



ABOUT US

The Central Coast Aboriginal Mental Health Team is made up of a number of mental health professionals which includes:

Consultant (Psychiatrist Professor)

Psychiatrist (Registrar on 6 months rotation)

Aboriginal Mental Health Workers

Clinical Partnerships Management (North Sydney & Central Coast)



-WE ARE HERE TO HELP-

YOU HAVE OUR SUPPORT-



WHAT WE OFFER

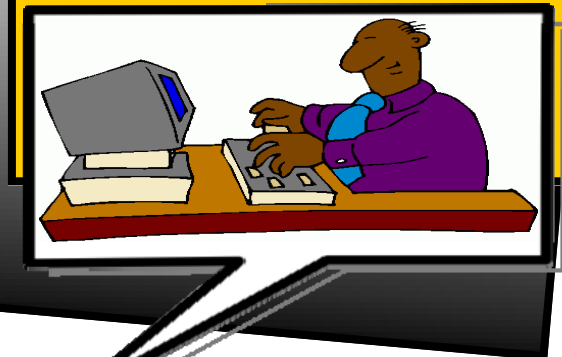
- Counselling (advice or guidance)
- Support (liaison, advocacy)
- Mental Health Assessments (treatment & medication)
- Culturally sensitive service
- Liaising between the GP and other services (housing, Centre Link, court etc...)

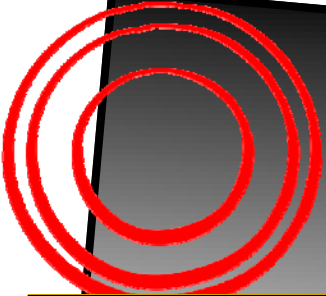


A MENTAL ILLNESS CAN BE:

- Depression (feeling sad or low)
- Anxiety (worried or nervous)
- Schizophrenia (unwell thoughts, speech or emotions)
- Bipolar (extreme high low mood)

If you have any of the symptoms above, come and see us or call.





The Central Coast Aboriginal Mental Health Team offers culturally sensitive support and treatment to clients that may have emotional concerns. The Team provides help in clinics from Eleanor Duncan Aboriginal Health Centre, Mingaletta & Wyong Mental Health Unit (Wyong)

ELEANOR DUNCAN
 Mon: 9am to 12pm
 Tues: 9am to 3pm
 Thurs: 9am to 12pm

MINGALETTA
 Wed: 9am to 3pm



IF YOU OR SOMEONE YOU KNOW HAS ANY SYMPTOMS OF A MENTAL ILLNESS AND NEED TREATMENT CONTACT:

MENTAL HEALTH WYONG HOSPITAL
 (02) 4394 7800

OTHER CONTACTS:

ELEANOR DUNCAN ABORIGINAL HEALTH CENTRE
 (02) 4351 1040

MINGALETTA ABORIGINAL CORP
 (02) 4342 7515



WYONG MENTAL HEALTH
 (02) 4394 7800
 (RECEPTION)