



Hunter
PRIMARYCARE



MENTAL HEALTH & WELLBEING

***Supporting you to manage your
mental health and wellbeing***

headspace NEWCASTLE

Our headspace Newcastle centre is a place where young people between the ages of 12-25 can come and talk to someone if they are going through a tough time.

We provide support and information for a broad range of concerns, including mental health, physical/sexual health, drug and alcohol, counselling services, employment and education and support for families and carers.



HUNTER PARTNERS IN RECOVERY

Our Support Facilitators help people living with persistent mental health concerns to access the services they need to support their recovery. Working with you, we identify gaps in your care and develop a personalised recovery plan to improve your health and wellbeing. Our Support Facilitators can assist you to transition to the National Disability Insurance Scheme.

PSYCHOLOGY SERVICES

Our Psychology Services team provide effective mental health services in the Hunter region, at no cost to the client, for:

- People of all ages - from children, adolescents to adults;
- Aboriginal and Torres Strait Islander people;
- Women and their partners/families during pregnancy and early parenthood;
- People who are experiencing difficulties with alcohol or other drug use;
- People at increased risk of suicide or deliberate self-harm;
- Residents in Aged Care facilities in the Newcastle and Lake Macquarie regions.

THE WAY BACK SUPPORT SERVICE

The Way Back Support Service is a *beyondblue* initiative, providing non-clinical care and support to individuals for up to three months following a suicide attempt.

For information regarding any of our Mental Health and Wellbeing services, speak with our team today.

 (02) 4925 2259

 hunterprimarycare.com.au