



Indicates specific advice for Aboriginal and Torres Strait Islander people.

Public services

Child and Family Health Nurses

- Child and Family Nurses provide information, advice and support (including support for parental wellbeing and postnatal depression) for parents and carers of children aged 0 to 4
- **Cessnock:** phone 4991 0480
- **Kurri Kurri:** phone 4936 3276
- **Maitland and Dungog:** phone 4939 2530

Community Mental Health Services Hunter New England Local Health District

- Provides assessment, management and treatment for people with mental illness
- Phone 1800 011 511 | Visit hnehealth.nsw.gov.au

Family Care Cottage

- Information, advice and support services for families with children aged 0 to 3 years. Talk to your GP or health professional as a referral is required.
- Phone 4939 2530

Family Referral Service

- Early intervention service for vulnerable children, young people and families
- Phone 1800 758 589 | Visit familyreferralservice.com.au

Maitland Family Support Scheme

- Counselling and parenting groups for families and individuals
- Phone 4933 8200

Sustaining NSW Families (SNF)

- Home visiting program for mothers at risk of depression and anxiety. A Child and Family Health Nurse works in partnership with the mother, partner and baby until the child is aged 2 years. Talk to your GP or midwife as a referral is required.
- Phone 4936 3282

Young Parents Network

- Information advice and support for parents under 25 years
- **Cessnock:** phone 4991 0588
- **Maitland:** phone 4931 2011

LOWER HUNTER, MAITLAND, CESSNOCK, DUNOG

Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **Life Matters Psychology:** phone 4965 3531
Dungog and Maitland
- **Hunter Primary Care:** phone 4926 0529
Lower Hunter (except for Dungog), Maitland

Aboriginal and Torres Strait Islander Mental Health Service

- Care Coordination – for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- **Hunter Primary Care:** phone 4935 3071
Cessnock, Maitland
- Group programs for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness
- Peer Navigation - for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness who would benefit from help to access treatment and social support
- **New Horizons:** phone 4037 0400
Cessnock, Maitland

Private providers

There are many private providers and non-government organisations who provide mental health care in the local community.

Dependent on your individual circumstances and the mental health professionals in your area, you may be eligible to access a Psychologist or other mental health professional for a reduced fee or without a gap payment.

Talk to your GP about the providers in your area, your eligibility and referral options. You can also use the links below to find a private provider in your local area:

- Find a health professional (Healthdirect) healthdirect.gov.au
- Find a Psychologist (Australian Psychological Society) believeinchange.com
- Find a Social Worker (Australian Association of Social Workers) aasw.asn.au
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) yourhealthinmind.org