



Indicates specific advice for Aboriginal and Torres Strait Islander people.

## Public services

### Community Mental Health Services

- Hunter New England Local Health District provides assessment, management and treatment for people with mental illness.
- Phone **1800 011 511** or visit [hnehealth.nsw.gov.au](http://hnehealth.nsw.gov.au)

### Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **Hunter Primary Care:** phone **4926 0529**  
Scone, Muswellbrook, Singleton

### Aboriginal and Torres Strait Islander Mental Health Service

- Care coordination for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- **Hunter Primary Care:** phone **4935 3071**

### Complete Suicide Prevention Service

- Supports those at risk of suicide and self-harm, their family and friends
- **Lifeline:** phone **4940 2000**  
Muswellbrook, Singleton

## Non-government organisations (NGOs)

NGOs offer low cost services and may offer no cost services in some circumstances.

### Interrelate

- Personal and relationship counselling
- Phone **4940 2000**  
Muswellbrook, Scone, Singleton

### Lifeline

- Relationship counselling
- Phone **4016 0550**  
Muswellbrook and Singleton

## Private providers

There are many private providers who offer mental health care in the local community.

Dependent on your individual circumstances and the mental health professionals in your area, you may be eligible to access a Psychologist or other mental health professional for a reduced fee or without a gap payment. Talk to your GP about the providers in your area, your eligibility and referral options. You can also use the links below to find a private provider in your local area:

- Find a health professional (Healthdirect) [healthdirect.gov.au](http://healthdirect.gov.au)
- Find a Psychologist (Australian Psychological Society) [believeinchange.com](http://believeinchange.com)
- Find a Social Worker (Australian Association of Social Workers) [aasw.asn.au](http://aasw.asn.au)
- Find a Psychiatrist (The Royal Australian and New Zealand College of Psychiatrists) [yourhealthinmind.org](http://yourhealthinmind.org)