

The Central Coast Mental Health Service is available 24 hours a day, everyday.

If you or someone you know needs help with a mental health problem, call

Central Intake on 4320 3500

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

CENTRAL INTAKE

This is the number to call if you or someone you know is having mental health difficulties. It provides a central point of contact for referrals to **ALL PARTS** of the Mental Health Service, eg:

- Children & Young Peoples Mental Health
- Adult Mental Health
- Older Persons Mental Health
- Aboriginal Mental Health Team
- links people into the most appropriate part of the Mental Health Service

OR

- provides referrer with information about other specialised health services or NGOs to better meet their clinical needs.

Available 24 hours a day, 7 days a week

ACUTE ASSESSMENT TEAM

- 'Face to face' assessments for people experiencing acute symptoms of mental illness, including those at risk of suicide.
- Provides same day assessments which usually occur in the Emergency Departments at Wyong or Gosford Hospital after presenting to triage.
- Response time by phone to the referrer is two hours. If the response time is more than this and the situation is extremely acute, ring 000.

Available 24 hours a day, 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 Centre at Gosford Hospital is a 30 bed Psychiatric Unit.

Wyong Mental Health Centre at Wyong Hospital is a 50 bed Psychiatric Unit that opened in 2004.

- Miri Miri - a 15 bed Older Persons Unit.
- Tamarind - a 25 bed Adult Acute Unit.
- Gunyah - a 10 bed High Level Observation 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

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. Services offered through CYPMH include:

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 Central Intake referral, ypage may facilitate a link into the clinical services offered through CYPMH, which include:

Young People & Early Psychosis Intervention (YPEI)

- 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 the ycentral site in the Gateway Centre, Suites 1 & 4, Level 2, 237 Mann St, Gosford, NSW 2250. Tel - 02 4304 7878.

CYPMH is available 8.30am – 5.00pm, Mon – Fri.

- **ycentral** is a 'one-stop shop' which also incorporates **headspace central coast** 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**

ADULT MENTAL HEALTH

Home Based Treatment Team

- Provides assessments of a less urgent nature for people with acute symptoms of mental illness.
- Contact within 8 hrs, provision of a face to face assessment within 24 – 48 hours.
- Treatment in the client's home for up to 8 weeks, after which the client may be referred to one of the other Adult Mental Health teams to continue their recovery or be discharged from the service.
- Follow up with people who have been discharged from the inpatient units.
- Available 8.30am – 9.00pm, 7 days a week.

Consultation Liaison

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

GP Shared Care

- Works with people whose mental health problems are not urgent.
- Works very closely, for up to six months, with the client and their GP to assist in recovery.
- Provides mental health expertise to GPs.
- Available 8.30am - 5pm weekdays.

Therapy Team

- Provides individual and group therapy for people who have experienced depression, anxiety and childhood trauma.
- Available from 8.30am - 5pm on weekdays.

Assertive Outreach Team (previously known as RAFT - Recovery & Assertive Follow-up Team)

- Assertive community treatment to clients needing medium to long term care for up to 6 months.
- Assists people who are seriously affected by mental illness to live as independently as possible in their own homes.

Yakalla Program

- Provides social, recreational and vocational programs for Mental Health Service clients.
- Programs are consumer focused, and consumer driven, and include lawn bowls, women's group, men's group, yoga, tennis, pottery, TAFE classes.
- Developed in partnership with ARAFMI.

Aboriginal Mental Health Team

This Team is based at the Wyong Mental Health Centre at Wyong Hospital. It provides assessments, reviews and support through clinics held at Eleanor Duncan at Wyong and Mingaletta at Umina.

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.

It provides in home assessment and support as well as inpatient care. There is also a service for people who have dementia and challenging behaviours.

It also provides prevention & promotion services, eg:

- **Defeating Depression Campaign**
 - ◆ encourages older persons in the community to identify early & seek treatment for depression
- **Education & Support**
 - ◆ to various agencies including the wider mental health team, aged care facilities, Aged Care Assessment Team (ACAT) & Geriatric Medicine.

CONSUMER CONSULTANT PROGRAM

A Consumer Consultant is a person employed by the Central Coast Mental Health Service who has personal experience as a consumer of mental health services. Their role includes:

- Supporting consumers in the inpatient, acute and community settings.
- Ensuring a consumer perspective is included in service planning, policy development, service implementation and evaluation.

PARTNERSHIP PROGRAM

The Mental Health Service works in partnership with government departments, NGOs and community organisations. For example, the HASI Program which involves the provision of disability support, clinical mental health services and housing for the client. The partners are New Horizons, Pacific Link Housing Association, Coastal Housing Association, Department of Housing

MENTAL HEALTH PROMOTION

The Mental Health Promotion Officer works in collaboration with other health workers, service providers & the community to implement mental health promotion and education on the Central Coast. Projects include:

- **Mental Health - Art Works!** - the annual mental health week art exhibition
- **Mental Health First Aid Course**

SMOKE FREE MENTAL HEALTH INPATIENT UNITS

It is NSW Health Policy that all Area Health Services are totally smoke free. *In line with this policy, all mental health inpatient units are now smoke free.*

This means that patients and their visitors will not be allowed to smoke in any of inpatients units. This includes both indoor and outdoor areas.