

Mental Health Services in the Central Coast Sector

If you or someone you know needs help with a mental health problem, call the Mental Health Line on 1800 011 511

The Central Coast Mental Health Service is not an emergency service. If an emergency response is needed, call 000.

The Mental Health Line (previously Central Intake) is a central point of contact for ALL PARTS of the Central Coast Mental Health Service, eg: Children & Young Peoples Mental Health, Adult Mental Health and Specialist Mental Health Services for Older People.

The Mental Health Line links people into the most appropriate part of the Central Coast Mental Health Service OR provides the caller with information about other specialised health services or NGOs to better meet their clinical needs.

The Central Coast Mental Health Service is here to help people of all ages and backgrounds who experience many different types of mental illness such as depression, anxiety disorder, schizophrenia and bipolar disorder.

This service sees people at home or at the local health centre and we can arrange hospital admission for those people who need inpatient care. An interpreter can be arranged for you if needed.

Acute Assessment Team

The team will provide an assessment for people who are at high risk of suicide or whose mental illness is getting worse and they need to access mental health assistance urgently. The assessment is provided in the client's home or the clients nearest Emergency Department in most cases and sometimes in the client's home.

Hours: 24 hours/7 days per week

Acute Home Based Treatment Team

This team provides care for people suffering from acute symptoms of mental illness in their home. This team will follow up all people who have been discharged from our inpatient units. The length of care with this team will depend on individual needs. Care can be provided by this team for up to 8 weeks. After this time the team may refer a person to one of the other mental health teams to continue in their recovery. This team may provide assistance with medications and side effects, counselling, family support and education, referrals to other services and access to see a psychiatrist. This team is available from 8.30-9pm 7 days a week.

Therapy Team

The therapy team provides individual and group counselling for people who have suffered from depression, anxiety and childhood trauma. This team may see a person for individual counselling or they may be invited to join a therapy group specific to their particular problem. Examples of groups we offer are depression management, anxiety, and trauma groups. After referral to this team a worker will make contact to discuss individual needs. If all groups are full you may be put on a waiting list until a place becomes available. This team operates between 8.30 and 5pm Monday to Friday.

RAFT (Rehabilitation Assertive Follow up Team)

The RAFT team assists people who are seriously affected by mental illness/disorders to live as independently as possible in their own homes by helping them to recover from their illness. The team helps people become as

well as they possibly can despite the fact that they may have long term mental health issues. This team may see a person for up to 6 months. This team operates Monday to Friday 8.30 am- 5 pm.

GP Shared Care

Workers on this team will work with people whose mental health problems are not urgent. This team will work very closely with you and your local doctor to assist you in your recovery. This team will help with support, education, relapse prevention, and referral to other services that may be needed, as well as help for family members. This team may see you for up to six months. This team operates on weekdays from 8.30-5pm.

Aged Care Mental Health

The Aged Care Mental Health team provide services for persons with a mental health disability, over 65 years old. Clients are seen at home or in a Health Centre close to home if preferred. This service operates Monday to Friday 8.30am-5.00pm.

Children & Young People's Mental Health (CYPMH) Service

This service provides mobile, outreach and assertive clinical mental health services for young people 12-24 years with a moderate to severe mental health problem. The service includes mental health assessment from Y Central and referral to: Youth Mental Health Team, YPPI - (Young People and Early Psychosis Intervention), Youth Mental Health Group Program including Recovery groups and Primary Health Clinic and GP liaison for current clients. The service provides comprehensive prevention, promotion and early intervention programs: Parenting and integrated peri natal care; COPMI (Children of Parents with a Mental Illness); Suicide prevention; School Link High School and Primary and research and evaluation.

Eligibility: Up to 24 years. Young people 12-24 years with moderate to severe mental health problems. **Phone:** 02 4304 7878 Fax: 02 4304 7800
The Gateway Centre, Suite 1, Level 2, 237 Mann St, Gosford NSW 2250.