

## MENTAL HEALTH

<u>ORGANISATION</u>	<u>CONTACT NUMBER</u>	<u>HOURS</u>	<u>ADDRESS</u>	<u>NOTES</u>
<b>Mid North Coast Local Health District Mental Health Services</b>	6656 5600		Coffs Harbour Health Campus	Three acute inpatient units and a rehabilitation unit. Accessed via referral or assessment on presentation at emergency dept.
<b>Mental Health Access Line</b>	1800 011 511	24/7		Information, referral ad access to community mental health programs.
<b>On Track Community Program</b>	6650 0874	Monday – Friday 9am till 5pm	2/169-171 Rose Avenue Coffs Harbour	Offering services such as outreach and psychosocial rehabilitation. Contact for referral process.
<b>CHESS Employment</b>	6691 9333	Monday – Friday 9am till 5pm	43 Gordon Street Coffs Harbour	Employment Services for those with a disability/mental health diagnosis
<b>PHaMS Program</b>	6691 9333	Monday – Friday 9am till 5pm	43 Gordon Street Coffs Harbour	Program to assist people to acquire skills and live independently in the community.
<b>New Access</b>	1300 137 934	Monday – Friday 9am till 5pm	Suite 6 1 Duke St, Coffs Hbr.	For people over 18 with mild to moderate depression and anxiety who are not currently seeing a mental health professional.
<b>New Horizons</b>	6691 8100	Monday – Friday 9am till 5pm	16 Keona Circuit Coffs Harbour	