

Access to Local Mental Health Support

Did you know there are local mental health services you can access right now, over the phone, which can help support you with managing stress and anxiety?

Psychological Therapy Services for Flood Affected Areas

Floods Psychological Therapy Services are available to people who have been impacted by the ongoing flooding events in our region. You can access up to **10 free sessions** per calendar year with a mental health professional by calling **1800 212 595**.

No GP referral or healthcare card is needed to access this service. When you call **1800 212 595** you will speak to a trained local clinician who can refer you into the program, or to another local service if more appropriate.

You can read more about this service, and other support services available during this emergency period, at www.nbmphn.com.au/FloodResponse.

Head to Health

The Penrith Head to Health Centre, Head to Health Pop Up Hawkesbury and Head to Health Phonenumber are available for people within our region who need mental health support.

We have a physical location in Penrith which is open for walk-ins (you don't need an appointment) **7 days per week, 365 days a year, including public holidays**. The centre's opening hours are 1:00pm - 9:30pm every day except Tuesdays (1:00pm - 5:00pm). The centre is located at 111 Henry Street, Penrith.

Read more about this service at www.nbmphn.com.au/Penrithheadtohealth

You can also call **1800 595 212**, Monday to Friday, 8:30am - 5:00pm to access the Head to Health Phonenumber. You will speak to a trained mental health professional who will be able to refer you to the right service or put you in touch with a local clinician without having to worry about an extended referral process. This phone line will also be able to refer you into the Head to Health Pop Up at Hawkesbury if appropriate.

Read more about this service at www.nbmphn.com.au/CallHeadtoHealth