



Indicates specific advice for Aboriginal and Torres Strait Islander people.

LOWER HUNTER, MAITLAND, CESSNOCK, DUNGOG

Public services

Community Mental Health Services

- Hunter New England Local Health District provides assessment, management and treatment for people with mental illness.
- Phone **1800 011 511** or visit hnehealth.nsw.gov.au

headspace

- Mental health services for 12 to 25-year-olds. Visit headspace.org.au
- **headspace Maitland:** phone **4931 1000**
- If there's no headspace centre nearby, or if you don't feel ready to visit one, eheadspace provides confidential online and phone support seven days a week, 9am to 1am. Visit ehespace.org.au or phone **1800 650 890**.

Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **Life Matters Psychology:** phone **4965 3531**
Dungog and Maitland
- **Hunter Primary Care:** phone **4926 0529**
Lower Hunter (except for Dungog), Maitland

Complete Suicide Prevention Service

- Supports those at risk of suicide and self-harm, their family and friends
- **Lifeline:** phone **4940 2000**
Cessnock, Maitland

Aboriginal and Torres Strait Islander Mental Health Service

- Care coordination for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- **Hunter Primary Care:** phone **4935 3071**
Cessnock, Maitland
- Group programs for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness
- Peer Navigation for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness who would benefit from help to access treatment and social support
- **New Horizons:** phone **4037 0400**
Cessnock, Maitland

Non-government organisations (NGOs)

NGOs offer low cost services and may offer no cost services in some circumstances.

Catholic Care

- Phone **4970 1172**
Maitland

Lifeline

- Personal and relationship counselling
- Phone **4940 2000**

Relationships Australia

- Relationship counselling
- Phone **4940 1500**

Interrelate

- Relationship counselling
- Phone **4016 0550**

Private providers

There are many private providers who offer mental health care in the local community.

Dependent on your individual circumstances and the mental health professionals in your area, you may be eligible to access a Psychologist or other mental health professional for a reduced fee or without a gap payment.

Talk to your GP about the providers in your area, your eligibility and referral options. You can also use the links below to find a private provider in your local area:

- Find a health professional (Healthdirect) healthdirect.gov.au
- Find a Psychologist (Australian Psychological Society) believeinchange.com
- Find a Social Worker (Australian Association of Social Workers) aasw.asn.au
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) yourhealthinmind.org

Private Hospital Day Programs

Private hospitals offer support and education for people with private health cover or insurance for mental health conditions. Talk to your GP about a referral.

- **Maitland Private Hospital Day Program: phone 4933 8400**