

## Mental Health Crisis Services

Updated November 2020

<p><b>The Maroubra Centre</b> 130 Garden Street Maroubra NSW 2305</p>	<p>Support for people with a psychiatric disability to manage their self care and social relationships via physical health, social connectedness.</p>	<p><b>Ph: 9366 8711</b>  Monday-Friday 8:30am-5pm</p>
<p><b>NSW Mental Health Line</b></p>	<p>Staffed by mental health professionals who will ask questions to determine if you or, the person you are concerned about, needs ongoing mental health care and how urgently it is needed.</p>	<p><b>Ph: 1800 011 511</b> 24 hours/ 7 days a week Service</p>
<p><b>Community Mental Health Services</b></p> <p><u>Camperdown</u> 142 Carillon Road Camperdown, NSW 2050</p> <p><u>Croydon</u> 24 Liverpool Rd, Croydon, 2132</p> <p><u>Marrickville</u> 155 Livingstone Rd, Marrickville, 2204</p> <p><u>Redfern</u> 103-105 Redfern Street, Redfern 2016</p>	<p>Mental health assessments, case management, home visits, support, advice, counselling, information and support for friends and family, 24 hour Acute Care (Crisis) Service, referral and linkage to other services.</p>	<p><b>Camperdown- 9515 9560</b></p> <p><b>Croydon- 9378 1100</b></p> <p><b>Marrickville- 9562 0500</b></p> <p><b>Redfern- 9395 0444</b></p> <p><b>After hours- 1800 011 511</b></p>
<p><b>St Vincent's Mental Health Service</b></p> <p>The O'Brien Centre 390 Victoria Street Darlinghurst</p>	<p>Specialty services, inpatient services, community services, research units</p> <p>24 hour Acute Care Service</p>	<p><b>Ph: 8382 1300</b></p>

<p><b>Concord Centre for Mental Health</b></p> <p>Building 109 Concord Hospital Hospital Rd Concord West</p>	<p>Acute mental health units, child and adolescent unit, intensive psychiatric care unit, gender separated high dependency units, older person psychiatric unit, rehabilitation unit, extended care unit</p>	<p><b>Ph: 9767 5000</b></p> <p><b>Ph: 9767 8800</b></p>
<p><b>Mental Health Access Line</b></p>	<p>24 hour line for referrals and information triage service according to people's needs</p>	<p><b>Ph: 1800 011 511</b> <b>24hr service</b></p>
<p><b>Beyond Blue</b></p> <p><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p>	<p>Information on depression, anxiety and related substance-use disorders, available treatments and where to get help. Also information for carers.</p>	<p><b>Ph: 1300 22 4636 (24/7)</b></p> <p><b>Web chat: 3pm to 12am</b></p> <p><b>Online Forums</b> <a href="https://www.beyondblue.org.au/get-support/online-forums">https://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Mental Health Association NSW</b></p>	<p>Mental health info and referral services Anxiety Support</p>	<p><b>Mental Health Information Line: 1300 794 991</b> <b>Monday to Friday</b> <b>9am -5pm</b></p>
<p><b>Grow</b></p> <p><a href="http://www.grow.org.au">www.grow.org.au</a></p>	<p>Community-based organization helping Australians recover from mental illness</p>	<p><b>Ph: 1800 558 268. National 24Hr.</b> <b>Ph: 9633 1800 Head Office.</b></p> <p><b>Weekly online orientation sessions</b> <b>Ph: 1800 558 268</b></p>
<p><b>Kids Helpline</b></p> <p><b>kidshelpline.com.au</b></p>	<p>Counselling for children and young people.</p> <p>Aged between 5-25 years.</p>	<p><b>Ph: 1800 55 1800</b> <b>24hr Hotline.</b></p>

<b>Lifeline</b>	24 hour helpline to speak to counsellors. Emotional support for all problems, no matter how large or small	<b>Ph: 13 11 14</b> <b>24hr Hotline</b> <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<b>Mensline</b>	Helpline for men with relationship and family concerns.	<b>Ph: 1300 78 99 78</b> <b>24hr Hotline</b>
<b>Mental Health Advocacy Service (MHAS)</b>  74-76 Burwood Road, Burwood.	Provide free legal information, advice and assistance about mental health law.	<b>Ph: 9745 4277</b>
<b>Suicide Call Back Service</b>	The Suicide Call Back Service is a 24 hour, nationwide service that provides free telephone, video and online counselling.	<b>Call 1300 659 467</b> <b>24hr Hotline</b>
<b>Personal Helpers &amp; Mentors Program</b>	Community support and information referral to aid in recovery mental illness for individuals 16 years & over. Referral or (Self) Individual Case by Case assessment.	<b>Ph: 1800 179 233</b>
<b>Sane</b>	National mental health charity working to support Australians affected by complex mental illness. Mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.	<b>Ph: 1800 187 263</b> <b>Monday-Friday 10am-10pm</b> <b>The website has access to online discussion forums</b> <a href="http://www.sane.org">www.sane.org</a>

<p><b>One Door Mental Health</b></p>	<p>People living with mental illness and their families can find an inclusive community, services and advocacy support.</p> <p>NDIS provider.</p>	<p><b>Ph: 1800 843 539</b></p>
<p><b>VVCS – Veterans and Veterans Families Counselling Service</b></p>	<p>Counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder, anxiety and depression.</p>	<p><b>Ph: 1800 011 046 24hr Hotline.</b></p>

