

In an emergency

If you or another person is in immediate physical danger you should contact the Police. The Mental Health Service can attend in these situations, but the police need to be involved to ensure everyone's safety.

While on leave from hospital

Before your relative or friend goes on leave you should speak with staff from the unit about the leave arrangements. You can ask them any questions or express any concerns you have and discuss strategies to deal with these. If this is not arranged by staff on the unit, you can ask for this yourself. Speak to your relative or friend's nurse or the registrar in charge of their care.

If you have concerns about your relative or friend while they are on leave from hospital, it is best to call the mental health unit and speak with one of the staff members there. They will be able to advise you about what to do.

Following discharge from hospital

When your relative or friend is discharged from hospital, arrangements will be made for follow-up care. This may be provided by a case manager from the local Mental Health Team, a local GP or another service provider. If you have concerns about your relative or friend following discharge you should contact this person to discuss your concerns. They can help you identify what steps to take.

In the community

If you have concerns about your relative or friend and they are a client of a Mental Health Team, the best person to contact is their case manager. You can provide any information you think is relevant to their mental health care and discuss any concerns you have. If your relative or friend does not have a case manager, you can contact the Access Team. It may also be helpful to speak to your GP.

Telephone numbers

Emergency	000
Access Team	1800 011 511
Mental Health Centre Nepean Hospital	4734 2107
Blue Mountains Mental Health Unit	4784 6752

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

