

BENEFITS OF THE PROGRAM

- Transitional Care can help you get the right help in the community so you don't have to go back to hospital
- Transitional Care is free
- Transitional Care can help you get support from other services

WHERE CAN THE PROGRAM BE ACCESSED?

Our Mental Health Nurse can see you in a range of settings, such as:

- Inpatient mental health units
- At home
- In the Community

USEFUL CONTACTS

Lifeline - 13 11 14

Beyond Blue - 1300 22 4636

Link2Home - 1800 152 152

MensLine - 1300 78 99 78

Domestic Violence Line - 1800 656 463

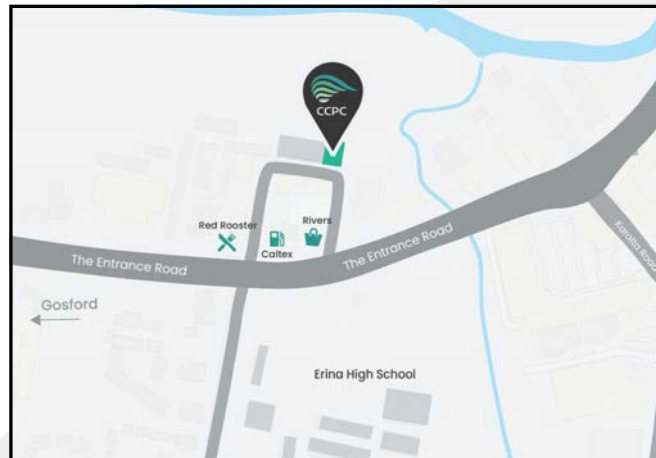

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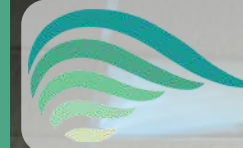
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TRANSITIONAL CARE

WHAT IS TRANSITIONAL CARE?

Sometimes when you are experiencing serious mental illness you receive mental health support from the hospital. As you start to feel a little better, and no longer need to be seen by the hospital, it is important to make sure that you have the support you need close to home.

The Transitional Care Program can help you with this. Our Mental Health Nurse will help you to keep feeling better and connect you with services that you need so you don't have to go back to hospital. This might include:

- making sure you have a regular GP and psychologist
- help to quit drugs or alcohol
- making sure there are different social and community groups you can connect with
- helping you to connect with family
- other services that might support you to stay well

Our Mental Health Nurse can work with you for up to 12 weeks so that you can stay happy and healthy at home.

ASSISTING YOU TO GET THE CARE YOU NEED



ABOUT THE PROGRAM

This program is designed to:

- Keep people well
- Improve mental health
- Keep people home and out of hospital
- Provides links to health services in the community

