

Aboriginal Health Services

Health Services for Aboriginal and Torres Strait Islander people living in the Blue Mountains, Hawkesbury, Lithgow and Penrith areas

Breath of Fresh Air Program

Innovative smoking cessation campaign promoting a positive message specifically for Aboriginal culture.

www.ichoosefreshair.com.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

SMOKING CESSATION

Integrated Team Care (Closing the Gap)

Supporting Aboriginal and Torres Strait Islander people with chronic diseases by improving health outcomes and improving access to mainstream services.

4706 0299

www.nepeancommunity.org.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

CHRONIC DISEASE MANAGEMENT

Deadly Dreaming

Early intervention program run through schools offering mental health and addiction support to Aboriginal high school students.

Noffs Foundation – 9305 6600

• Blue Mtns • Hawkesbury • Lithgow • Penrith

ADDICTION SUPPORT

Case Management and Support

For young Aboriginal people 15 to 24 years of age identified at risk for alcohol and drug, or mental health issues.

Noffs Foundation – 9305 6600

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Penrith Community Hub

Day rehabilitation service run by WHOS and Marrin Weejali Aboriginal Corporation.

9131 8080

• Blue Mtns • Hawkesbury • Lithgow • Penrith

ADDICTION SUPPORT

Penrith Street University

Youth (15 to 24 years of age) support, education and activities to help in the assessment, prevention and treatment of alcohol and drug related issues.

Noffs Foundation – 9305 6600

• Blue Mtns • Hawkesbury • Lithgow • Penrith

ADDICTION SUPPORT

Psychological Therapy Services

Short-term support for people who have mild to moderate mental health concerns.

[www.nbmphn.com.au/
PsychologicalTherapy](http://www.nbmphn.com.au/PsychologicalTherapy)

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Social and Emotional Wellbeing

Aboriginal service for mental health and addiction support offering direct care, care coordination and linkage to the Penrith Community Hub for day rehabilitation.

4721 064

www.gwahs.net.au/clinical

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Specialist Outreach Clinics

We have a number of clinics for the local Aboriginal Community:

- Katoomba Wellbeing Psychiatry Clinic
- Lithgow Paediatric Clinic
- Windsor Diabetes Clinic

See over page

• Blue Mtns • Hawkesbury • Lithgow

OUTREACH SERVICES

continued over page

www.nbmphn.com.au/AboriginalHealth

If you need help now, please call either Lifeline on 13 11 14 or Emergency on triple zero (000)

Other Local Health Services

Aftercare and Relapse Prevention

For men and women in the Blue Mountains and Lithgow areas, through Dianella Cottage Katoomba and Lithgow.

Lives Lived Well – 4782 9265

• Blue Mtns • Lithgow

ADDICTION SUPPORT

Aftercare and Relapse Prevention

For men and women in the Hawkesbury and Penrith areas, through One80TC.

One80TC – 1800 679 657
info@one80tc.org

• Hawkesbury • Penrith

ADDICTION SUPPORT

Dianella Cottage Katoomba

Non-residential day rehabilitation program for women with mental health and substance use issues.

Lives Lived Well – 4782 9265

• Blue Mtns • Lithgow

ADDICTION SUPPORT

Dianella Cottage Lithgow

Non-residential day rehabilitation program for women with mental health and substance use issues.

Lives Lived Well – 4782 9265

• Lithgow

MENTAL HEALTH

headspace

Early intervention mental health support for young people aged 12 to 25.

Penrith – 4720 8800
Lithgow – 6352 7600
www.headspace.org.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

headspace Youth Early Psychosis Program

Early intervention (hYEPP) program to improve the lives of young people aged 12 to 25, and their families, who are affected by psychosis.

Penrith – 4720 8800
Lithgow – 6352 7600
www.headspace.org.au

• Penrith

MENTAL HEALTH

Lithgow Paediatric Outreach Clinic

The Lithgow Paediatric Outreach Clinic provides a Paediatrician bulk-billed service once every 2 weeks to Aboriginal children under the age of 16 years. GP referral needed.

Eskbank Surgery & Bowenfels Medical Practice – 4748 9200

• Lithgow

CHILDREN'S HEALTH

Lithgow Youth Plus

An outreach service for young people aged 12 to 25 at risk of, or living with severe mental illness in Lithgow.

1300 402 585
www.marathonhealth.com.au

• Lithgow

MENTAL HEALTH

Live Life Get Active

Outdoor, physical exercise program for people with emerging or low to moderate mental health issues, such as depression or anxiety.

www.livelifeggetactive.com

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Mental Health Help website

A website to help you find the right mental health services or support.

www.MentalHealthHelp.com.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Mental Health Nurse Incentive Program

Mental Health Nurses work with consumers living with complex and severe mental illness.

GP referral needed

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

National Psychosocial Support

Assists people with a severe mental illness and reduced psychosocial function, who are not eligible for the National Disability Insurance Scheme (NDIS). Provided by Aftercare.

www.aftercare.com.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Optimal Health

8-week recovery orientated group program for people with emerging mental health issues or who are at risk of developing mild to moderate mental illness.

8416 1190

• Blue Mtns • Hawkesbury • Lithgow • Penrith

ADDICTION SUPPORT

Peer Led Aftercare

For people who may be leaving hospital after a stay related to suicide, a peer led service is available to help support consumer transition back home and in to the community.

Internal LHD Referrals only

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Raphael Services

Specialist services to parents experiencing mental health issues during the perinatal period (during pregnancy until the child is four years of age). GP referral needed.

1800 292 292
www.sjog.org.au

• Blue Mtns • Hawkesbury

MENTAL HEALTH

Seek Out Support (SOS)

Psychological Therapy Service for people 14 years and older at low to moderate risk of suicide or self-harm.

1300 659 467
www.nbmphn.com.au/SOS

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Suicide Call Back Service

People not in our Psychological Therapy Services can access this alternate call back service.

1300 659 467
www.suicidecallbackservice.org.au

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Wellbeing Psychiatry Clinic

Bulk-billed psychiatrist service for adults once every 2 weeks. Priority to Aboriginal adults. GP referral needed.

Parke Street Specialist Centre
Katoomba – 4782 8400

• Blue Mtns

MENTAL HEALTH

Windsor Diabetes Clinics

Bulk-billed multi-disciplinary diabetes clinics. Aboriginal patients given priority. GP referral needed.

Advance Medical Practice
4577 2677
MyHealth Kable Street
4577 5622

• Hawkesbury

CHRONIC DISEASE MANAGEMENT

Youth Beyond Blue

If you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then talk to Youth Beyond Blue.

1300 22 4636
www.youthbeyondblue.com

• Blue Mtns • Hawkesbury • Lithgow • Penrith

MENTAL HEALTH

Services commissioned by Nepean Blue Mountains PHN to improve the social and emotional wellbeing (SEWB) of Aboriginal & Torres Strait Islander people.

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