

The Central Coast Mental Health Service sees people with moderate to severe mental health issues. It is available 24 hours a day, every day. If you or someone you know needs help with a mental health problem, call the

**Mental Health Line – 1800 011 511**

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

## MENTAL HEALTH LINE

Provides a central point of contact for referrals to **ALL PARTS** of the Mental Health Service.

- Links people into the most appropriate part of the Mental Health Service

### OR

- Provides information about other specialised health services or NGOs to better meet the person's clinical needs.

**Available 24 hours a day, 7 days a week**

## MENTAL HEALTH ED TEAM

- Provides assessments at the Emergency Departments at Wyong or Gosford Hospital after presenting to triage.
- Only in an emergency situation will an individual be directed to the emergency department.

**Available 24 hours a day, 7 days a week**

## ACUTE CARE TEAM

- 'Face to face' assessments for people experiencing acute symptoms of mental illness, including those at risk of suicide.
- Assessments and crisis interventions are provided in the community, either in the person's own home or a health facility.
- Provides short term care for people experiencing mental illness.
- Follow up with people who have been discharged from the inpatient units.

**Available 8.30am – 9.00pm, 7 days a week.**

## INPATIENT UNITS

They provide specialist care in a hospital setting during an acute episode of mental illness or disorder.

**Gosford Mental Health Unit** is a 30 bed adult unit - part of Gosford Mental Health Centre at Gosford Hospital.

**Wyong Mental Health Centre** at Wyong Hospital is a 50 bed Psychiatric Unit.

- Wyong Mental Health Unit - a 35 bed adult unit.
- Miri Miri - a 15 bed older persons unit.

**Psychiatric Emergency Care Centre (PECC)** at Wyong Hospital is a 4 bed Psychiatric Unit that provides emergency care up to 48 hours.

## CHILDREN & YOUNG PEOPLES MENTAL HEALTH (CYPMH)

Provides a range of clinical and non-clinical services in both the community and inpatient settings. Programs cover from early recognition, initial contact and assessment, through to acute community based support, recovery and ongoing care.

### **Prevention & Early Intervention**

- COPMI (Children of Parents with a Mental Illness)
- Parenting
- Perinatal & Infant Mental Health (PIMH)
- School Link - A partnership between NSW Dept. of Health and Dept. of Education & Training that promotes emotional wellbeing in school communities

### **ypage**

- Provides a range of mental health interventions including mental health assessment, brief intervention and supported referral aimed at assisting young people in accessing appropriate follow up support. These are dependant on age (0-12yrs, 12-18yrs, 18-24yrs) and the nature of the referral. Following a Mental Health Line referral, ypage may facilitate a link into the clinical services offered through CYPMH, which include:

### **Young People & Early Psychosis Intervention (YPPI)**

- Provides specialist intensive case management and support for young people aged 12 – 24 years with early/first episode psychosis.

### **Youth Mental Health Team (YMH)**

- Provides intensive case management and support for young people aged 12 -18/24yrs with a range of mental health problems (other than psychosis).

**CYPMH is co located at ycentral, Gateway Centre, Suites 1 & 4, Level 2, 237 Mann St, Gosford. Tel - 02 4304 7878. 8.30am – 5.00pm, Mon – Fri.**

- **ycentral** is a 'one-stop shop' which also incorporates **headspace Gosford** and is aimed at providing young people (aged 12 - 25yrs) early access to a range of health and other services.
- Young people **can drop in to ycentral** or ring on **4304 7870** or access the website on [www.ycentral.com.au](http://www.ycentral.com.au)
- **NEW: headspace Lake Haven** located in Gravity Youth Centre at Lakehaven.

## **ADULT MENTAL HEALTH**

### ***Consultation Liaison Psychiatry***

- Provides a consultation service to the General Hospital for clients with a mental illness or for clients experiencing psychological stress.
- Provides education and support to staff about management issues relating to mental health patients.

### ***Care Coordination Team***

- Provides clinical interventions, psychological therapies, group programs, support and education to consumers, carers and family members with the goal of improving the consumer's mental and physical health.
- Works very closely with community partners of health care, the client and their GP to assist in recovery.

### ***Assertive Outreach Team***

- Assertive community treatment to clients needing medium to long term care.
- Assists people who are seriously affected by mental illness to live as independently as possible in their own home.

### ***Specialist Rehabilitation Clinicians***

- Work with consumers, and their Care Coordinator, to identify their personal strengths, recovery goals and needs, and how to achieve them.

### ***Eating Disorders Service***

- An Early Intervention Outpatient Service for people who have recently been diagnosed with an eating disorder or who are at risk of developing one.
- A three day a week Day Program is available for over 18's.

### ***Aboriginal Mental Health Team***

- Liaises with mental health staff to support Aboriginal clients and ensures that mental health care is provided in a culturally appropriate way.
- Provides support and advocacy to clients such as liaising with other government departments and referring to NGO support services.
- Provides support and education to families, carers and community members.

### ***Yakkalla Program (in partnership with ARAFMI)***

- Provides consumer focused social & recreational programs and activities for mental health clients.
- Includes ten pin bowling, women's group, yoga & meditation, walking groups and weekly outings.

## **SPECIALIST MENTAL HEALTH SERVICES FOR OLDER PEOPLE (SMHSOP)**

- Provides an assessment, treatment and referral service for people over the age of 65 who have complex mental health and age related needs.
- Behaviour Assessment & Intervention Service (BASIS) for people with moderate to very severe & persistent behavioural and psychological symptoms of dementia and mental illness.
- Includes Promotion, Prevention and Early Intervention services which provide education & support to various organisations, both within the health service and in the broader community.
- Provides consultation & collaboration with GP's and other health agencies.
- **Available Monday – Friday 8.30am to 5pm**

## **CONSUMER SUPPORT WORKERS**

A person employed by the CCMHS who has lived experience of mental illness. Their role includes supporting consumers in the inpatient, acute and community settings as well as ensuring a consumer perspective is included in service planning, implementation, evaluation and policy development.

## **PARTNERSHIP PROGRAM**

The Mental Health Service works in partnership with government departments, NGOs and community organisations. For example:

- *HASI Program*
  - Provides disability support, clinical mental health services and housing for the client.
  - Partners are New Horizons, Pacific Link Housing Association, Coastal Housing Association, Department of Housing

## **MENTAL HEALTH PROMOTION**

The Mental Health Service works in collaboration with other health workers, service providers & the community to implement mental health promotion and education projects, including:

- *Mental Health - Art Works! Exhibition* – held annually to celebrate NSW Mental Health Month on the Central Coast.
- *Mental Health First Aid Course* – both Standard and Youth MHFA courses are scheduled during the year and provided on request. The Aboriginal MHFA course is also available on request.
- *Partners In Depression Program* – a 6 session group education and support program for people who care for or support someone with depression.

## **SMOKE FREE MENTAL HEALTH INPATIENT UNITS**

It is NSW Health Policy that all Local Health Districts are totally smoke free. *In line with this policy, all mental health inpatient units are smoke free.* This means that patients and their visitors will not be allowed to smoke in any of the inpatients units. This includes both indoor and outdoor areas.