

Where is my local service?

Child & Youth Mental Health Services (CYMHS) provide outpatient clinical services in four locations. Your local service depends on your local council area (LGA).

Hornsby and Ku-ring-gai

Hornsby Ku-ring-gai CYMHS
Level 1, Building 52, Hornsby Hospital
36 - 75 Palmerston Road, Hornsby
Tel: (02) 9485 6155

Mosman, Willoughby, North Sydney and Lane Cove

Lower North Shore CYMHS
RNS Community Health Centre
Level 2, 2C Herbert Street, St Leonards
Tel: (02) 9462 9222

Northern Beaches

Northern Beaches CYMHS
Brookvale Community Health Centre
612 - 624 Pittwater Road, Brookvale
Tel: (02) 9388 5150

Ryde and Hunters Hill

Ryde CYMHS
Ryde Child, Adolescent and Family Health Centre
51 - 53 Blaxland Road, Ryde
Tel: (02) 9448 6877

Contact your local area service between 8:30 am and 4:30 pm Monday to Friday and ask to speak with an intake clinician.

Other services in NSLHD

Coral Tree Family Service assists children and their families experiencing significant difficulties with mental health, behaviour, emotions and relationships.

Broiga Adolescent Inpatient Unit situated at Hornsby Hospital, provides inpatient care for young people aged between 12 and 17 years of age who are experiencing a serious mental health problem.

Other Services

Online Resources:

www.headspace.org.au
www.drugs.health.gov.au
www.beyondblue.org.au
www.reachout.com.au
headtohealth.gov.au

Online Counselling Support:

www.eheadspace.org.au
kidshelpline.com.au/get-help/webchat-counselling

Phone Services:

Lifeline _____ 13 11 14
Kids Help Line _____ 1800 55 1800
Parent Line _____ 1300 30 1300
FACs Help Line _____ 132 111

If you are unsure, or in need of urgent assistance contact the Mental Health Line, a 24 hour phone service who will direct you to the correct service.

Mental Health Line
1800 011 511

If you, or someone else is in immediate crisis, please call Lifeline or 000

Child and Youth Mental Health Services



Health
Northern Sydney
Local Health District

Who are we?

We are a team of mental health clinicians, including psychologists, social workers, occupational therapists, nurses and child and adolescent psychiatrists who provide free and confidential services to children, adolescents and their families living in the Northern Sydney Local Health District.

Who can we help?

Children, young people and families:

0 - 17 and
18 yrs still enrolled at school

Experiencing:

Significant emotional, behavioural
or mental health difficulties

Reside or living in these local government areas:

Hornsby/Ku-ring-gai;
Mosman, Willoughby, Northern Sydney
and Lane Cove;
Northern Beaches; Ryde and Hunters Hill

We provide

- Counselling and therapy for children and adolescents
- Family consultations and therapy
- Groups for children, young people and/or parents
- Information and referral to other services



Young people and families may talk to us about

- Feeling persistently anxious or worried
- Feeling depressed or unhappy
- Family conflict and arguments
- Self harm or suicidal thoughts and behaviours
- Rapid changes in emotions
- Feeling stressed or angry
- Child behaviour problems
- Coping with unexpected life events
- Children or young people affected by mental illness of a parent or sibling



Do I need a referral?

We accept referrals from anyone, including parents, carers and young people. School staff, GPs, youth workers and other services may telephone to discuss a referral.

Cost

There is no charge for counselling and therapy services for Medicare card holders. Group programs and seminars may require a small fee. Donations to improve our resources are tax deductible, and much appreciated.

What happens when you phone us

An intake clinician will ask you to give a brief description of the problem as well as the nature of the help you are seeking. If we think we are the right service to help you we will offer you an appointment and meet with you to discuss your concerns or difficulties.

If we are unable to help we will assist you to locate a service that better meets your needs.

After hours and crisis help

For URGENT after hours referrals, or crisis support contact:

Mental Health Access Line _____ 1800 011 511

OR

The Emergency Department of your
local hospital

Royal North Shore Hospital _____ Tel: 9926 7111

Ryde Hospital _____ Tel: 9874 0199

Hornsby Hospital _____ Tel: 9477 9123

Northern Beaches Hospital _____ Tel: 9105 5000

CYMHS is not an Emergency Service

Where there is immediate risk
of harm to self or others, call 000
or present to the
Emergency Department.