



**Health**  
Central Coast  
Local Health District

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**Specialist Mental Health  
Services for Older People**

# **SMHSOP**

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Mental Health problems in older people can be complex in their presentation and management. They can include depression, anxiety, confusion, behavioural symptoms and psychosis. And they can be further complicated by medical and social issues.

Specialist Mental Health Services for Older People (SMHSOP) have the specialist clinical knowledge and skills to manage these issues across a range of service settings.

**Mental Health Line**  
**1800 011 511**

Specialist Mental Health Services for Older People (SMHSOP) provide a comprehensive range of community based and inpatient mental health services across the Central Coast (Gosford and Wyong Local Government Areas). SMHSOP are part of Mental Health Services, Central Coast Local Health District.

These specialist services are multidisciplinary and include specialist psychiatrists, nurses and a range of allied health professionals including psychologists, occupational therapists and social workers with expertise in mental health problems affecting older people. The types of services provided by SMHSOP include:

- Assessment, treatment & care planning (including for people with moderate to severe behaviours associated with dementia);
- Counselling, support & therapy for specific problems;
- Support & education for carers & families;
- Consultation & collaboration with local doctors & other aged care services;
- Education about mental health problems in older people;
- Health promotion, prevention and early intervention programs.

Your local contact is

Specialist Mental Health Services for Older People  
Central Coast Local Health District