

Community Managed Mental Health Programs

- **The Personal Helpers and Mentors (PHaMs)** service assists people to reintegrate back into society and to improve the quality of their lives by connecting with mainstream community, social, leisure and vocational education services. GP & self referral accepted. Service providers in NSW currently delivering PHaMs, at one or more sites include:
 - [Aftercare](#)
 - [CatholicCare Community Services](#)
 - [Centacare](#)
 - [Coffs Harbour Employment Service](#)
 - [Lambing Flat Enterprises - West Wyalong](#)
 - [Macarthur Disability Services](#)
 - [Mission Australia](#)
 - [Neami Ltd](#)
 - [New Horizons Enterprises Limited](#)
 - [Schizophrenia Fellowship of NSW Inc](#)
 - [Sydney Anglican Home Mission Society Council](#)
 - [The Benevolent Society](#)
 - [RichmondPRA](#)
 - [The Trustees for the Roman Catholic Church, Diocese of Maitland-Newcastle](#)
 - [Uniting Church in Australia Property Trust \(NSW & ACT\)](#)

The following link provides a helpful **postcode locator** which identifies the area(s) currently serviced by the provider as well as providing contact details.

<http://www.fahcsia.gov.au/our-responsibilities/communities-and-vulnerable-people/programs-services/personal-helpers-and-mentors>

- **Recovery and Resource Services Program (RRSP)** provides a similar service to PHaMs aimed at assisting people with a mental illness to live independently in the community. Resource & Recovery will run through various stages of recovery with the client such as: goal setting, establishing links within the community and the transition to independent living and/or employment. Referrals can be made by medical professionals, family, friends or self referrals for persons recovering from mental illnesses. Service providers and sites are:
 - [Mission Australia](#): Parkes Forbes, Bathurst Cowra, Dubbo, Bowral
 - For referrals phone: 02 9641 5000 to be connected to one of the service locations
 - [Neami Ltd](#): Liverpool, Ulladulla, Sutherland.
 - For Liverpool referrals phone: 02 9725 2955 or email: swsydney@neami.org.au
 - For Ulladulla referrals phone: 02 4226 3277 or Email: illawarra@neami.org.au
 - For Sutherland referrals phone: 02 9570 5933 or Email: sesydney@neami.org.au
 - [New Horizons Enterprises Ltd](#) - Port Macquarie, Kempsey, Northern Rivers
 - For referrals to all sites phone: 02 6588 8100 or rmiller@newhorizons.net.au

- [RichmondPRA](#): Cootamundra Tumut Young, Temora Junee West Wyalong, Armidale, Taree Foster, Maitland Cessnock, Blacktown;
 - o Phone 1300 779 270 and ask for site required
- [Schizophrenia Fellowship of NSW Inc](#) - Wagga Wagga; Nowra
 - o For referrals phone: 02 6925 8009
- [St Luke's Anglicare](#) – Albury 02 6058 6500 and Deniliquin 03 5881 7086.
 - o For referrals phone: - or email: info@stlukes.org.au

For NSW Health program information visit:

http://www0.health.nsw.gov.au/mhdao/program_information.asp

- **Day to Day Living in the Community (D2DL)** is a Structured Activity Program, working to improve the quality of life for individuals with severe and persistent mental illness. The initiative provides day programs to increase the ability of clients to participate in social, recreational and educational activities with the aim of living at an optimal level of independence in the community. GP & self referral accepted.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-d2dl>

- [St Luke's Anglicare](#): Albury – Ph: 02 6058 6500
- [RichmondPRA](#): Armidale, Liverpool, Newcastle, Penrith, Sydney Inner City, Wollongong – Ph: 1300 779 270 and ask for the site
- [On Track Community Program](#) s: Byron Bay/ Tweed Heads
- [Schizophrenia Fellowship of NSW](#): Campbelltown/ Bowral, Parramatta, Ryde, Ulladulla, Wagga Wagga (see web for site contact details or phone Head Office on 02 9879 2600 and ask for your area)
- [Parramatta Mission](#): Parramatta (Ph: 9806 1830)
- [New Horizons Enterprises](#): Gosford (Ph: 02 4372 9800)
- [The Wayside Chapel](#): Sydney Inner City (Ph: 02 9581 9134)
- [Catholic Healthcare](#): Orange (Ph: 0263627497)

- **The Housing and Accommodation Support Initiative (HASI)** provides housing linked to clinical and psychosocial rehabilitation services for people with a range of levels of psychiatric disability. Organisations providing HASI include: Aftercare, Psychiatric Rehabilitation Australia (PRA), Richmond Fellowship of NSW (RFNSW), St Lukes Anglicare, Mission Australia, New Horizons Enterprises, On Track Community Programs, Uniting Care.

For more information and referral contact your local Area Health Service Mental Health Team.

<http://www.housing.nsw.gov.au/Changes%2Bto%2BSocial%2BHousing/Partnerships/Housing%2Band%2BMental%2BHealth/Housing%2Band%2BAccommodation%2BSupport%2BInitiative.htm>

- **The Mental Health Family and Carer Support Program** provides direct support services for families and carers across the state. NGO contacts within LHN regions:
 - Far West & Western LHNs – CentaCare: Forbes, Broken Hill, Orange, Dubbo
 - Sydney & South Western Sydney LHNs: Carer Assist: Belmore, Moss Vale
 - Southern NSW & Murrumbidgee LHNs: Carer Assist: Albury, Goulburn, Griffith, Moruya, Queanbeyan, Wagga Wagga
 - Hunter New England LHN – Carer Assist: Armidale, Newcastle, Tamworth, Taree, Warialda
 - Northern NSW & Mid North Coast LHNs – Mission Australia: Port Macquarie, Lismore, Sawtell, Tweed Heads
 - Central Coast & Northern Sydney LHNs - Uniting Care Mental Health: Thornleigh, Central Coast
 - Western Sydney & Nepean Blue Mountains LHNs - Uniting Care Mental Health: Parramatta,
 - Illawarra Shoalhaven & South Eastern Sydney LHNs - Aftercare (FACES): Sydney, Wollongong, Nowra

For more information and funding provider contact details visit:
www.health.nsw.gov.au/mhdao/fc_mh_program.asp#para_2

- **The Mental Health Respite Program (MHRP)** provides a range of flexible respite options for carers of people with severe mental illness/psychiatric disability and carers of people with intellectual disability.
 - Southern part of Sth West Sydney - LGA's of Camden, Campbelltown, Wollondilly & Wingecarribee: [Anglicare Sydney](#)
 - Cumberland / Prospect: [Baulkham Hills Shire Council](#)
 - Mid North Coast, Orana/Far West, Central West, Cumberland/Prospect, Northern Sydney, Riverina Murray, Southern Highlands: [Catholic Healthcare Limited](#)
 - Central Coast: [Central Coast Disability Network](#)
 - New England: [Challenge Disability Services](#)
 - South West Sydney, Illawarra: [Illawarra Disability Trust](#)
 - Illawarra: [Interchange Shoalhaven Inc](#)
 - Hunter, New England, Mid North Coast: [Intergratedliving Australia Limited](#)
 - Northern Sydney: [Kirribilli Neighbourhood Centre](#)
 - New England, Mid North Coast, Hunter: [Moffat Falls Pty Limited](#)
 - Central Coast, Northern Sydney: [New Horizons Enterprises Limited](#)
 - Far North Coast: [North Coast Children's Home Incorporated](#)
 - Mid North Coast, Far North Coast: [Track Community Programs Incorporated](#)
 - Nepean, Broken Hill: [-RichmondPRA](#)
 - Riverina/Murray, Inner West, Illawarra, Orana/Far West, Northern Sydney: [Schizophrenia Fellowship of NSW Inc](#)
 - Illawarra HACC region: [South Coast Medical Service Aboriginal Corporation](#)
 - South East Sydney: [The Benevolent Society](#)
 - North Sydney: [The Lorna Hodgkinson Sunshine Home](#)
 - South East Sydney: [The Trustees of the Society of St Vincent de Paul \(NSW\)](#)
 - Central Coast, Far Nth Coast, Centres West, Illawarra, Orana/Far West: [The Wheelchair & Disabled Association of Australia](#)
 - Southern Highlands: [-The Disability Trust](#)

To access mental health respite services, contact either the Commonwealth Respite Carelink Centre network on: **1800 052 222** or a [service provider](#) directly. For more details and provider contact details visit: <http://www9.health.gov.au/ccsd/>

- **Family Mental Health Support Services** activities target prevention and early intervention, with a particular focus on Indigenous families and those from a culturally and linguistically diverse background. Empowering and strengthening families through information, education and skills development.

NSW service providers:

- Centacare - Wilcannia Forbes, New England North West
- Intereach – Western Riverina Murray
- Break Thru – Enfield Sydney
- On Track Community Programs– Tweed Heads
- Newcastle Family Support – Newcastle
- Southern Youth and Family Services – Wollongong
- Centacare – Tamworth
- Mission Australia – Liverpool, Blacktown
- The Benevolent Society – Campbelltown
- Family Support Newcastle

For contact details of local providers of Family Mental health Support Services visit:

<http://www.fahcsia.gov.au/our-responsibilities/communities-and-vulnerable-people/programs-services/family-mental-health-support-services>