

There are 15 Local Health Districts (LHD) across New South Wales, each with their own Mental Health Service. Nepean Blue Mountains Local Health District covers the area from St Marys to Lithgow and the Hawkesbury. Mental Health Services will be much the same across all Local Health Districts, but you will find some differences. This is so that services have some flexibility to respond to local needs.

Nepean Blue Mountains Mental Health Service includes both inpatient and community based services. Inpatient services are provided at Nepean Hospital and Blue Mountains Hospital. Community based services are provided by the Community Mental Health Teams and the Access Teams. The Mental Health Service also includes specialised services for children and young people - Child & Youth Mental Health Services (CYMHS), and older people - Specialist Mental Health Services for Older People (SMHSOP). All of these services are staffed by a range of health professionals. While each professional group has their own area of expertise, there is much overlap, particularly in the community setting. This is because all staff are committed to a recovery-oriented approach to mental health care and our work is based on common principles and practices.

Access Team

Acute Community Teams are based at Nepean Hospital and Katoomba Community health Centre. Staff from these teams can be contacted to discuss any immediate mental health concerns and provide information about services that are available to assist. Following this contact, the person may be referred to other mental health services or staff from the team may provide short-term support.

Access can be contacted directly between 8.30am and 10.00am, 7 days a week.

Outside of these hours, mental health staff from Nepean Hospital will respond to any mental health enquiries.

Access Team 1800 011 511

Community Mental Health Teams

In Nepean Blue Mountains LHD there are seven Community Mental Health Teams.

The LHD is divided into six geographical areas, and there is a team that covers each of these. The Assertive Community Treatment (ACT) Team covers a broader area of Nepean and the Hawkesbury. The teams are made up of mental health clinicians from a range of professional backgrounds including nursing, social work, psychology and occupational therapy. Each clinician works with a specific group of clients.

The support that a clinician or case manager provides will depend on the person's individual circumstances; it may include support with social, vocational, educational, physical health or mental health needs, as identified by the client. Employment specialists are located with the mental Health Teams at Penrith, St Marys, Windsor and Katoomba.

MENTAL HEALTH TEAMS

St Marys	9833 6800	Penrith	4732 9450
Hawkesbury	4560 4100	Springwood	4751 0100
Katoomba	4782 2133	Lithgow	6354 0600
Assertive Community Treatment Team			9833 6800

