

Community Managed Mental Health Programs

There are a number of State and Federally funded mental health programs being run by Community Managed Organisations. A listing of NSW service providers under each program are outlined below with links to extra information.

- **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](#)
- [Laming 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](#)
- [The Richmond Fellowship of NSW](#)
- [The Trustees for the Roman Catholic Church, Diocese of Maitland-Newcastle](#)
- Uniting Church in Australia Property Trust (NSW & ACT)

A helpful **postcode locator** identifies the area(s) currently serviced by the provider as well as providing contact details. For info visit FAHCSIA at:

<http://www.fahcsia.gov.au/sa/mentalhealth/progserv/PersonalHelpersMentorsProgram/Pages/default.aspx#1>

- **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
 - o For referrals phone: 02 9641 5000 to be connected to one of the service locations
- [Neami Ltd](#): Liverpool, Ulladulla, Sutherland.
 - o 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, Lismore Ballina Casino;
 - For referrals to all sites phone: 02 6588 8100 or rmiller@newhorizons.net.au
- [Psychiatric Rehabilitation Association](#) - Cootamundra Tumut Young, Temora Junee West Wyalong, Moree, Armidale, Taree Foster, Maitland Cessnock, Blacktown;
 - 02 9690 8933 or email mark.o2@pra.org.au
- [Schizophrenia Fellowship of NSW Inc](#) - Wagga Wagga;
 - For referrals phone: 02 6921 1491
- [St Luke's Anglicare](#) - Albury.
 - For referrals phone: 03 5440 1100 or email: info@stlukes.org.au

For NSW Health program information visit:

http://www.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. The Day to Day Living Program services can be found at: <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-d2dl-facts>

Referral information as follows:

- [St Luke's Anglicare](#): Albury – Ph: 03 5440 1100
- [Psychiatric Rehabilitation Association \(PRA\)](#): Armidale, Liverpool, Newcastle, Penrith, Sydney Inner City, Wollongong – Ph: 1300 779 270 and ask for the site required
- On Track Community Programs: 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](#): Central Coast (Ph: 02 4322 8799)
- [The Wayside Chapel](#): Sydney Inner City (Ph: 02 9358 6577)
- [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. (HASI) is a partnership program between [NSW Health, Housing NSW](#) and the community managed sector.

Organisations providing HASI include:

- [Richmond Fellowship NSW](#) – referral info online
- [Neami](#) Ph: 02 9380 9629 and ask for site required
- [New Horizons](#) – more details online
- [Mission Australia](#) Ph: 02 9641 5000 and ask for site required
- [Psychiatric Rehabilitation Australia](#) - Ph: 1300 779 270 and ask for site required

- [St Lukes Anglicare](#) Ph: 03 5448 1100 and ask for Housing intake officer
- [Uniting Care Mental Health](#) Ph: 9891 2277
- [On Track Community Programs](#) - Site info online
- [Aftercare](#) – Site and referral info online

For more information and referral contact the provider (as above) or the Local Health District (LHD) Mental Health Team.

- **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 LHDs: Carer Assist: Belmore, Campbelltown, Moss Vale
 - Southern NSW & Murrumbidgee LHDs: Carer Assist: Albury, Goulburn, Griffith, Moruya, Queanbeyan, Wagga Wagga
 - Hunter New England LHD – Carer Assist: Armidale, Newcastle, Tamworth, Taree, Warialda
 - Northern NSW & Mid North Coast LHDs – Mission Australia: Port Macquarie, Lismore, Sawtell, Tweed Heads
 - Central Coast & Northern Sydney LHDs - Uniting Care Mental Health: Thornleigh, Central Coast
 - Western Sydney & Nepean Blue Mountains LHDs - Uniting Care Mental Health: Parramatta
 - Illawarra Shoalhaven & South Eastern Sydney LHDs - Aftercare (FACES): Sydney, Wollongong, Nowra

Click [here](#) for a map detailing current information on providers contact details.

For more information 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. NSW Service providers:
 - 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: [Psychiatric Rehabilitation Association](#)
- 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](#)
- Broken Hill: [The Richmond Fellowship of NSW](#)
- 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: [WorkAbility Personnel Inc](#)

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://www.fahcsia.gov.au/sa/mentalhealth/progserv/MentalHealthRespite/Pages/LocatingRespiteServiceProvider.aspx>

- **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
- 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

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

http://www.fahcsia.gov.au/sa/mentalhealth/progserv/family_mental_health_support/Pages/default.aspx