

WHO IS PSS FOR?

People who live, work or go to school in the Central and Eastern Sydney PHN region and are:

- ✓ Women experiencing perinatal depression
- ✓ Children (0–12 years)
- ✓ Young people (12–25 years)
- ✓ Aboriginal and Torres Strait Islander peoples
- ✓ People from culturally and linguistically diverse (CALD) backgrounds
- ✓ Adults who are, or are at risk of becoming homeless
- ✓ Adults who are unable to access psychological services due to financial or other constraints
- ✓ Adults living within the under serviced local government areas of: Bayside, Canterbury City, Georges River, and Strathfield

FOR MORE INFORMATION

-  www.cesphn.org.au/pss
-  mentalhealth@cesphn.com.au
-  1300 170 554

**THIS IS NOT A CRISIS SERVICE
IN AN EMERGENCY PLEASE CALL 000**

To be put in touch with your local mental health service, call the **NSW Mental Health Access Line** on 1800 011 511

PSS is funded by Central and Eastern Sydney PHN and is delivered by the following organisations:



PSYCHOLOGICAL SUPPORT SERVICES

Psychological Support Services provides **FREE** short term face-to-face psychological therapies for people experiencing mild to moderate mental health concerns.



HOW CAN I ACCESS PSS?



Ask your GP

or one of the following community professionals may be able to refer you:

- ✓ School counsellors/principals
- ✓ Aboriginal health workers
- ✓ Multicultural community health officers
- ✓ Maternal and child health nurses
- ✓ Managers in NGOs

A list of referrers can be found at:

www.cesphn.org.au/pss

search for 'Provisional referrals non GP'

HOW DOES PSS WORK?

1 Referrals to PSS

A referral to PSS is made by a GP or community professional and sent to Central and Eastern Sydney PHN*.

2 Starting your care

The mental health professional will contact you to arrange your first session.

3 Face-to-face sessions

Your mental health professional will provide psychological therapies.

4 Working together

Your mental health professional will provide an update to your GP. After the six sessions, visit your GP for a review.

5 Planning for the future

After you finish all your sessions, visit your GP to discuss any ongoing needs.

WHO PROVIDES PSS?

Services are delivered by trained and qualified mental health professionals including:

- ✓ Psychologists
- ✓ Mental health nurses
- ✓ Mental health social workers
- ✓ Mental health occupational therapists

A list of PSS provider organisations and registered PSS mental health professionals can be found at:

www.cesphn.org.au/pss

*Central and Eastern Sydney PHN is committed to providing you with the highest level of service and confidentiality, and this includes **protecting your privacy**. Central and Eastern Sydney PHN is bound by the *Commonwealth Privacy Act 1988* and the *Privacy Amendment (Private Sector) Act 2000*, which outlines the principles concerning the protection of your personal information.

Central and Eastern Sydney PHN acknowledges the traditional custodians of the land on which we work.