management Programme.
- Supported Housing clients (either through Floating Care or Bobby Goldsmith House) continue to have a more comprehensive level of assessment and more intensive service delivery compared to clients receiving general support

## Break Thru People Solutions (Blacktown)

02 8884 3000

[www.breakthru.org.au](http://www.breakthru.org.au)

Break Thru People Solutions is an Australian not for profit organisation and since 1992, has offered a range of free specialist employment programs to job seekers. As a free service, we also work closely with employers to find the right person for their job vacancies. The Break Thru People Solutions group incorporates Break Thru Employment Solutions & Break Thru Training Solutions. We are NSW based, employ over 420 staff and operate across NSW, QLD and VIC. Break Thru is a quality

accredited organisation and operates in accord with the Disability Service Standards and the Australian Quality Training Framework. Break Thru believes that the employment of people with disabilities and other disadvantages is not an act of charity, it is good business sense. Our staff work hard to support people looking for jobs to build skills and confidence that will assist them in securing real jobs. Break Thru believe work is fundamental to living a fulfilling and productive life and a job enables everyone to play a significant and valued role in the life of their communities. Break Thru Employment Solutions have been building relationships with mental health services and in the essence of continuous improvement developing our processes to better support our job seekers with a mental illness.

## **Bridges Incorporated**

02 9622 7511

[www.bridges.org.au](http://www.bridges.org.au)

Bridges Incorporated is a not for profit organisation. We have been contributing to the wellbeing of the Western Sydney community for those impacted by alcohol and other drugs and gambling since 1978. We deliver counselling and education to individuals, families and communities experiencing difficulties with alcohol and other drugs and their impacts. From its inception, Bridges took a unique approach to social problems. Originally called "Drink In Family Support Services" (DIFSS), the service began in 1978 in response to a need for a specialised service for family members affected by someone else's drinking. In its early years, the organisation undertook community development as well as family support activities.

## **Brown Nurses**

02 9518 6466

[www.brownnurses.org.au](http://www.brownnurses.org.au)

Our Lady's Nurses for the Poor, or the Brown Nurses as they became known, were founded in 1913 to care for the sick and destitute in their own homes. They began with a small group of dedicated nurses and are now ministering in Sydney, Minto and Newcastle. The Brown Nurses are committed to assisting those who are unable to access health and welfare services, those who are isolated and homeless, those who suffer mental illnesses, those who live in impoverished circumstances. Our ministry is about holistic care for the sick poor and we do this by building trusting relationships, nursing care, personal and domestic support, financial management and advocacy. Our referrals come from many sources including hospitals, doctors, social workers, mental health groups, other non-government agencies, department of housing and others. We service the local government areas of Sydney, Randwick and Leichhardt. Our team is comprised of full and part-time registered nurses who work Mondays to Fridays. Our clients all suffer from some form of mental illness and our nurses are responsible for the supervision of their medication, including injections. We have very good working relationships with places such as Darlinghurst Mental Health and Redfern Mental Health. The Sisters of Our Lady's Nurses for the Poor fund the work that we do and that is supplemented by donations and fundraising.

## CAN (Mental Health) Inc.

02 9114 8150

[www.canmentalhealth.org.au](http://www.canmentalhealth.org.au)

CAN (Mental Health) Inc. is short for Consumer Activity Network (Mental Health) Inc. We officially incorporated on 4th November 2005 and are growing each and every year. CAN (Mental Health) Inc. now has a national board of management. We are funded to provide the "Community Connections" peer support services from the Department of Health & Ageing, Suicide Prevention Branch (since January 2007) - one of the very first independent consumer organisations to be funded to provide peer support services in Australia. Our head office is located at 6A/15 Orchard Rd, Brookvale and we have a Hospital to Home service office co-located at Flowerdale Cottage at Liverpool. (Please refer to the Community Connections page for more information about our peer support services.) Consumers, interested individuals and interested organisations are able to become Members of our organisation. (Please refer to our Members page for more details.) CAN (Mental Health) Inc. also hosts the NSW Mental Health Consumer of the Year Awards to highlight and celebrate the achievements of mental health consumers in NSW. These are the only consumer run Awards in Australia - run by consumers for consumers. We believe many consumers are doing lots of wonderful activities and promoting people's recovery journeys and are the unsung heroes of the Australian Mental Health Consumer Movement, therefore we need to celebrate and acknowledge the contributions of the unsung heroes making the lives of mental health consumers all that much more for the better.

## Care Connect Ltd NSW

02 9830 8900

[www.careconnect.org.au](http://www.careconnect.org.au)

Care Connect is a major secular community care provider in New South Wales, Queensland and Victoria. We support people to live independent lives at home and in the community.

We provide information, advice and guidance to assist people navigate and access support services they need to live the life they want. Our staff specialise in coordinating services with people of all ages and abilities including children, young people, adults, older adults and carers.

We specialise in providing services, including complex care, related to: aged care, disability, mental health, Acquired Brain Injury, Autism Spectrum Disorder, transitional care, preventative care, dementia and respite.

We value the diversity of communities and provide inclusive services to people from culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander communities, people who are lesbian, gay, bisexual, transgender or intersex, people who are financially and/or socially disadvantaged and veterans.

Our approach is flexible, collaborative and designed to meet each person's changing needs. We build on a person's strengths and capacity so that they can make informed choices about the services and support they require. We call this unique, person-centred approach, My Life, My Choice, My Way™..



## Carers NSW Inc

02 9280 4744

[www.carersnsw.org.au](http://www.carersnsw.org.au)

Carers NSW is an association for relatives and friends caring for people with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who are frail. Carers NSW is the peak organisation for carers in NSW and the only statewide organisation that has carers as its primary focus. Carers NSW is a non-government, non-profit, non-political organisation incorporated under the Associations Incorporation Act (NSW), governed by a volunteer Board of Directors. We are part of a national Network of Carers Associations and work collaboratively to lead change and action for carers. Carers NSW provides:

- Information and referral
- Carers information packages
- Newsletters
- Emotional support
- Counselling
- Library
- Innovative service development
- Training
- Representation of carers' issues to government

Carers NSW provides carer support and training to improve carers' coping, knowledge and management skills and enhance carers' emotional wellbeing. We provide services to families and carers across NSW and have offices in Sydney, Coffs Harbour, Tweed Heads, Dubbo, Cooks Hill and Moruya.

## Catholic Social Services NSW/ACT

02 9390 5876

[www.catholicsocialservices.org.au](http://www.catholicsocialservices.org.au)

Catholic Social Services Australia (CSSA) is the Catholic Church's peak national body for social services in Australia. Our 63 member organisations provide social services to over a million Australians a year, delivering services in local communities in metropolitan, regional and remote Australia. We work with Catholic organisations, governments, other churches and all people of good will, to develop social welfare policies, programs and other strategic responses that work towards the economic, social and spiritual well-being of the Australian community. CSSA is a commission of the Australian Catholic Bishops Conference (ACBC) and reports to the ACBC through a Board of nine persons. Each Board member is appointed to their position by the ACBC. The National Office is located in Canberra, while two State Branches are in operation; CSS NSW/ACT and CSSV. Our Vision CSSA envisages a fairer, more inclusive Australian society that reflects and supports the dignity, equality and participation of all people. Our Mission CSSA advances the social service ministry which is integral to the Mission of the Catholic Church in Australia.

## Centacare – Community Lifestyle Support

02 6581 6800

[www.stagneparish.org.au/centacare](http://www.stagneparish.org.au/centacare)

Based in Port Macquarie on NSW's north coast, Centacare provide lifestyle support for people with a mental illness. Upon referral from their local mental health team, people referred to Centacare receive accommodation support provided by a community support worker and also receive services from a living skills centre. Accommodation support includes in-home living skills assistance, linking consumers with a variety of local community resources such as banks, transport etc.

## **Centacare - New England North West**

02 6762 9200

[www.centacarenenw.com.au](http://www.centacarenenw.com.au)

Centacare New England North West (NENW) is a quality accredited not-for-profit organisation which has been operating across the health, welfare and community services sectors for over 10 years. Established in 2001 by the Catholic Schools Office supported by the Bishop of the Armidale Diocese Bishop Luc Matthys Centacare NENW was created to provide counselling services and promote the wellbeing of individuals, families and communities in the Diocese of Armidale. Today, with an increase in funding (both State and Federal Government) Centacare NENW offers a wide range of programs and provides a significant portion of mental health and family based services in the New England region. Programs include psychological and counselling services, family dispute resolution (mediation), parenting and family relationship education courses, mental health programs for children, young people and adults and the Personal Helpers and Mentors program. Centacare NENW employs over 60 staff and has six offices located in Tamworth, Armidale, Moree, Narrabri, Inverell and Walgett. A range of services are offered to the surrounding areas from these centres. Centacare NENW strives to continue to be a leading service provider in the welfare and community services sectors. We look forward to continuing to develop and expand on our services with the support of the recently appointed Bishop of the Armidale Diocese, Bishop Michael Kennedy. Centacare NENW offers services to all residents of the Armidale Diocese regardless of race, age, gender or religious denomination.

## **Centacare - South West NSW**

02 6923 3888

[www.centacareswnsw.org.au](http://www.centacareswnsw.org.au)

Centacare Catholic Family Services is a social service agency of the Catholic Church in the Diocese of Wagga Wagga and a member of the wider network of Catholic social service organisations across Australia, known as Catholic Social Services Australia. Centacare, is a not for profit, non government organisation that has been providing professional services to individuals and families since 1991. We act on behalf of the Diocese to alleviate disadvantage through the provision of services to children, young people, individuals, families and communities in the Diocese. We actively reach out to and serve vulnerable families and individuals by providing a range of quality targeted services and programs that are flexible and responsive to the needs of vulnerable people. We build on strengths in individuals, families and communities and promote social justice and inclusion.

Our services include counselling and support to individuals, families and students, people experiencing the effects of post separation, persons with mental illness and those from war torn and conflicted countries seeking refuge in Australia. The Difference We Make Centacare Diocese of Wagga Wagga works with people in making a positive difference in their lives. Through our services and programs we strive for all those we serve to:

- Be connected to supports and connected to community
- Feel more empowered in their life.

Do I have to be a Catholic? No Many people assume that you have to be Catholic to work with or receive assistance or support from Centacare but this is not the case, at Centacare we are here for the whole community, we warmly welcome any person in our region who is need of assistance and support regardless of age, gender, physical or intellectual capacity, religion or ethnicity. We will work with you to find which services and programs best meet your or your loved ones needs. Centacare is an agency for ALL in the community.

## Central Coast Disability Network

02 4349 3700

[www.ccdn.com.au](http://www.ccdn.com.au)

Central Coast Disability Network (CCDN) facilitates and fosters the valued status of people with all disabilities in the community through the provision of support and services. CCDN's Vision is for all people with disabilities to be fully included in the life of their communities. CCDN provides services for people with an Acquired Brain Injury including case management, community access, and independent living skills. CCDN also provides individual advocacy, community education, respite, court support, hospital support and various group activities.

## CHES Employment

02 6691 9333

[www.chesemployment.com.au](http://www.chesemployment.com.au)

CHES (Coffs Harbour Employment Support Service) is a specialised employment service for people living with a psychiatric illness. It provides employment and vocational support for people living with a mental illness to re-enter the work force. CHES is a federally funded community-based organisation providing free service to its clients. CHES is an independent employment agency and has trained employment consultants who work with clients on a one-to-one basis. Its service is professional and seeks to support clients through the following work phases: job selection, obtaining work, and keeping a job. Clients are referred to CHES via GPs, psychiatrists, mental health services, Centrelink, CRS, community health organisations, Employment National, job brokers, self-referrals, and concerned friends and family.

## Club Speranza

02 9908 1233

[www.clubspesanza.org.au](http://www.clubspesanza.org.au)

Club SPERANZA is a mental health consumer and suicide issues support and advocacy group. It is the active arm of the Australian Mental Health Suicide Consumer Alliance Inc. Club SPERANZA has support groups for people experiencing self-harm, groups for carers, as well as groups for people bereaved by suicide. These meet regularly in Northern and Western Sydney.

## CO AS IT

02 9564 0744

[www.coasit.org.au](http://www.coasit.org.au)

CO AS IT (Italian Association of Assistance) is a voluntary organisation established in Sydney in 1968 under the auspice of the Italian government. The initial aim of the Association was to assist in the settlement process of the large number of Italians who arrived in the post World War II period, as well as establishing Italian language programs within the community. CO AS IT offers specialist services by professionally trained Italian speaking social workers and psychologists in the area of the aged, youth, family, mental health, and drugs and alcohol. The CO AS IT Mental Health Program

aims to provide a comprehensive and integrated mental health service that is specific to the cultural and linguistic needs of the Italian Community. CO AS IT's Mental Health Program also complies with NSW Health Standards, Policies and Initiatives. Il Programma per la Salute Mentale del Co. As. It. ha lo scopo di fornire un servizio di salute mentale esauriente e integrato che sia specifico ai bisogni culturali e linguistici della comunità italiana. Il Programma inoltre segue le linee di condotta, le iniziative e gli Standards previsti dal Ministero della Sanità del NSW. These services are offered free of charge to the Italo-Australian community throughout the Sydney Metropolitan Area.

## Community Links Wollondilly

02 4683 2776

[www.communitylinks.org.au](http://www.communitylinks.org.au)

Community Links Wollondilly Incorporated (CLW) is a not-for-profit non-Government community organisation working in Wollondilly, Camden, Campbelltown and Wingecarribee Local Government Areas.

The service supports all members of the community and provides resources to help achieve positive personal and community outcomes through community development, events, groups, workshops, youth programs, crisis support, carer support and family support.

## CCNB LTD

02 9979 7677

[www.ccnb.com.au](http://www.ccnb.com.au)

Our purpose is to connect older people, people with a disability, people with a mental illness, and their carers with opportunities that enrich their lives. As an organisation passionate about supporting individuals to live the lives they desire, our core values, what matters to us, is being: Inclusive and respectful Ethical and professional Equitable and empowering Responsive and innovative We work, and many of us live, within the Northern Sydney Region and specialise in developing local solutions to local problems. We know this community intricately, and pride ourselves on our connection to the people and communities who live here. Our history CCNB has been operating as a community care provider since its incorporation in 1994. Over the years, the organisation has grown from a provider of a single program, Community Options, within the Manly, Warringah, Pittwater area, to one that auspices a range of programs across Northern Sydney for a diverse set of stakeholders. Our commitment CCNB is committed to undertaking programs and activities that have a direct impact on the lives of people who are ageing, people with dementia, people with a disability, people with a mental illness, and their carers. This includes commitment to the development and delivery of high quality community care, contribution to planning and development activities, community development initiatives and broader sector research, leadership and mentoring. We aim to maintain community connectedness, and ensure the voice of consumers is at the forefront in program design, delivery and sector development initiatives.

## CRANES Community and Support Programs

02 6642 7257

[www.cranes.org.au](http://www.cranes.org.au)

CRANES Community Support Programs provides a 5 bed hostel which is staffed 7 days a week to create a supportive environment for people living with a mental illness who require a little more support with day-to-day living tasks such as:

- Budgeting
- Meal planning and preparation
- Medication management
- Attending medical appointments
- Accessing social and pre-vocational activities.

Our supported accommodation offers transitional housing for people with medium to high support needs to help achieve the maximum possible degree of self-reliance and independence before transitioning into fully independent accommodation. Our outreach support focus's on peoples strengths rather than deficits and by working together can provide increased opportunities for rehabilitation and recovery for people who are affected by mental illness. We support people in:

- Maintaining their tenancies
- Maintaining & promoting mental & physical health
- Establishing and maintaining family, community & social connections
- Developing links with other services e.g. clinical mental health services, general health, Centrelink, legal, Office of Housing & other housing providers.

Our rehabilitation programs provide social, recreational and educational activities that focus on personal development and growth. Our rehab programs include:

- Black Dog Institute REACH support groups
- Psycho-educational & Resilience based programs
- Art & Craft programs
- Cooking programs
- Social & Recreational outings
- Heart Foundation Walking Groups
- Body And Mind fitness

## EIS Health Ltd (Central & Eastern Sydney Primary Health Network)

02 9799 0933

[www.cesphn.com.au](http://www.cesphn.com.au)

Primary health networks (PHNs) have been established with the key objectives of increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes. They also aim to improve coordination of care to ensure patients receive the right care in the right place at the right time. PHNs are not for profit, regionally based organisations which aim to strengthen primary care by redirecting frontline health services to improve health outcomes of the community.

### What is primary health care?

Primary health care may be viewed as the first point of contact an individual has with the health system. This is often visiting the local GP, but may include a range of health professionals such as nurses, psychologists, pharmacists, dentists, physiotherapists or Aboriginal health workers.

Primary health care services address not only the immediate problem, but also include prevention and screening, chronic disease management and health promotion.

## Family Drug Support

02 4782 9222

[www.fds.org.au](http://www.fds.org.au)

Family Drug Support was formed in 1997 after its founder Tony Trimmingham lost his son to a heroin overdose. Bereft, Tony felt frustrated by the general apathy and ignorance of his own experience. This was also the plight of many other families. Realising this was but the tip of the iceberg, a public meeting was called where hundreds of people attended. FDS was formed as a result. FDS is a caring, non-religious and non judgmental organisation. FDS is primarily made up of volunteers who have experienced first hand the trauma and chaos of having family members with drug dependency. They have travelled the same road. Our energies are given in primarily supporting families struggling as a result of drug use. We aim to assist in any way possible to empower families to cope with the realisation of their situation and to survive it intact. To this end we offer a seven day, 24 hour telephone line Australia-wide, manned by volunteers offering help to diffuse crisis, proffering strategies for coping and giving any information required.

## Flourish Australia

02 9393 9011

[www.flourishaustralia.org.au](http://www.flourishaustralia.org.au)

**Vision** - To enable full participation within a diverse and inclusive community.

**Mission** - Working together for optimal mental health and wellbeing.

**Values** - hope, inclusion, partnership, diversity, integrity, respect, trust

We always focus on your individual strengths and goals. We help you build your self-confidence and life skills so you feel empowered to undertake your own recovery journey

## Foundation House

02 9555 7852

[www.foundationhouse.net.au](http://www.foundationhouse.net.au)

Foundation House is an alcohol, drug and gambling treatment centre run by the Construction Industry Drug and Alcohol Foundation (the Foundation).

The Foundation was established in 1994 to address the lack of availability of effective alcohol, drug and gambling treatment options, limited places in existing facilities, and unrealistic waiting lists in an already overcrowded public health system.

The Foundation is a non profit organisation that aims to raise funds to provide adequate, effective and readily accessible alcohol, drug and gambling treatment services and support to construction industry personnel, members of their families and the general public. It is an incorporated association, is registered under the Charitable Fundraising Act, and has been granted Gift Deductibility Status by the Australian Taxation Office.

The Foundation operates independently and autonomously, however it is linked through similar goals, and its target group to the Building Trades Group Drug and Alcohol Program. It is unique in

its bringing together of all stakeholders in the building and construction industry in a co-operative and harmonious atmosphere in what has for many years been a confrontational environment.

## Good Grief Ltd

02 8912 2700

[www.goodgrief.org.au](http://www.goodgrief.org.au)

Good Grief is committed to education to build resilience and foster wellbeing. Good Grief provides programs for children, young people and adults challenged by loss and change. Our work is based on Mary MacKillop's principle "Never see a need without doing something about it." Our founders saw a need within the community to provide support for those feeling alone or helpless in the face of significant loss or change. Our programs seek to support all members of the community to develop the knowledge and skills to adjust to significant life events, and to grow from the experience. We have a suite of programs and resources developed to support children, young people and adults to understand and manage change, loss and grief in their lives. Our aim is to enable them to achieve resilience and new hope. Good Grief's flagship program is Seasons for Growth®. The program was first developed in 1996 with funding provided by the Mary MacKillop Foundation. The work of Professor Anne Graham as the author of this program is acknowledged and her kind permission for its continued use is noted with thanks. Anne is the Foundation Director of the Centre for Children and Young People at Southern Cross University, Lismore. She is a vital ongoing supporter of the work of Good Grief, and we acknowledge and appreciate her generous sharing of both expertise and insight. An initiative of the Sisters of St Joseph, Good Grief Ltd is an Australian owned not-for-profit organisation.

## Grand PacificHealth PHN

02 4220 7600

[www.gph.org.au](http://www.gph.org.au)

Grand Pacific Health aims to improve health outcomes for the South Eastern NSW community by addressing gaps in primary health care services. Our priority is to meet local health needs, focusing on providing high-quality primary care services that include chronic disease management and care, mental health, and Aboriginal health care. We provide a wide range of services across a large geographical area, from Helensburgh in the north to the Victorian border. This expansive footprint allows us to take advantage of our size whilst providing locally-tailored services. Building on our aim to improve primary health outcomes for the region, we have established strong partnerships and collaborate with a number of key stakeholders including the Local Health District's, University of Wollongong, specialist providers and community service organisations.

## GROW NSW

02 9633 1800

[www.grow.net.au](http://www.grow.net.au)

GROW is a community mental health movement organised and led by people recovering or recovered from mental illness and from other serious personal inadequacies or maladjustments to life. GROW began in Sydney, Australia, in 1957. WHO IS GROW FOR? GROW is suitable for anyone willing to participate in their own mental health: ie. 1. People who have no diagnosed mental illness

but are seeking preventative skills to help them cope and grow through challenging situations. 2. People with more recent symptoms and diagnosis, learning how to cope and bring order back into their lives. 3. People with long term mental illness seeking rehabilitation. WHAT DOES GROW DO? GROW works in the context of a 12 Step Program with a 2 hour weekly meeting. The meeting is structured and provides mutual help in solving personal problems. Members are committed to confidentiality and anonymity is respected at all times. GROW does not do one-on-one counselling but uses the GROW Program of personal Growth. GROW will enable you to systematically develop and use your personal resources in a group setting ranging from 3 to 10 members.

## Heal for Life Foundation

02 4998 6003

[www.healforlife.com.au](http://www.healforlife.com.au)

Heal For Life Foundation began as one person's dream, to meet a very specific need: to establish a safe place for survivors of childhood trauma to find healing. To be empowered to heal from the effects of their childhood trauma, such as depression, anxiety, suicidal ideation, mental illness and adverse coping strategies.

## Home in Queanbeyan

02 6284 2409

[www.homeinqueanbeyan.org](http://www.homeinqueanbeyan.org)

About HOME • HOME provides a supportive, loving home for 19 men and women with mental illness (medium-high needs) who cannot live independently or are at risk of homelessness. • HOME features 20 self-contained residential apartments—18 for permanent residents, one for long-term respite, and one for a live-in caretaker; there is also a five bedroom house on-site which is lived-in by a family who provide a back-up caretaking role. • First and foremost, HOME is a place of friendship—a place that counters the isolation and loneliness that too often goes hand in hand with mental illness. • Residents have access to 24 hour pastoral care delivered by qualified employees, volunteers, and live-in caretakers. Residents are seen daily and encouraged to live active, fulfilling lives within their community. • We recognise that people need more than just a house and meals, but regular loving care and support, too—a home. • We hope HOME is just the beginning of a national approach that encourages a cultural-shift in the care of people with chronic mental illness. Community support • HOME is a living example of an entire community— residents, local businesses, schools, philanthropic foundations, community groups, churches, government—standing up and doing their bit to make a real difference in the lives of local people living with mental illness. • HOME is the story of a community willing to provide national leadership in the care of some of our nation's most vulnerable citizens. Current priorities • While residents contribute rent (\$195 p/w) and cover their own utilities, we will still need a further \$160,000+ per year to cover running costs (note: HOME does not receive any ongoing government assistance). • Our aim is to raise enough money to become financially self-sufficient within the next 10-15 years.



## Independent Community Living Australia Ltd

02 9281 3338

[www.icla.org.au](http://www.icla.org.au)

Independent Community Living Association (ICLA) is a non-government, not-for-profit organisation providing community and mental health services in the eastern and inner western suburbs of Sydney since 1984. Residential Rehabilitation Services It provides secure and affordable accommodation and support services for up to 77 people who have a mental illness. ICLA provides a variety of noninstitutional accommodation settings and provides flexible programs tailored to assist individual clients in their day to day living and involvement in the community. The range of accommodation consists primarily of shared houses or flats with a limited number of one bedroom flats. This housing is long term, affordable, flexible and safe. Staff from a variety of backgrounds work with clients within a rehabilitation framework and assist with individual goals. It includes tenancy help, transport, social support, household management, budgeting and assistance with health and welfare agencies. Assistance varies according to client needs, including: advocacy, symptom monitoring treatment management, budgeting, personal hygiene and grooming, and assistance with daily living that will create an environment to enrich and enhance life experiences Services to Homeless People City Street Outreach Service is contracted by the City of Sydney to provide professional services to people who are homeless in the local government area of the City of Sydney. A team comprises health workers with backgrounds in Mental Health, Alcohol & Other Drugs, Youth Work, Primary Health, Aged Care and Developmental Disabilities. Operating 7 days a week, clients of the service are case managed to achieve outcomes of improved health, housing or welfare status. ICLA responds to requests for support on a needs basis. Programs are tailored to meet those needs. Types of support offered include: respite services, living skills training, prevocational training and community access to generic and specialist services.

## Interrelate Family Centres

02 8882 7800

[www.interrelate.org.au](http://www.interrelate.org.au)

Interrelate provides services that strengthen and support all of the relationships in your life – with yourself, your partner, your family, your children and during life's transitions such as becoming a parent, grandparent, divorce and separation and forming a stepfamily. Our focus is always on what is best for the children in the family. Regardless of your cultural background or language barriers, Interrelate can help you deal with family relationships and provide interpreters where appropriate. Interrelate has been a leading provider of quality relationship services since 1926. We are a community based, not-for-profit organisation with a network of centres across metropolitan, regional and rural New South Wales. Each year, we help over 50,000 individuals, couples, families and children and we are also the New South Wales branch of Stepfamilies Australia. We are committed to:

- Fostering resilience within families and communities by helping individuals, couples and families build stronger relationships
- Working in the best interests of children to create supportive family environments
- Respect, equality, compassion and empowerment for all, regardless of gender, sexuality, culture or age
- Reconciliation with Australia's first peoples

## **Jewish House Limited**

02 9386 0770

[www.jewishhouse.org.au](http://www.jewishhouse.org.au)

The Jewish House was established 27 years ago when Roger and Anthony Clifford donated a house on Flood Street in Bondi as a centre for counselling for teenagers and others who were affected by drug and alcohol abuse and battle to what at the time was the growing trend of involvement in cults. Today, through its dedication to excellence and its professional and uniquely embracing approach it has evolved to be recognised as a pre-eminent institution in the provision of a far broader range of crisis services across all ages and community profiles. Our services have expanded to include 24/7 help line, crisis accommodation, psychology, psychiatry, social work, financial counselling as well as community education, prevention and positive living programmes. Our caring approach, whereby a number of services are combined in a unique way for each client, is a model well regarded by other organisations and has ensured a very high success rate in assisting people to rebuild their lives after a major crisis. Today we are excited at the prospect of expanding our services to help the homeless and building our physical and human resource capacity so we can continue to be proactive and innovate in the way we assist our community.

## **JewishCare - Fischl House**

1300 133 660

[www.jewishcare.com.au](http://www.jewishcare.com.au)

JewishCare Mental Health Program Helping individuals and their families to manage the impact of mental illness What is JewishCare's Mental Health Program ? Working in partnership with local community mental health teams, public and private Hospital across New South Wales, JewishCare provides support to individuals and their families. What does the program provide ? The program provides comprehensive assessment, case management and other support services including daily psycho social activities. Each person is individually assessed in order to determine the most appropriate service which will best meet their needs over time. JewishCare is a CALD organisation and hosts Jewish specific programs throughout the year.

## **Justice Action**

02 9283 0123

[www.justiceaction.org.au](http://www.justiceaction.org.au)

"The arc of the moral universe is long, but it bends towards justice." - Theodore Parker, abolitionist preacher Justice Action is a community-based organisation comprising criminal justice and prison activists. We are prisoners, ex-prisoners, lawyers, academics, victims of crime, and community members. We believe that meaningful change depends upon community responsibility and free exchange of information as the basis for understanding and action.

## Life Without Barriers

02 4918 6200

[www.lwb.org.au](http://www.lwb.org.au)

Life Without Barriers is a registered charity established in 1995. It is a positive and active organisation with a strong and progressive Board of Directors, staff and volunteers. Life Without Barriers' mission is to assist the personal development and enhance the quality of life for people with a disability and provide support to their families and carers so that they can live with dignity, respect and acceptance in the community. Life Without Barriers Sport & Recreation Program This program aims to provide daily living skills, leisure and recreational skills for adults who are living with mental health issues and/or psychiatric disability. A range of activities are provided that focus not only on areas like getting fit, gaining confidence and learning new skills, but also the social aspect such as meeting new people, developing friendships, and having fun. Activities available within the program cater to the interest areas of the participants. This means that each participant's program is personally planned to suit their individual needs. The activities offered are both centre and community-based, or may be in a group or a one-to-one setting.

## Link-Up (NSW) Aboriginal Corporation

02 9421 4700

[www.linkupnsw.org.au](http://www.linkupnsw.org.au)

Link-Up (NSW) is based at Lawson and works with Aboriginal people who were separated from their families when they were children.

Aboriginal families and communities in New South Wales have been profoundly affected by separation and we are struggling to find our way home, home to family, country, community and home to our Aboriginal identities, home to where we belong.

The separation of Aboriginal children from their families and communities began in NSW as soon as Europeans set foot on our land. In 1788, an Aboriginal boy named Andrew was found in the bush and taken to live with the British colonists (Fletcher 1989). By April 1789, two Aboriginal children, Nanberry (a boy about 10 years) and Abaroo (a girl about 14) also lived with Whites.

NSW was the first State to be colonised by Europeans, and the laws, policies and practices of separation were developed and perfected here. Officials had the power to remove any child under any pretext, for not even a court hearing was necessary.

The belief that it is in the best interest of Aboriginal children to be removed from their culture and assimilated justified the systematic disruption of Aboriginal families and has been allowed to prevail.

## Lou's Place

02 9358 4553

[www.lousplace.com.au](http://www.lousplace.com.au)

Lou's Place is a daytime drop-in centre for women in the heart of Kings Cross. A part of the community since 1999, Lou's is a Sydney charity that provides respite and support for women in need. We do this through a grass roots approach that relies on a small professional staff supported

by over 50 volunteers, without whom the doors could not remain open. Many of the women who come to Lou's Place are in crisis. Approximately 70% are homeless upon first presentation and the majority has a lived experience of mental health issues which is often further compounded by substance use and drug dependency. 11% of our clients are rough sleeping. 14% of women attending Lou's Place for the first time in F2013 were Aboriginal or Torres Strait Islander. Our current client base ranges from eighteen to eighty seven with a median age of 45. At Lou's Place we believe that women who are in need of support can benefit most from a homely and welcoming environment. As a starting point we see creating a safe place as paramount to engendering trust and trust as a vital first step to rebuilding lives. We also believe in meeting the women who visit Lou's at their point of need. This is a different place and proceeds at a different rate, depending on their circumstances. For this reason we do not offer a single service to everyone. Lou's Place provides a welcoming environment and promotes the autonomy and dignity of all women.

## Macarthur Disability Services

02 4621 8400

[www.mdservices.com.au](http://www.mdservices.com.au)

Back in 1982, MDS envisioned a world where people with a disability participated fully in society and were valued and empowered to realise their potential.

That vision has continued to inspire our aims and goals and has enabled Macarthur Disability Services to become a premier non-profit community organisation in the Macarthur region. With operations across South West Sydney and the Southern Highlands, MDS continues to lead the way in their person centred approaches to service delivery.

MDS continues to provide a range of services, activities and connections to a wide demographic of people including:

- People with a disability
- People with a mental illness
- The aged
- Families
- Carers

Each service is designed to meet the needs of each individual. The ability to provide an individualised program is based on listening to our customer requests, desires and needs to ensure that MDS better meets each person's goals.

## Make a Difference

02 4465 2764

<http://www.makeadifference.com.au>

Make a Difference is a charity focussed on helping those impacted by or at risk of mental illness. We are a small charity, working mainly with children and young people living in South West Sydney. We run a very lean operation, with tiny overheads. A very high proportion of our funds reaches children and young people in need.

## Manly Drug Education & Counselling Centre

02 9977 0711

[www.mdecc.org.au](http://www.mdecc.org.au)

The Manly Drug Education & Counselling Centre (MDECC) is a non-government organisation situated on Sydney's Northern Beaches. MDECC offers a range of programs aimed at reducing drug-related harm to young people, their families, and the community. These programs include health promotion, targeted intervention, and counselling/treatment programs. Mental health promotion is integrated across all program areas at MDECC. MDECC's approach to service delivery is community development. MDECC is therefore involved in a range of local community partnership initiatives. MDECC's model of peer education is one of the key strategies used to educate and mobilise the community to address local drug and alcohol issues.

## Mental Health Association NSW – Way Ahead

02 9339 6000

[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

Formed in 1932, the Mental Health Association (MHA) is a voluntary, non-profit, non-party political community organisation and charity. Our mission is to promote opportunities for the people of NSW to achieve their optimal level of mental health through providing information services, education, mutual support and advocacy. The MHA's main activities are:

- The Mental Health Information Service and Resource Centre
- Publication of the Way Ahead Directory of Mental Health Resources
- Mental Health promotion, including co-ordination of National Mental Health Week (NSW), in October each year
- Provision of support groups including Depression and Mood Disorders and Anxiety Disorders.
- Advocacy on mental health issues
- Membership services, including publication of a quarterly magazine for members, Mental Health Matters.

Membership of the Mental Health Association is open to all people with an interest in mental health issues. For more information, contact the Association on the numbers below or visit the website [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au) for further details

## Mental Health Carers NSW Inc

02 9332 0777

[www.arafmi.org](http://www.arafmi.org)

Mental Health Carers NSW (formerly Arafmi NSW) is a non-government organization that provides advocacy and support for families, relatives and friends of people who experience mental illness, living in NSW.

Mental Health Carers NSW (MHCN) provides support and advocacy for families and friends of people living with a mental illness or disorder. MHCN reaches out with friendship and understanding to all whose lives are touched by a mental health problem. We aim to maintain and improve existing levels of support services to all relatives and friends of people with a mental illness. As the peak body for mental health carers in NSW, MHCN is regularly asked to provide feedback on policies and services on behalf of carers to the NSW Ministry of Health and to Local Health Districts. By influencing changes in policy, legislation and service provision, MHCN makes a positive difference to the mental health system for carers. In order to provide accurate and representative feedback, MHCN talks to people with lived carer experience across NSW.

## **Mentor and Support Ltd.**

02 9144 1447

[www.support.org.au](http://www.support.org.au)

If you are 18-25 years of age and have mental illness you can work off your State Debt Recovery Office (SDRO) fines with a Work and Development Order. By participating in the MENTOR+SUPPORT LIMITED mentor program as a participant, mentor or in the administration you can satisfy your fine debt.

## **Mind Australia**

03 9455 7900

[www.mindaustralia.org.au](http://www.mindaustralia.org.au)

Mind Australia is a leading provider of community mental health services. We support our clients to live independent, productive and purposeful lives. Underpinning our work is a belief that it is possible for everyone to have a full and meaningful life, including people with severe and persistent mental health issues. Mind Australia is an incorporated company limited by guarantee not for profit organisation that receives the majority of its funding from State and Federal Government. We acknowledge the importance of their funding and collaboration in working with us to support people's mental health recovery within the communities we work. Mind is also supported by a diverse range of trusts, foundations, community organisations and individuals. We are particularly grateful to our many regular donors that contribute to our iMind program which funds several initiatives.

## **Mission Australia - NSW**

02 9641 5000

[www.missionaustralia.com.au](http://www.missionaustralia.com.au)

Mission Australia NSW/ACT Community Services provides a wide range of programs throughout NSW/ACT as far north as Lismore, south to Nowra and Albury and west to Lightning Ridge and from Bowral to Broken Hill. In 2004/5 NSW/ACT Community Services operated some 90 services (53% of all Mission Australia Community Services nationally) and provided assistance to some 29,927 people per year. Program types include: · SAAP services for families, youth and single men and women; · Aged care services; · Specialised youth programs such as Creative Youth Initiatives, South West Youth Services, Triple Care Farm and Reconnect; · Complementary education and employment programs such as JPET, Links to Learning and Youth Pathways; · Newly arrived migrant services such as trauma counselling, home tutor and Newly Arrived Youth Support Service; · Specialised Mental Health services such as HASI 2 and Personal Helpers and Mentors; Recovery & Resource Program · Children's services such as pre-schools, early intervention & disabilities/delays, family day care, Communities for Children, Families First; · Post release services; and · Homelessness transport.

## Mission Australia - Triple Care Farm

02 4885 1265

[www.missionaustralia.com.au](http://www.missionaustralia.com.au)

Triple Care Farm (TCF) is a unique residential program for young people experiencing homelessness, substance abuse, mental illness and acute behavioural problems. Since 1989, this farm in the picturesque Southern Highlands of New South Wales has been helping young people to develop emotionally, socially and vocationally in a safe, secure environment. The transformation and accomplishments of the students are celebrated at the end of each year with a graduation ceremony. The facilities at Triple Care farm include:

- Three comfortable residential cottages
- Weekend activities such as canoeing, hiking, mountain bike riding and caving
- Working with the farm's animals
- On-site gym
- Music program with on-site recording studio and music room
- Visual arts programs
- Educational programs to help with computer skills, reading and writing
- TAFE-accredited training in hospitality, automotive, retail, first aid, forklift and wood/metalwork
- Counselling support: individual and group counselling program.
- Community aftercare for six months after clients graduate from the program..

## Murrumbidgee Primary Health Network

02 6923 3100

[www.mphn.org.au](http://www.mphn.org.au)

The Murrumbidgee Primary Health Network (MPHN) is one of 31 new primary health care organisation being established from 1 July 2015 with the key objectives of:

- Increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes; and
- Improving coordination of care to ensure patients receive the right care in the right place at the right time.

Primary Health Networks have been set six key priorities for targeted work; mental health, Aboriginal and Torres Strait Islander health, population health, health workforce, eHealth and aged care. The MPHN will be working with health service providers, consumers and communities to improve coordination of care, ensuring patients receive the right care in the right place at the right time.

The MPHN will be informed by our local health professionals and communities through four regionally-based Clinical Councils, and 33 Local Health Advisory Committees informing a single Community Advisory Council. Regional service centres will be established in each of the four sectors; Riverina, Western, Wagga and Border.

## NALAG Centre for Loss & Grief Dubbo

02 6882 9222

[www.nalag.org.au](http://www.nalag.org.au)

The National Association for Loss & Grief (NSW) Incorporated (NALAG) was founded in 1977 after the Granville train disaster. The aim of NALAG is to encourage and promote professional and community education and support in the area of loss, grief and trauma. NALAG has been involved with the establishment of many of the loss and grief support groups throughout NSW and has recently developed the Blue Healers Depression, Stress & Anxiety Program. NALAG is frequently

called upon for training and advice by schools, corporations, government departments, media and individuals. Our Services NALAG aims to educate and support people who are grieving a loss through:

- Information and educational resources
- Individual and group grief support (for locations please call the NALAG Centre)
- Trauma response

## Neami National

03 9481 3277

[www.neaminational.org.au](http://www.neaminational.org.au)

Neami National is a not for profit mental health organisation that provides rehabilitation and support to people who experience serious mental illness and require assistance in areas of skill development, personal recovery, social contact and housing. A variety of rehabilitation and support programs are provided at service sites across Australia to achieve this. Neami have a strong belief in our model of service. We have seen consumers benefit from this model of support. Neami believes that better outcomes for consumers are achieved by:

- Improving the confidence of consumers while participating in their community.
- Assisting consumers to be more connected to their community.
- Assisting consumers to develop the skills and competence necessary to enjoy a full and rich quality of life.

Our NSW staff provide support to consumers 7 days a week. The support may include assistance with socialisation, education, employment, living skills, healthy living and helping to resource consumers so they can access their community of choice. Accommodation is arranged in the community for each consumer and they live independently with access to the 7 day support. The referral process involves an Area Health Service case manager, consumer, carer or other appropriate person calling one of our offices to discuss a referral from which an interview is arranged to meet with the consumer and discuss their support needs.

## New Horizons

02 9490 0000

[www.newhorizons.net.au](http://www.newhorizons.net.au)

New Horizons provides support to adults with a mental illness, intellectual disability, acquired brain injury or dual diagnosis and the frail aged. Services are provided in the Sydney, Katoomba, Central Coast, Hunter, Mid North Coast and Northern Rivers areas of NSW. Our Head Office is located in North Ryde. Support Services include:

- Disability Employment – Australian Disability Enterprise -
- Accommodation support - HASI – Housing and Accommodation Support Initiative - DHASI –
- Developmental Housing and Accommodation Support Initiative - PHaMS – Personal Helpers and Mentors Service - YPIRAC – Young People in Residential Aged Care Program - Job Network -
- Disability Employment Network - Outreach services - Pre vocational support - Primary and secondary health care - Transition from a correctional facility - Community disability aged care - Residential aged care



## NOVA

02 4023 5620

<http://www.novawomen.org.au>

Nova Women's Accommodation and Support is the amalgamation of both Eva's Project and Lower Hunter Women's Housing. The two women's services operated independently from each other in Newcastle for approximately 25 years until the services amalgamated in July 2008.

- Eva's Project originated through the women's refuge movement where it was identified that domestic violence was a major contributor to homelessness to women with dependent children. It was seen that there was a gap for women that required supported accommodation.
- Lower Hunter Women's Housing was an initiative of Housing NSW that considered women with or without dependent children who were homeless or at risk of homelessness with complex needs required supported transitional accommodation.

The services brought together a rich history of working with women who have been homeless or at risk of homelessness and or escaping domestic violence.

## Oakdene House Foundation

02 8717 0999

[www.oakdenehouse.org.au](http://www.oakdenehouse.org.au)

Oakdene House is a non-profit organisation established to assist sufferers of the debilitating consequences of addiction including, problem gambling and alcoholism. In addition, support and guidance is also provided to family and friends of sufferers. Services Offered

- Short term assessment and recovery preparation for sufferers of addiction.
- Support and guidance for addicts, families and significant others.
- Group therapy for addicts, families and significant others in recognition of the impact of addiction.
- Financial Counselling.
- Alcoholics Anonymous meetings
- Gamblers Anonymous meetings
- Gam-Anon meetings (Help for family members)
- Al-Anon meetings (Help for family members)
- 12 Step/Traditions meeting
- Multi-lingual Services available
- An Outpatients Program.
- All Services at Oakdene House are at no cost

The Outpatients Program The Outpatients Program is a structured rehabilitation program committed to recovery.

- The program offers self-directed and facilitated, individual and group sessions.
- Clients are encouraged to attend 12 Step meetings during and post clinical treatment.
- Oakdene House Outpatient program revolves around complete abstinence.
- Individual therapy sessions are modulated, providing the client the opportunity to follow their own path and to direct their own recovery, according to their needs.
- Group sessions provide therapeutic and practical tools to skill clients in managing the financial, emotional and spiritual maintenance of their day-to-day lives.
- Oakdene House supports clients to abstain from their substance of dependence through self-directed, therapist and peer-supported programs of recovery.

## Open Minds

07 3896 4222

[www.openminds.org.au](http://www.openminds.org.au)

Open Minds provides community based supports to people living with mental illness, disability or acquired brain injury throughout South East Queensland. We believe in an inclusive community and the right of people with mental illness and disability to have the supports and access to live a life of choice, fulfilment and participation. Open Minds offers a range of programs and tailored support services focused on the individual needs of each person we support. This includes lifestyle and residential support programs, acquired brain injury support services, transition planning and mentoring support and helping people find a job that is right for them. At the heart of what we do is a commitment to working alongside individuals and focusing on their strengths to enable individual achievement and recovery.

## ONE80TC

1800 679 657

[www.one80tc.org](http://www.one80tc.org)

ONE80TC is a not-for-profit organisation, established in 1977 to provide long-term residential treatment and rehabilitation services for young men (aged 18-35) wanting to overcome addiction and other life controlling issues. ONE80TC is a Christian based organisation that believes a spiritual foundation is essential. We recognise that we are emotional, physical and spiritual beings, and a holistic approach is required to achieve success and long-term freedom. Our vision is to help people put their lives back together and set them on the pathway to success. In addition to rehabilitative services, participants are encouraged to integrate back into the community and prepare to enter or re-enter the workforce or gain further education. The participative residential program, based in the Hawkesbury area of NSW, has provided assistance to over 5,000 young men with a focus on self-identity; family and relationships (including reconciliation); personal development; and work and responsibilities. The facility has 45 beds and is supported by 25 staff. Funding for the ONE80TC program is provided through donations, sponsorships, grants, foundations, fund-raising and client fees. ONE80TC is an initiative of Teen Challenge NSW INC and is governed by a Board of Management.

## On Track Community Programs

07 5536 9851

[www.otcp.com.au](http://www.otcp.com.au)

On Track Community Programs is a growing and responsive community based organisation servicing the Far North and Mid North Coast regions of New South Wales (NSW). Since our beginnings in the early 1990s, we have developed into a leading provider of support services for people experiencing mental illness, disability or employment and accommodation difficulties

On Track offers quality mental health services that support the needs of our community across the North Coast of NSW from Coffs Harbour to Tweed Heads. Programs range from 24 hour supported accommodation for those with high needs, to skills-based and creative day programs at our Connections Centre. Through all of our programs we support and encourage individuals to

develop their life skills, improve mental health literacy and strengthen their connections with peers and the community.

If you believe you could benefit from inclusion in any of On Track Mental Health programs contact your case worker or the Community Mental Health Service in your area to discuss eligibility and our referral process.

HASI referrals can be made by Social Housing Providers or Mental Health Clinicians, such as GPs, psychiatrists, clinical psychologists or Community Mental Health Case Managers. Aboriginal HASI referrals can be made by anyone, but need the support of a Mental Health Clinician.

## **PANDA - Perinatal, Anxiety and Depression Australia**

03 9481 3377

[www.panda.org.au](http://www.panda.org.au)

Our services - PANDA provides a vital service across Australia by offering the only specialist national perinatal mental health telephone counselling service, as well as reducing stigma around perinatal anxiety and depression, and providing education services to health professionals and the wider community.

## **Peer Support Foundation Limited**

02 9905 3499

[www.peersupport.edu.au](http://www.peersupport.edu.au)

The Peer Support Foundation is dedicated to providing dynamic peer led learning programs that foster the physical, social and mental well being of young people and their community. Peer led learning programs allow young people to:

- Develop skills in cooperative learning
- Investigate together issues they feel adults may not relate to
- Develop effective ways to deal with their life experiences
- Explore ways in which other people deal with similar experiences
- Become better leaders

There are peer support modules from year K – 12 and focus on developing attitudes, skills and understandings vital to the well being of young people. The key skills are developed through the following focus areas:

- Orientation
- Relationships
- Optimism
- Values
- Anti-bullying
- Resilience

To support school communities in addressing specific areas of need and bring about positive change, the Peer Support Foundation provides:

- Awareness raising workshops and materials for community members
- Training and professional development for teachers
- Integrated learning modules for students – including notes for teachers, group leaders and resources for students

## **Rape & Domestic Violence Services Australia**

02 8585 0333

[www.rape.dvservices.org.au](http://www.rape.dvservices.org.au)

RAPE & DOMESTIC VIOLENCE SERVICES AUSTRALIA -Working Against Sexual and Domestic Violence –R&DVSA Accepts Indigenous Rights in Australia. Rape & Domestic Violence Services Australia provides 24/7 telephone and online crisis counselling to anyone who has been impacted by sexual or domestic violence, and trauma counselling for women who were sexually assaulted when they

were children. 24/7 telephone 1800 424 017 Online Counselling via the website: [www.rape\\_dvservices.org.au](http://www.rape_dvservices.org.au) Information and Resources The Centre's website has a range of information and resource including sexual assault fact sheets. The Centre has developed a "Best Practice Manual for Specialised Sexual Assault Crisis Telephone and Online Counselling , 2nd Edition". Training programs are offered in relation to sexual assault disclosures, crisis intervention counselling, management of vicarious trauma and managing and preventing sexual assault in the workplace.

## **Samaritans**

02 4960 7154

[www.samaritans.org.au](http://www.samaritans.org.au)

Social welfare work has been undertaken by the Anglican Church within the Diocese of Newcastle since last century. On October 14, 1984, the Newcastle Anglican Board of Social Work was redefined as the Samaritans Foundation (or "Samaritans") to "assist in the expansion of the social and community service work within the Diocese". Samaritans work began as a few key services including emergency relief, a family centre and op shops. As an organisation we grew significantly since the early 1980s, and now operate over 100 support services throughout the Central Coast, Newcastle, Hunter Valley and Mid-North Coast regions. In 2012 our work spread to Mudgee in the Central Western NSW. Throughout these regions we offer support to a number of those in need including young people and families, those with disability or mental health challenges and the wider community. Samaritans has over 700 staff and more than 450 volunteers across the regions in which we work.

## **Schizophrenia Fellowship of NSW**

02 9879 2600

[www.sfnsw.org.au](http://www.sfnsw.org.au)

The Schizophrenia Fellowship is a nonprofit, community based organisation working in the field of mental illness. As such, it is governed by a management committee which guides the organisation strategically. The management committee is made up of 13 members, three of which must have a mental illness. Schizophrenia Fellowship of NSW Inc is committed to improving the circumstances and welfare of people living with a mental illness, their relatives and carers, and professionals working in the area. The Fellowship works to:

- Eliminate stigma and create a society that is understanding and accepting.
- Ensure that people with a mental illness, and their carers and relatives, have access to information and appropriate services.
- Advocate on behalf of people with a mental illness, their carers and relatives and mental health professionals, for better government policy in the areas of research, treatment, rehabilitation, housing and other relevant areas.
- Provide innovative programs and support.
- Ensure that the Fellowship has effective and accountable management.

## **South Eastern NSW Primary Health Network – Coordinare**

02 4225 4315

[www.coordinare.org.au](http://www.coordinare.org.au)

A coordinated regional health system which provides exceptional care, promotes healthy choices and supports resilient communities.

## Our purpose:

Supporting primary care in our region to be:

- \* comprehensive
- \* person-centred
- \* population-orientated
- \* coordinated across all parts of the health system
- \* accessible
- \* safe and high quality

Our organisational structure is geared to deliver a well governed, locally responsive and efficiently run PHN. Our Executive share leadership competencies in strategy, managing change and stakeholder engagement. This team have a thorough understanding of the challenges and opportunities facing primary health care locally and its collective ability to forge strong, strategic alliances, ensure a well-connected, influential and high performing PHN. We have two Engagement and Coordination teams – one in the Illawarra Shoalhaven (based in Wollongong and Nowra) and another in Southern NSW (based in Moruya and Bega). These teams consist of highly skilled staff who are committed to working with general practice and other stakeholders to enhance the coordination of care, improve health outcomes and provide a better patient experience. Our Planning and Performance team brings together experts in epidemiology, service planning and development, and knowledge management. They are responsible for ensuring the heads of our region and the impact of activities are known.

## Southern Community Welfare Inc

02 9545 0299

[www.scw.org.au](http://www.scw.org.au)

Southern Community Welfare (SCW) is a community based, non-profit, charitable organisation providing counselling and psychology; support groups; community education and case management. We have been operating out of Gymea Baptist Church since 1995. We seek to provide professional support to families and individuals in need with a focus on harm prevention and early intervention. We strive to serve the greater community through non-judgemental and holistic approaches. We welcome all people of any gender, race or religion. We provide a range of services that help people manage and overcome issues including depression, grief and loss, marriage, family and/or parenting difficulties, relationship; ADHD, ASD and Learning difficulties; childhood anxiety; deliberate self injury and suicide prevention. We run various support groups assisting people in the following areas: Support for those who have bereaved by suicide Support groups and Recovery workshops for adults who have divorced or separated Good Grief 's Seasons for Growth - grief and loss groups for children and young people Black Dog's REACH – Educational support group for adults with bipolar and/or depression. It is our commitment to care, equip, empower and offer hope to those in our community who are struggling in these areas. The multi disciplined staff of SCW professionals endeavour to help people to find ways to effectively meet today's challenges within families, the workplace and the community.

## St John of God (Richmond)

02 4570 6263

[www.sjog.org.au/hospitals/richmond\\_hospital](http://www.sjog.org.au/hospitals/richmond_hospital)

St John of God Richmond Hospital is an 88 bed private psychiatric hospital providing comprehensive and holistic mental health care services in a supportive setting of beauty and tranquility. Located in Richmond, north west of Sydney, we provide psychiatric services to the local community and reaching into the Blue Mountains and NSW. We recognise that each person is an individual and offer a unique opportunity for recovery in a supportive, caring and serene environment. We provide both inpatient and outpatient treatment programs in a range of areas including drug and alcohol, post traumatic stress disorder, anxiety and depression, addictions and many others. St John of God Richmond Hospital is a private hospital and a division of St John of God Health Care, a leading Catholic health care organisation with services in Australia and New Zealand.

## St Vincent de Paul Society NSW

02 8622 0449

[www.vinnies.org.au](http://www.vinnies.org.au)

A faith-based charitable mission to Australia was undertaken by Scotsman, Charles Gordon O'Neill during 1881-91 at the request of Society's President-General Adolphe Baudon (1819-88), who wrote to O'Neill in 1877 concerned that the first Conference established in Australia by Father Gerald Ward in 1854 had dissipated. O'Neill was born in Glasgow in 1828 but living in New Zealand where he was a well known engineer at the time of the request. O'Neill was unable to galvanise sufficient interest among local laity to re-establish the St Vincent de Paul Society when he travelled to Sydney and Melbourne several times between January 1880 and May 1881. O'Neill's mission finally gained a foothold in July 1881.

## Survivors & Mates Support Network

02 8355 3711

[www.samsn.org.au](http://www.samsn.org.au)

Men coping with the effects of childhood sexual abuse can have a hard journey ahead of them. Men are expected to be mentally and physically tough and always in control – society doesn't readily see them as victims. Male victims of childhood sexual abuse will often feel helpless and carry shame and guilt for what happened. Many men who were sexually abused when young remain isolated and distressed by those memories. Feelings of anxiety and secrecy can affect them into adulthood. Some men have a sense of loss or confusion around their confidence, masculinity or sexuality. Many try to calm these feelings of distress with alcohol, drugs and gambling. There is a way to deal with these feelings. It means recovering from the experiences rather than trying to "cover them up". Seeking help from an experienced counsellor can be a good first step. Also many men find that talking with other males who have been through a similar experience can be a safe, effective and fulfilling step in their recovery. For any man who has suffered from the effects of child sexual abuse, you should know it was not your fault and that we believe your healing is possible.

## Sydney Womens Counselling Centre

02 9718 1955

[www.womenscounselling.com.au](http://www.womenscounselling.com.au)

Sydney Womens Counselling Centre SWCC is a community based specialist counselling service that works within a holistic Social Determinants of Health framework and Best Practices framework to advance women's health and wellbeing and access to social justice. Accessible to all : There is no charge for services, donations are accepted Target Population: Women, including CALD and Aboriginal Torres Strait Islanders, who present with mental health issues and other co-occurring issues such as Domestic Violence, CSA, AOD use and Gambling issues etc SWCC provides - comprehensive assessment, - brief interventions, - short term and longer term counselling though the General Mental Health/Domestic Violence/ Sexual Abuse counselling programs - Drug and Alcohol counselling (short and long term counselling) - Problem Gambling counselling (short and long term counselling) - Bilingual counselling program (Mandarin/Cantonese). (short and long term counselling) - Bulk billing Medicare Service provider counselling (GP Referral and mental Health Care Plan) All programs work with presenting issues and with underlying trauma in long term counselling programs The Centre also provides - information - groups - advocacy and support

## Ted Noffs Foundation

02 9305 6600

[www.noffs.org.au](http://www.noffs.org.au)

Ted Noffs Foundation treats young people experiencing problems caused by the intake of alcohol and/or other drugs, and mental health problems caused by the intake of drugs. We provide outreach, out-clients, detoxification, residential rehabilitation, counselling and legal services. Our main program is the residential rehabilitation program, called Program for Adolescent Life Management (PALM), as part of which young people stay at a PALM unit for up to three months. At admission we assess the young persons' background, drug intake, mental health, physical health, family functioning and criminal behaviours. An Action Plan, a Treatment Plan and a Vocational-educational Assistance Plan are then devised for each young person. The aims of the program are to assist the young people in reducing their drug intake, improve their mental health, and improve their quality of life. Qualified professionals, for example, alcohol and other drugs workers, counsellors and the clinical psychologist assist the young persons in meeting the objectives set out in the abovementioned plans devised for each young person. After-care or continuing care is provided for each young person following their departure from the PALM unit. The effectiveness of the program is assessed by a follow-up assessment completed by the young person. Data analysis of the program over nine years has shown that the program is effective in improving health (mental health in particular) and family functioning, and in reducing drug intake and criminal behaviours.

## The Benevolent Society - Paddington

02 8262 3400

[www.bensoc.org.au](http://www.bensoc.org.au)

The Benevolent Society is Australia's first charity, established in 1813. We help people change their lives through support and education and we speak out for just society where everyone thrives. For two hundred years we have been an anchor for people in times of hardship and we have played a major part in shaping Australia as we know it. As social pioneers, we believe in the power of

public debate and policy advocacy to drive social change. The Benevolent Society works with people, families and communities in metro, regional and rural New South Wales and in Queensland. Each year our 800 staff and 700 volunteers support over 61,000 people to build on their strengths and lead happy and fulfilling lives.

## **The Disability Trust**

02 4255 8000

[www.disabilitytrust.org.au](http://www.disabilitytrust.org.au)

The Disability Trust is a community based organisation that has provided a range of disability services in NSW to people with disabilities and their families in the Illawarra region for over 30 years. The Disability Trust provides community services, vocational services, and residential and respite services to people with a disability. Since its inception The Disability Trust has remained responsive to the needs of clients and is committed to the rights of people with a disability to self determination. The Disability Trust's core belief is in the creation of a fairer and more equitable society for people with disabilities. The Trust promotes the creation of an accessible and inclusive community which respects and values all its members. The Trust is inspired to create services and supports which empower people with disabilities, further their independence and enhance their belonging within the community. The Disability Trust seeks to provide the best possible services and support to enhance the lives of people with disabilities and their families. The Trust is committed to efficient and effective services which are individualised, responsive and delivered within a framework of respect for human rights.

## **The Lyndon Community**

02 6361 2300

[www.lyndon.org.au](http://www.lyndon.org.au)

Lyndon's Purpose & Strategic Intent - With our eyes set on person centred care and with a clear vision for the future, Lyndon's management team and board have set the following strategic intent to guide our day to day activities.

Vision - Easy access to specialist alcohol and drug services in regional, rural and remote areas. We work in partnership with our clients and other services to provide high quality and evidence based services, to support better life outcomes.

Purpose - Innovation in the provision of drug and alcohol services across the life span to improve individual, family and community capacity, independence and wellbeing.

## **The Mental Health Recovery Institute**

02 8003 3600

[www.mhri.com.au](http://www.mhri.com.au)

The Mental Health Recovery Institute is committed to providing quality mental health education that is fun, informative and works. We specialise in Recovery for mental health, and deliver professional training courses to individuals and organisations across Australia. Our unique training style utilises accelerated learning techniques to ensure that you get the most out of our workshops



and have a great time in the process. Our trainers are all fully qualified professionals in the field of mental health, and have completed comprehensive training in delivering Recovery Oriented Practice specialist education. We deliver a range of training courses and workshops including Mental Health First Aid, Advanced Self-Care Strategies to Avoid Burnout, Preventing Psychological Injury At Work, and New Recovery Skills for Professionals. We also design tailor made training courses to suit the specific needs of your group or organisation.

## The Salvation Army – Recovery Station

02 9466 3577

<http://www.salvationarmy.org.au/recovery>

The Salvation Army Recovery Services provides a safe, high quality and evidence based range of supports for people affected by their own or another's use of alcohol, drugs or gambling to pursue holistic transformation

## The Station Ltd

02 9299 2252

[www.thestationltd.org](http://www.thestationltd.org)

The Station aims to provide access to information and education programs for long-term homeless people. Whilst not acting as a specialist referral service, The Station does offer an umbrella administration infrastructure for such programs as Radio Skid Row, Resamen (housing for single men on low incomes), City Women's Hostel and the Food Distribution Network. The Station attempts to promote independence by placing an emphasis on the need for living skills. Housing support is provided via an outreach service design operating in the city-eastern suburbs and the inner-west of Sydney. This has proven an effective means for helping clients make the transition from homelessness to independent living. Help is given by providing clients with access to the Department of Housing, medium-term accommodation, community tenancy schemes, boarding house accommodation, crisis services, and residency within the private market. The Station also provides a variety of information and assistance on the following topics: • Mental health issues; • Tenancy advice, eg. how to connect utilities (gas, electricity, phone etc), acquisition of furniture; • Advocacy ; • Referral to other services; and • Living skills advice, eg. budgeting, cooking etc.

## The Wayside Chapel

02 9581 9101

[www.waysidechapel.com](http://www.waysidechapel.com)

The Wayside Chapel has provided unconditional love, care and support to people on and around the streets of Kings Cross since 1964. Today, under the banner of love over hate, The Wayside Chapel strives to create a community where there is no 'us and them' by breaking down the barriers of judgment and providing a safe place where people from all walks of life are welcome just to 'be'. The Wayside Chapel invites people out of singular, individual life into the healing place of community. We seek to 'meet' people rather than 'fix' people and offer a 'hand up' instead of a 'hand out'. People marginalised by homelessness, mental health issues and substance abuse can turn to Wayside for compassion, tolerance and support. Our community services centre, youth space and outreach service, mental health program, community cafe and our Aboriginal project

are all designed to ensure the most marginalised members of our community have access to essential health, welfare, social and recreational services. When the people we support show sparks of life and signs that they long to be better, we engage and equip them to be healthy and active community members. Each year, thousands of people visit Wayside for assistance in gaining equitable access to essential health, welfare and related services. In the past year alone, Wayside has provided, amongst other services, 8,089 community meals, 7,572 changes of clothing, 8,475 one-on-one support sessions, 2,453 referrals to services and agencies and 653 activities for young people and visitors with long term mental health issues. In our busy cafe, we sold over 89,000 items of low cost meals, snacks and drinks. Our goal of making community is also our method. The Wayside Chapel serves not only the thousands of marginalised people who have nowhere else to turn but also the thousands who want to make the world a better place. Together, we form a flourishing community where 'us and them' simply becomes 'us'.

## Uniting Recovery

02 8599 4802

[www.unitingrecovery.org.au](http://www.unitingrecovery.org.au)

Uniting Recovery offers community-managed programs and services, run within the organisation of Parramatta Mission. We are largely funded by the Commonwealth and NSW governments and we work to assist:

- people living with mental illness
- family members or carers of people with mental illness
- young people
- those living in crisis (e.g. financial or emotional crisis)
- vulnerable communities or groups.

With more than 40 years' experience helping people, our aim is to be part of the communities in which we operate. We support people to lead fulfilling and independent lives by delivering services, education and training, which are person-centered and recovery-focused.

## Verge Collaborative Ltd

02 8319 9365

[www.vergecollaborative.org](http://www.vergecollaborative.org)

An Australian mental health system that offers healing and hope to people experiencing mental or psychological distress, and a positive approach to increasing social and emotional well-being for all Australians. Everyone can access the assistance they need, when they need it, and in the way that best meets their unique needs.

## Wagga Women's Health Centre

02 6921 3333

[www.waggawomen.org.au](http://www.waggawomen.org.au)

Welcome to the Wagga Women's Health Centre Inc. The Wagga Women's Health Centre is a feminist, community based non-government organisation. The Wagga Women's Health Centre provides an alternative, feminist health care service run by women for women ensuring accessibility, without financial or cultural barriers, to the women of Wagga Wagga and surrounding

districts. The term health incorporates a range of types of wellness, including emotional, psychological and social, as well as physical. Services offered at the Wagga Women's Health Centre include support, counselling, health education, groups and referrals. Most services at the Centre are free, however, donations are greatly appreciated. Fees for some groups and programs may apply. The opening hours of the Wagga Women's Health Centre are 9.30am – 4.30pm Monday to Thursday. If you require after hours assistance, some helpful phone numbers are listed below. Accessline 1800 800 944 Lifeline 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au) Domestic Violence 24-Hour Help Line 1800 656 463 NSW Rape Crisis 24-Hour Help Line 1800 424 017 [www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) The Centre is a part of Women's Health NSW, which is an association of state wide women's health centres and specialist women's services. [www.whnsw.asn.au](http://www.whnsw.asn.au)

## WAYS Youth Services

02 9365 2500

[www.ways.org.au](http://www.ways.org.au)

WAYS YOUTH SERVICES Waverley Action for Youth Services Inc (WAYS Youth Services) is a not-for-profit community organisation providing help and services to young people and their families, in the Eastern Suburbs, South Sydney, City of Sydney and surrounding suburbs. Our mission is to work with young people aged 9 to 25 to create pathways to the future. We offer a one-stop-shop and an integrated model of service delivery with a team of helpful, professional staff. Our services cover recreation, education and training, case management, counselling, health promotion and clinical services. WAYS has a purpose built youth centre at Bondi Beach where many of our services are located and another facility in Bondi Junction. We are open six days a week. WAYS' funding sources include grants from Federal, State and local governments, and private foundations. We also run fundraising events and receive donations from individuals, service organisations and the corporate sector. Some of our services are provided on a fee-for-service basis, but most are free or charge only a small fee. WAYS has been helping young people in our community for over 33 years.

## Weave Youth and Community Services Inc

02 9318 0539

[www.weave.org.au](http://www.weave.org.au)

Weave provides a range of services to socially excluded young people, women, children and families in the Sydney Metropolitan area. A large proportion of people who access our services are Aboriginal or Torres Strait Islander. Our head office is based in the Redfern/Waterloo area. We have just moved into our new 'state of the art' facility located next to the Skate Park at Waterloo Oval. Weave (formerly South Sydney Youth Services) was established in 1975 by a group of local parents who were concerned about the welfare of children on the street at night. Then, the service employed one worker in an outreach capacity – in 2012 we now employ 34 staff. Weave is governed by a Board and managed by a team of professionals. We are a registered not for profit organisation which has been incorporated as an association since 1993. Your support for Weave is vital to ensure our quality programs can continue. In particular, we need your donations to assist, so that:

- Families get the right help to support their children and teenagers, including parenting programs.
- Counselling is available for those who would not usually get access.
- Young people get access to educational opportunities.
- Young people with mental health and/or drug and alcohol issues get timely, holistic support.
- Disadvantaged children get access to quality, social, recreational and support programs.
- Young people are diverted from the Juvenile Justice System.

## Wellways

02 6246 7100

[www.wellways.org](http://www.wellways.org)

Wellways Australia Limited is a leading not-for-profit mental health and disability support organisation with services in Queensland, New South Wales, the Australian Capital Territory, Victoria and Tasmania. Our services span mental health, disability and community care, and reach thousands of people each year. We work with a diverse range of people living with mental health issues or various disabilities, and their families, friends and carers, to bring about positive change and build good lives in their communities. This can include creating a home, securing a job and building meaningful relationships. We were established in 1978 by families advocating to improve the services, information and support available to people with mental health issues, their carers, families and communities. Our commitment to advocacy is central to the work we do today, because we know that advocacy opens the door to participation in the community, including employment, housing and relationships. Our active advocacy membership supports these goals.

## Wesley Mission - Mental Health Support Services

1800 100 024

[www.wesleymission.org.au](http://www.wesleymission.org.au)

Wesley Mission provides a vast array of services to the disadvantaged in our community, with focussed programs for those who experience mental health difficulties. The role of Mental Health Support Services in Wesley Mission is to continue to advance standards of service delivery to clients with mental health difficulties, to increase referral pathways for our client groups, to increase collaboration in order to achieve better outcomes for clients many with complex co morbid presentations.

## Wentwest

02 8811 7100

[www.wentwest.com.au](http://www.wentwest.com.au)

WentWest has been focused on providing better health care in our community since 2002. We do this both as a Regional Training Provider and as a Primary Health Network. We connect health services to meet local needs and strive for better health outcomes for western Sydney. We do this in partnership with doctors, allied health professionals, the local health district and many others. We are here to help.

## Wild Bamboo

1800 017 785

[www.wildbamboo.co.nz](http://www.wildbamboo.co.nz)

[Wild Bamboo](#) is leading the way in information management for mental health, community, and disability organisations in New Zealand, Australia and the United Kingdom.

Wild Bamboo's [Recordbase](#) client management system is sophisticated, secure, web-based and easy to use. It was developed in close partnership with community-based organisations to meet their real, day-to-day needs. Organisations like yours.

## Women's and Girls Emergency Centre (WAGEC)

02 9319 4088

[www.wagec.org.au](http://www.wagec.org.au)

Women's and Girls' Emergency Centre\* (WAGEC) is a non-government, not-for-profit charitable organisation that has been proudly delivering services to the inner city community for nearly forty years. Over time we have grown from a small inner city drop-in centre to a mid-sized organisation delivering a range of crisis and early intervention accommodation and support services to women, children and young people, and families who are experiencing or at risk of homelessness and/or domestic and family violence. We operate services across inner City Sydney and throughout the inner west, in partnership with other organisations. We are committed to helping to end homelessness by working holistically with our clients to find creative housing and support solutions, that meet their needs and empower them to take control of their own lives. We provide the right kind of support when it is needed most and we do this in collaboration with our Partners underscored by a strong commitment to our core values of respect, support and partnership.