

BENEFITS OF THE SERVICE

- It's provided at no cost to you
- There are many locations around the Central Coast
- We help you recover from mental illness

HOW WILL THIS PROGRAM HELP ME?

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, challenges, building relationships and recovering from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems, it's being mentally and emotionally healthy. Good mental health can support:

- A sense of contentment
- A joy for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in your activities and relationships.

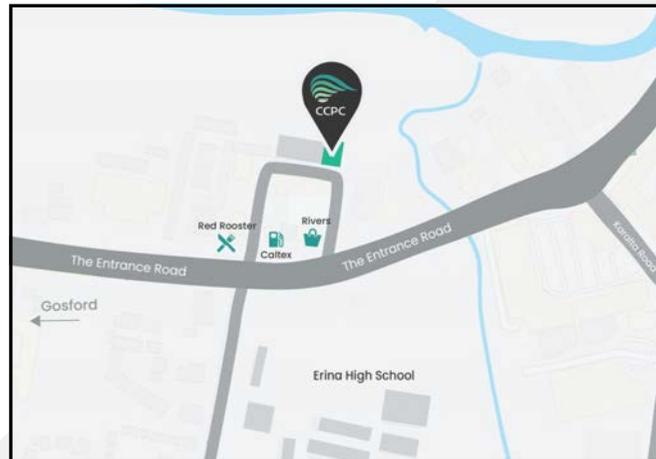

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Central Coast
PRIMARYCARE
Better Health - Better Life



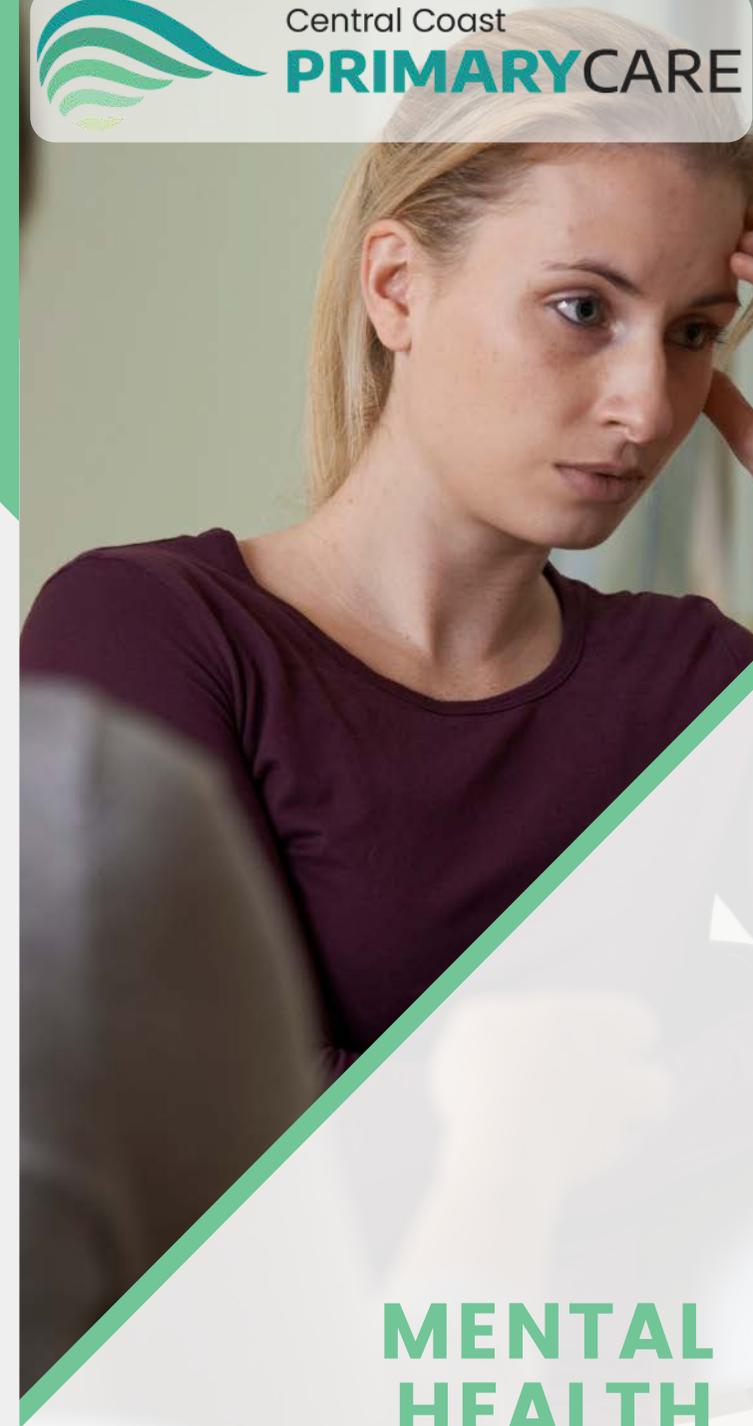
CCPC acknowledges
Traditional Land Owners



All welcome here



Central Coast
PRIMARYCARE



MENTAL HEALTH

Clinical Services

ABOUT THE SERVICE

The Mental Health Clinical Services improves community access to psychologists, social workers and mental health nurses. We can provide short term psychological therapies for people experiencing common mental health disorders such as depression and anxiety. We can also provide longer term support for people that have been diagnosed with a complex and ongoing mental illness.

Experienced clinicians are based in many locations across the Central Coast and they will provide free consultations. They can also help with referrals to other services if needed.

HOW TO ACCESS THIS SERVICE

Visit your GP for a mental health treatment plan and referral to this service. We will then be in contact with you.

WORKING TO IMPROVE YOUR MENTAL HEALTH



WHO WE SEE

This program is for people experiencing significant financial hardship and are unable to pay fees required by other Mental Health services.

The program especially supports the following groups of people:

- People living in Residential Aged Care Facilities
- Children under 12 years of age
- Women with perinatal depression
- Aboriginal and Torres Strait Islander people
- People of Cultural and Linguistically Diverse backgrounds
- People who have suicidal ideation, have self-harmed or attempted suicide and can be supported in the community

