

ABOUT THE SERVICE

Experienced Coast & Country Primary Care Mental Health Clinicians are able to visit residents in Aged Care facilities to help with their mental health needs.

Mental Health Services can help with the emotional transition into a facility, as well as with feelings of sadness, worry and distress.

WHO WE SEE

Mental Health Services can be accessed by residents with mild to moderate mental health symptoms who are able to engage in mental health treatment.



H/O is located at
167B The Entrance Road,
Erina NSW 2250



02 4365 2294



ccpc@ccpc.com.au



ccprimarycare



www.ccpc.com.au



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Traditional Land
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All welcome here



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MENTAL HEALTH

Service for Aged Care Residents

SERVICES PROVIDED

- Individual assessment to help with diagnosis of Mental Health conditions such as depression, anxiety, and adjustment disorder.
- Individual therapy for depression, anxiety, bereavement, social withdrawal, or adjustment difficulties.

BENEFITS OF THIS SERVICE

- It's free
- The service is provided at the aged care facility, so no travel is required
- With consent from the resident, information can be shared with aged care staff and/or family to ensure consistent support

THE PROGRAM CAN HELP WITH EMOTIONAL TRANSITION INTO A FACILITY

HOW TO REFER?

For a referral to this program, speak to the registered nurse at the facility or talk to your regular GP.

Alternatively, you can call the Mental Health team at Coast & Country Primary Care on 02 4365 2294.

ABOUT COAST & COUNTRY PRIMARY CARE

Coast & Country Primary Care is a local not-for-profit organisation committed to improved health and wellbeing in our community.

