

Mental Health (MH) INPATIENT

Armidale Clark Centre
 One Door Carer Advocate Mon 3.30- 4.30
Manning Inpatient Unit Ph. 65929525
 One Door Carer Advocate Tues 11 - 12pm
Tamworth Family & Carer Program (FCP)
 FCP Coordinator Ph. 6767 7910
Mehi MH Service (Inverell, Moree & Narrabri teams)
 Ph. 67570222 One Door Carer Advocate Ph. 67214197
Banksia Unit One Door Carer Advocate Tues 11-1pm
Hunter Valley MH Unit Ph. 4939 2456
 One Door Carer Advocate Mon - 0422 404 878
Mater Mental Health Centre
 FCP Family Worker (PECC)
 One Door Carer Advocates Wednesday (fortnightly)
Mater MH Older Persons Unit (MHOPU)
 Carer Support Group Ph. 403 35415
Ibis Lodge (Morisset) Ph. 4973 0212 Carer Support Gp
Intermediate Stay Mental Health Unit (ISMHU)
 Family Connection Program Wed (with One Door)
 Ph. 4924 6960 (Social Workers)
NEXUS (Adolescent MH Unit) Ph. 4985 5800
 Monthly Family BBQ (Nexus Social Workers) or One
 Door Carer Advocate - 83151464

MH COMMUNITY TEAMS

Tamworth MH Service - Dean House
 One Door Carer Advocate Tues 1.30 –2.30pm
Inverell MHS Service Ph 6757 0222
 One Door Carer Advocate available
Hunter Valley MH Service (HVMHS)
 Adult Team: YP-COPMI & PIMH Ph. 4939 2900
 One Door Carer Advocate Mon 8.30—12pm
 HVMHS CAMHS Ph. 49392449
Newcastle MH Service (NMHS)
 Adult Team : YP COPMI & PIMH Ph. 496 47000
 MHSOP Ph. 4964700 & CAMHS Ph. 49257800
Lake Macquarie MH Service (LMMHS)
 Adult Team : FCP Family Worker, YP-COMPI & PIMHS
 Ph. 49049000 LMMHS Support Group (1st Thurs 1 - 3)
Acute Care Team (ACT) - Newcastle & Lake Mac
 Ph. 4964 7000 (Referrals via MH Access Line)
Manning MH Service Ph. 6592 9525
 Adult MH Carer Support Group (3 x p/year)
Mental Health Substance Use Service (McAuley)
 Ph. 403 35600 Family Support Group Thurs 2pm

Aboriginal & CALD/Multicultural Carer Services

To find out about Aboriginal Services email:
 HNELHD-AboriginalHealth@hnehealth.nsw.gov.au
 CALD: <http://www.hnehealth.nsw.gov.au/multiculturalHealth/Pages/Mental-Health-Drug-and-Alcohol.aspx>

SPECIALIST MH SERVICES

STEPS (Support Through Early Psychosis Service)
 Family and Friends Info Program Ph.4915 1796
CENTRE FOR PSYCHOTHERAPY (CfP) Ph. 4924 6820
 Eating Disorders & Borderline Personality Disorders
 Therapy Program—Individual and Family Education
 Groups Ph. 4924 6820 (CfP Social Worker)

MH CARER SUPPORT SERVICES

ONE DOOR MENTAL HEALTH CARER SERVICES
www.onedoor.org.au
 Email: carerinfohne@onedoor.org.au
 Newcastle Ph. 8315 1464 Taree Ph. 6551 4333
 Tamworth Ph.6761 3222 Armidale Ph.6772 3211
 Inverell Ph.6721 4197 Muswellbrook 0466 453 078
MENTAL HEALTH CARERS ARAFMI Hunter
samaritans.org.au/arafmi
 Ph. 4922 1500 32 Bruncker Rd, Broadmeadow
 Email: brunker@samaritans.org.au
 (Free counselling, education workshops, therapeutic
 programs & support groups)

CARERS NSW

MH Carer Assistance for pre-planning with NDIS
 applications (No longer offer respite funding)
 Ph. 02 92804744

Commonwealth Carelink & Respite Centre (CRCC)

Ph. 1800 052 222 (ask for MH Respite options)

Yaraandoo Respite Retreat

Ebor, NSW (65km east of Armidale)
 FREE 4 days of accommodation, meals, education
 and pampering activities) - Ph. 0468300998
<http://www.yaraandoo.com.au/respite-retreats/>

Local MH Carer Support Groups (SG)

For all Newcastle & Upper Hunter SG Ph. One Door
 Team Leader - 0403 765 737
 Taree & Great Lakes—One Door Ph. 65514333
 Tamworth 67617599 - First Monday month 10-12
 Armidale & Glen Innes SG 6772 3211

Young Carer Program (carers < 26 years)
www.youngcarersnsw.asn.au

Kookaburra Kids Foundation Ph. 95257474

**MH ACCESS
LINE**

**1800 011 511
(24 HRS)**

Go to HNE Mental Health Website

<http://www.hnehealth.nsw.gov.au/mh/Pages/Information-for-consumers-and-carers.aspx>

Updated 21.3.2019



Health
Hunter New England
Local Health District