



Indicates specific advice for Aboriginal and Torres Strait Islander people.

Public services

Brighter Future Benevolent Society

- Support and therapy for families with a child up to 8 years
- Phone **4922 6500**

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
- **Singleton:** phone **6571 9248**
- **Muswellbrook:** phone **6542 2050**

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 InSight Newcastle

- Support for families with a child up to 8 years. The Family Worker Program provides support in home or community settings. Talk to your GP or health professional as a referral is required. The service also offers range of parenting and early years group programs (no referral required).
- Phone **4961 0700** | Visit familyinsight.org.au

Family Referral Service

- Early intervention service for vulnerable children, young people and families
- Phone **1300 006 480** | Visit familyreferralservice.com.au

Maitland Family Support Scheme

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

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.
- **Hunter Primary Care:** phone **4926 0529**
Scone, Muswellbrook, Singleton

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**

Sustaining NSW Families (SNF)

- Home visiting program for mothers at risk of perinatal 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**

Non-government organisations (NGOs)

NGOs offer low cost services and may offer no cost services in some circumstances.

Lifeline

- Personal and relationship counselling
- Phone **4940 2000**
Muswellbrook and Singleton

Interrelate

- Relationship counselling
- Phone **4016 0550**
Muswellbrook, Scone, Singleton

Private providers

There are many private providers who offer 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**