



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 PSYCHOSOCIAL SUPPORT SERVICE

Our Hunter Psychosocial Support assists people with severe mental illness, who are not eligible for assistance through the NDIS to build daily living skills and connection to services based on their recovery goals.

PSYCHOLOGY SERVICES

Our Psychology Services team provide effective mental health services in the Hunter and Mid Coast regions, 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 Hunter and Mid Coast regions,

THE WAY BACK SUPPORT SERVICE

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

TRANSITIONAL CARE PACKAGES (TCP) PROGRAM

Our TCP service works in collaboration with Maitland Mental Health Unit and provides clinical care coordination for people who are transitioning out of the specialist mental health services and into primary care.

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



(02) 4925 2259



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