



# Mental Health Directory

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*services and resources  
for the Macarthur and Wingecarribee regions*

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## Community Mental Health Services

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### Better Access to Mental Health Initiative

A general practitioner can refer to a registered psychologist for specialist therapy after completing a Mental Health Care Plan. The cost is covered by Medicare.

### Campbelltown Community Mental Health Centre

Provides services in the Local Government Areas (LGA's) of Campbelltown, Camden and Wollondilly. Various services are provided through CoMHET (see below for details).

Address: 6 Browne Street, Campbelltown

Phone 02 4629 5400

Fax 02 4628 6101

### Community Mental Health Emergency Team (CoMHET)

The intake service is an initial point of contact for all people within the Macarthur area. The intake team provides information about mental health and referral to the most appropriate treatment services, as well as comprehensive assessment services.

Services include:

- **Aboriginal Social and Emotional Worker**  
Care coordination, consultation, liaison with other services, education and advocacy for the aboriginal community.
- **Care Coordination Team**  
Care management services for adults experiencing a range of mental health problems such as psychosis, schizophrenia, severe anxiety, depression or other mood disorders.
- **Consumer Representatives**  
Mental Health Services employ consumer representatives to provide information to consumers on their rights and responsibilities, recovery support and advocacy.
- **DBT/Borderline Personality Disorder**  
Psychology service is available at Campbelltown Community Mental Health Centre.
- **Early Psychosis Intervention Program**  
Multidisciplinary community mental health program providing specialist psychiatric support to young people under 25 years of age.
- **Macarthur Community Rehabilitation Team**  
Individual occupational therapy and vocational assessments for people with mental illness requiring assistance with community living.
- **Youth Mental Health Team**  
Multidisciplinary clinical services for youth with mental illness and co-existing substance misuse.

Contact the CoMHET intake service on:

Phone 1300 787 799 or 02 4629 5400

Other services provided by CoMHET include:

- **Infant, Child and Adolescent Mental Health Service (ICAMHS)**

Provides a range of services to support families and children (under 17 years of age, adolescents are required to be engaged in education programs). A referral is required from a general practitioner, paediatrician, school counsellor or mental health clinician.

Phone 02 4621 5000

## Wingecarribee Community Mental Health Service

The intake service is an initial point of contact for all people within the Wingecarribee region. The intake team provides information about mental health and referral to the most appropriate treatment services, as well as comprehensive assessment services.

Services include

- **Aboriginal Mental Health Worker**  
Care coordination, consultation, liaison with services, education and advocacy for the Aboriginal Community.
- **Adult Mental Health Team**  
Care management services for adults experiencing a range of mental health problems such as psychosis, schizophrenia, severe anxiety, depression and other mood disorders.
- **Boarding House Team**  
Assessment, consultation, counseling and care coordination for people with a mental illness living in licensed boarding houses.
- **Drug and Alcohol Counselling Team**  
Counselling and referral services. Drop-in service available each Tuesday from 8am to 12 noon.

Contact the intake service on:

Phone 02 4861 8000

Other services provided by Wingecarribee Community Mental Health Service include:

- **Adolescent Mental Health Team (Centre of Youth)**  
Specialist mobile service for young people, 12 – 17 years of age, who have mental needs and are at risk. Provides acute assessments, support and counseling, and links to other specialist services. Located at the rear of Bowral District Hospital.  
Phone 02 4861 0385
- **Hospital Consultation Liaison Service (Bowral District Hospital)**  
Acute care services, crisis intervention and urgent psychiatric assessments at Bowral District Hospital.  
Phone 02 4861 0371 during business hours  
Phone 02 4861 0200 after hours and on weekends
- **Mental Health Rehabilitation Team**  
Goal-oriented clinical interventions that facilitate recovery through transitional accommodation and vocational options. Located in Berrima Cottage at the rear of Bowral District Hospital.  
Phone 02 4861 0282

## Wingecarribee Family Support Service

A range of support services, offered to families with children with the aim of strengthening their relationships.

Phone 02 4862 1777

## Mental Health Support Services

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### **Beyondblue**

Beyondblue works with health services, schools, workplaces, universities, media and community organisations, as well as people living with these disorders, to increase awareness of depression, anxiety and related disorders throughout Australia.

Phone information line on 1300 22 4636

Phone Telecommunications Device for the Deaf (TDD) on 133 677

Visit [www.beyondblue.org.au](http://www.beyondblue.org.au) for programs, events and resources

The website includes a directory of online self-help mental health services and therapies aimed at helping people better manage depression, anxiety and related illnesses.

Visit [www.beyondblue.org.au/index.aspx?link\\_id=107.1203](http://www.beyondblue.org.au/index.aspx?link_id=107.1203)

### **Black Dog Institute**

The Black Dog Institute is an educational, research, clinical and community oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

Phone 02 9382 4523 for community/consumer enquiries

Phone 02 9382 2991 for referral to clinics

Fax 02 9382 8208

Visit [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### **Compeer Friends Program (St. Vincent de Paul Society)**

A friendship program for social support for people living with mental illness. (Macarthur and Wingecarribee)

Phone 02 4627 9180

### **Day-to-Day Living Program – Schizophrenia Fellowship**

Assists people with severe mental illness to access structured activities and social outings, to encourage independent living skills, social participation and rehabilitation.

Phone Debbie on 0417 132 651, Geoff on 0417 132 092 or 02 4620 8888

### **GROW**

A peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges.

Phone Australia wide 1800 558 268, NSW 02 9633 1800

Visit [www.grow.net.au](http://www.grow.net.au)

### **GROW – Residential Program**

A 12-step recovery program for mental health consumers.

Phone 02 9606 0579

### **Hospital to Home Service (Consumer Activity Network)**

Assistance and peer support for consumers within the first 28 days of discharge from Campbelltown psychiatric inpatient units.

Phone 02 8206 1848

## Macarthur Minds

Counselling for youth, family and people with drug and alcohol related issues. Location is client nominated. Fee can be covered under general practitioner Mental Health Care Plan.

Phone Matthew James on 0488 090 883

Email [mentalhealth@bigpond.com](mailto:mentalhealth@bigpond.com)

## Mental Health Advocacy Service

A service of the Legal Aid Commission of NSW which offers free legal advice on mental health matters.

Phone 02 9745 4277

## Mental Health Association NSW

A community based organisation which develops mental health initiatives, including two information lines. All calls are treated confidentially, and you may remain anonymous if you wish, no personal details are retained.

- **Mental Health Information Service**  
Information and referral on issues relating to mental health generally.  
Phone 1300 794 991
- **Anxiety Disorders Information Line**  
Service focussed on anxiety disorders.  
Phone 1300 794 992

Can contact the services by phone (for the cost of a local call) or by email, and an Information Officer will endeavour to get back to you as soon as possible.

Email [info@mentalhealth.asn.au](mailto:info@mentalhealth.asn.au)

Visit [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

## Phone Connections (Consumer Activity Network)

Peer support and information referral line. Friday and Saturday 6.00pm to 1.30am, and Monday evenings 7.00pm to 11.00pm.

Phone 1300 135 846

Phone 02 9114 8150

## The Disability Trust Southern Highlands

Provides care, services and advocacy for people with disabilities and their families. Southern Highlands services include mental health accommodation support, an Active Linking Initiative, centre based and flexible respite, attendant care, day programs, outside of school hours care and care solutions.

Phone 02 4860 1100

Fax 02 4871 2848

## Mental Health Services for Youth

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### Adolescent Mental Health Team (Centre of Youth)

See previous listing for Wingecarribee Community Mental Health Services.

### Headspace (Brain and Mind Research Institute)

A range of mental health services aimed at young people, 12 – 25 years of age. The program is covered by the Medicare scheme as part of a mental health care plan developed by a general practitioner or other medical doctor.

Phone Campbelltown Community Health on 02 4627 9089

Visit [www.headspace.org.au](http://www.headspace.org.au)

### Infant Child and Adolescent Mental Health Services (ICAMHS)

See previous listing for CoMHET.

### The DRUM Youth Resource Centre (Uniting Care)

Support for young people, 12 – 24 years of age who may be in a crisis, homeless or dealing with drug and alcohol issues.

Phone 02 4628 3199

### Traxside Youth Health Services

General health support and counselling for young people, 12 – 24 years of age, and their families and carers who live, work or attend school in the Macarthur region.

- Phone 02 4625 2525

### Youth Mental Health Team

See previous listing for CoMHET.

## Carer Support Services

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### **Carer Assist (Wingecarribee and Wollondilly)**

Provides information, education, advocacy and support to carers and family members of people with mental illness.

Phone 02 4868 2755 or 0437 977 704

### **Carer Assist (Campbelltown)**

Provides information, education, advocacy and support to carers and family members of people with mental illness.

Phone 02 4620 5255 or 0423 767 501

### **Commonwealth Carer Respite Centre – Community Information Service**

Short term and emergency respite for carers.

Phone 1800 052 222

Visit [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

### **Personal Helpers and Mentors Program (PHaMs) – Macarthur Disability Services**

Covers Campbelltown and all 2560 postcode suburbs.

Phone 02 4621 8400

### **Personal Helpers and Mentors Program (PHaMs) – The Benevolent Society**

Macarthur and Wingecarribee (excluding Campbelltown or suburbs with postcode of 2560).

Phone 02 4633 3777

### **The Haven Project (Macarthur Disability Services)**

Offers support to carers of a person living with a mental illness.

Phone Macarthur Disability Services on 02 4621 8400

## Counselling Services

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### Anglicare

Individual, relationship, adolescent and family counseling. Groups and various workshops.  
Phone 02 4621 6666

### CatholicCare

Family, relationship, grief and loss counseling. Education and family skills programs. Concession rates.  
Phone 4628 0044

### Community Health Centres

Free counselling services available at community health centres in Macarthur.  
Phone  
Ingleburn on 02 8788 4200  
Narellan on 02 4640 3500  
Rosemeadow on 02 4633 4100

### Lifeline Macarthur

24 hour telephone counselling service.  
Phone 02 4645 7200  
24/7 Crisis Number 131 114

### Maryfields Day Recovery Program

Individual, couple, addiction, and grief and loss counselling. Counselling for those impacted by the addiction of a friend or family member.  
Phone 02 4627 2705

### Relationships Australia

Counselling and relationships meditation. Carer counselling program, programs for men and women in abusive relationships, support for parents and children following a marital breakdown. Fees based on income.  
Phone 02 4221 7711

### Unifam Counselling and Meditation

Services to help individuals, couples and families (together or separated) to build better relationships. Fees based on income.  
Phone 02 4629 7070

### Veterans' and Veterans' Family Counselling Service

A specialised, free, confidential and Australia wide service for Australian veterans and their families.  
Phone 1800 011 046

## Accommodation

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### Allambie Housing and Refuge

Supported crisis accommodation for couples with children or men with children.

Phone 02 4625 1828

### DAWN (Drug and Alcohol Women's Network)

Medium term accommodation for women and their children. Must be abstinent from all drugs and alcohol for 3 months to be accepted.

Phone 02 4625 5513

### Homeless Persons Information Line

General accommodation information. Helps the homeless access accommodation.

Phone 02 9265 9081 or 02 9265 9087 or 1800 234 566

### NEAMI – Housing and Support Initiative (HASI)

Support to provide SAAP accommodation and packages for people with a mental illness who have a range of disabilities.

Phone NAEMI on 02 4627 8444

### Housing NSW

Rental accommodation and assistance, priority housing and housing services for people with special needs.

Phone 02 4629 3222

### Vince's Place

Short term crisis accommodation for males 18 years and older.

Phone 02 4625 1828

### Vinchez Family Refuge

Accommodation for women and children in crisis who are 18 years and older.

Phone Homeless Persons Information Line on 02 9265 9081 or 02 9265 9087 or 1800 234 566

### Vinnie's Youth Housing

Medium to long term supported accommodation for young people 16 to 21 years of age, sole parents and young families up to 24 years with accompanying children (homeless/at risk).

Phone 02 4677 2186

## Drug, Alcohol and Gambling Services

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### Alcohol and Drug Information Service (ADIS)

A confidential, anonymous information, advice and referral service. For information about drugs, including methadone, safer injecting advice, parent advice and detox. Available 24/7.

Phone 02 9361 8000

Phone 1800 422 599

### Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership

Phone 02 9599 8866

Visit [www.aa.org.au](http://www.aa.org.au)

### Cooper's Cottage (Campbelltown Hospital)

Pharmacotherapy clinic (methadone and buprenorphine) and needle exchange.

Phone 02 4634 4177

### Drug and Alcohol Counselling Team

See previous listing on Wingecarribee Community Mental Health Services.

### Drug Health Services – Drug and Alcohol Treatment Access Line

Assessment, counselling, detoxification and inpatient treatment aimed at reducing or minimising harm associated with alcohol and other drug use.

Phone the Drug and Alcohol Treatment Access Line on **9616 8586** or **9616 8800**

### Gamblers Anonymous Australia

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees for membership.

Visit [www.gansw.org.au](http://www.gansw.org.au)

### Gambling Help

24-hour Gambling Help (NSW) telephone advice and referral service to free face to face counselling for people with gambling and gambling related problems

Phone 1800 858 858

Inquiries 02 9995 0993

Visit [www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au)

### G-Line (NSW)

24 hour telephone counselling to assist callers who may be in crisis as well as callers who are unsure about whether they have a problem with gambling. Families and friends of problem gamblers can also receive assistance. Can also assist callers to access face to face counselling through referrals to local services. All calls are confidential.

Phone 1800 633 633

TDD 1800 633 649

## **Maryfields Day Recovery Program**

A fully comprehensive program for persons 18 years and over who want to recover from alcohol, drug or gambling addictions, including those with a dual diagnosis. Methadone acceptable if stable on dose.

Phone intake on 02 4627 2705

## **Narcotics Anonymous**

Narcotics Anonymous is a non-profit, international, community-based organisation for recovering addicts active in over sixty countries. Narcotics Anonymous (NA) members learn from one another how to live drug free and recover from the effects of addiction in their lives.

Phone 02 9519 6200

## **Odyssey House**

Drug alcohol and gambling rehabilitation program. Must be over 18 years. All assessments are at Surry Hills.

Phone 02 9281 5144

## **Odyssey House Aftercare Program**

Supporting people who have recovered from drug, alcohol and gambling problems.

Phone 02 4628 8806

## **Odyssey House Janus Program**

Supports people who have drug and/or alcohol issues and mental health needs.

Phone Trupti Dave 4628 8806 ext. 72

## **Park Central Clinic (Campbelltown Private Hospital)**

Private insurance members or fee.

Phone 1300 438 4357

## **Tharawal Aboriginal Medical Service**

Aboriginal health education, and drug and alcohol counselling.

Phone 02 4628 4837

## Energy Accounts Payment Assistance (EAPA) Voucher Assistance Centres in Macarthur Area

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The Energy Accounts Payment Assistance (EAPA) scheme helps financially disadvantaged people experiencing difficulty making payments for electricity or gas due to crisis or emergency situations.

### Anglicare

Address 1 Reddall Street, Campbelltown.  
Phone 02 4625 4666

### Lifeline Macarthur

Address 155 McPherson Road, Smeaton Grange.  
Phone 02 4645 7215

### Macarthur Diversity Service

Address Level 2, 101 Queen Street, Campbelltown.  
Phone 02 4627 1006

### C3 Community Services (formerly Mount Annan Church Community Service)

Address 357 Narellan Road, Mount Annan.  
Phone 02 4620 7400

### Nagle Centre (St. Vincent de Paul Society)

Address 22 Iolanthe Street, Campbelltown.  
Phone 02 4628 2928

### Salvation Army

Address 21 Bagdally Road, Campbelltown.  
Phone 02 4625 0803

### Tharawal Aboriginal Medical Service

Address 187 Riverside Drive, Airds.  
Phone 02 4628 4837

## Financial Counselling

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### JobAccess

Free, confidential government services providing advice and workplace solutions for people with disability, including mental health conditions.

Services include:

- **Disability Employment Services** provide assistance in finding employment for all eligible job seekers with disability, including mental health conditions. Provides flexible, ongoing support for people with mental health conditions who have been placed in work but need additional support.
- **Employment Assistance Fund** provides people with mental health conditions and their employers with easier access to resources to assist with finding and maintaining employment. This can include workplace modifications.
- **Job in Jeopardy assistance** provides support for employees who are at risk of losing their job because of their disability, illness or injury. It is available through Disability Employment Services.

Phone toll free on 1800 464 800

Visit [www.jobaccess.gov.au](http://www.jobaccess.gov.au)

### Lifeline Macarthur

See previous listing for Lifeline Macarthur.

### Mission Australia

Financial and generalist counselling.

Phone 02 4620 0201

### Nagle Centre (St. Vincent de Paul Society)

Variety of community support schemes, including community kitchen, budget planning, No Interest Loans (NILs) and Housing Advisory Service (HAS).

Address: 22 Iolanthe Street, Campbelltown

Phone 02 4628 2928

Community Kitchen

Monday – Friday 10am to 1pm. Meals are provided (free).

Wednesday 6.00pm to 7.45pm. Dinner is provided (free). Food vouchers available.

### Ostara Specialist Mental Health Disability Employment Services- Schizophrenia Fellow NSW (SFNSW)

Ostara Australia is a not-for-profit organisation that specialises in assisting people who have an illness or disability find employment. Ostara Australia work with employers to help them find staff who are the best fit for their company.

Phone 02 4628 9139

### Salvation Army Money Care

Phone 02 4620 7482

## Men's Services

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### Mensline Australia

Telephone support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Phone 1300 78 99 78

Visit [www.menslineaus.org.au](http://www.menslineaus.org.au)

### Mens Shed

Phone 1300 550 009

Visit [www.mensshed.org](http://www.mensshed.org) or [www.menshealthaustralia.net](http://www.menshealthaustralia.net)

### Unifam Men's Matters Program

Phone 02 4629 7070

## Multicultural Services

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### Health Care Interpreter Service

Face to face, telephone and Auslan Interpreting. For assistance, ask a health care worker to make an appointment.

Phone 02 9828 6088

### Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)

Personal support programs, counselling, psychiatric services and support groups for people who have survived torture or trauma and are refugees or asylum seekers.

Phone 02 9794 1900

### Transcultural Mental Health Centre

Information, referral and support groups for mental health consumers and their carers from culturally and linguistically diverse backgrounds. Located at Cumberland Hospital Campus. .

Phone toll free on 1800 648 911

Phone 02 9840 3800

Fax 02 9840 3755

Visit [www.dhi.gov.au](http://www.dhi.gov.au)

### Translating and Interpreting Service (TIS) National

Immediate telephone interpreting services, as well as pre booked telephone and on site interpreting. Available 24/7 to any person or organisation in Australia requiring interpreting services.

Phone 131 450

## Women's Services

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### **Drug and Alcohol Women's Network (DAWN)**

See previous listing for DAWN.

### **Jade House (Karitane)**

A specialised day stay and counselling unit for women who are pregnant or have a baby up to 12 months of age, who have a diagnosis of or are at risk of developing a pregnancy related mood or anxiety disorder.

24/7 Counselling 1300 227 474

Phone Karitane for referral on 02 9794 2300

Visit [www.karitane.com.au](http://www.karitane.com.au)

### **Centre for Women's Health (The Benevolent Society)**

Domestic violence counselling, domestic violence support groups. Has a wide range of services for women and older women.

Phone intake on 1800 077 760

Phone 02 4627 2792

### **Vinnie's Youth Housing**

See previous listing for Vinnie's Youth Housing.

### **Wilma Women's Health Centre**

Individual counselling and group programs for women. Deaf and Hearing Impaired counselling and support. Lesbian counselling and support.

Phone 02 4627 2955

## After Business Hours – Urgent Referrals

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### Bowral District Hospital

For urgent referrals after hours.

- Phone Bowral District Hospital on 02 4861 0200 and ask for Mental Health Team

### Campbelltown Hospital

For urgent referrals after hours.

- Phone Campbelltown Hospital on 02 4634 3000 and ask for Mental Health Team

## Resources

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### Mental Health First Aid

Mental Health First Aid is provided to a person developing a mental health problem or experiencing a mental health crisis. First aid is given until professional treatment is received or until crisis resolves.

Mental Health First Aid Action Plan:

1. Approach the person, assess and assist with any crisis
2. Listen non-judgementally
3. Give support and information
4. Encourage the person to get appropriate professional help
5. Encourage other supports

For more information visit [www.mhfa.com.au](http://www.mhfa.com.au)

### Carers NSW

An association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail. Includes links to carer support groups across the state, fact sheets, and information for young carers.

Visit [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

### Drug info at your library

Up to date information about alcohol and drugs through local public libraries in New South Wales. A joint initiative between NSW Health and the State Library of NSW.

Visit [www.druginfo.sl.nsw.gov.au](http://www.druginfo.sl.nsw.gov.au)

### Fact Sheets from Mental Health Association NSW

Fact sheets are divided into information on mental illness, support and maintaining wellbeing.

Visit [www.mentalhealth.asn.au/be-informed/fact-sheets.html](http://www.mentalhealth.asn.au/be-informed/fact-sheets.html)

### Mental Health Resources from NSW Department of Health

Information on mental health and drug and alcohol issues for both consumers and their carers. Topics include coping with suicide, family members with mental health problems, links between physical and mental health, and assistance for carers in Aboriginal communities.

Visit [www.health.nsw.gov.au/mhdao/publications\\_consumers.asp](http://www.health.nsw.gov.au/mhdao/publications_consumers.asp)

### Translated Mental Health Information

A directory of Australian websites with translated information on mental health; lists both the website and available languages. Resources are compiled by the Victorian Transcultural Psychiatry Unit (VTPU). VTPU takes no responsibility for the quality of the translations. If possible, ask a bilingual mental health professional for their opinion of the translation.

Visit [www.vtpu.org.au/resources/translatedmentalhealth.html](http://www.vtpu.org.au/resources/translatedmentalhealth.html)

### WHO Neuroscience of Psychoactive Substance Use and Dependence

A comprehensive explanation of the science behind many drugs of addiction, in terms of modes of action and effects on the brain. Drugs explored include alcohol, sedatives, tobacco, opioids, cannabinoids, cocaine, amphetamines, ecstasy, volatile solvents and hallucinogens.

Visit [www.who.int/substance\\_abuse/publications/en/Neuroscience.pdf](http://www.who.int/substance_abuse/publications/en/Neuroscience.pdf)

## **Work and Your Mental Health**

Information about the role work can have in recovery from mental illness. Includes tips on planning a return to work.

Visit

[www.jobaccess.gov.au/News/Pages/ReleaseoftheworkandyourmentalhealthbrochureforGeneralPractitioners.aspx](http://www.jobaccess.gov.au/News/Pages/ReleaseoftheworkandyourmentalhealthbrochureforGeneralPractitioners.aspx)

## **Y\_Mind? Inspiring Youth Mental Health**

A resource created by Youth Solutions which provides all the necessary information to run a youth mental health forum. This includes assistance in identifying youth-specific issues, and outlining ways in which workers can engage with young people and address their concerns. If interested in purchasing the resource, contact Youth Solutions.

Phone 02 4628 2319

Email [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)

Visit [www.youthsolutions.com.au/Resources/y\\_mind.htm](http://www.youthsolutions.com.au/Resources/y_mind.htm)

This resource is a community project of



**Youth Solutions**

Suite 19, Level 4  
Macarthur Square Shopping Centre  
Gilchrist Drive  
Ambarvale NSW 2560

**Youth Solutions** is a non-Government, community based charity, which develops and maintains drug and alcohol health promotion activities, in an effort to prevent or reduce drug related harm among young people in the Macarthur and Wingecarribee regions.

This resource was compiled by Amy Kitajima, a third year medical student at the University of Western Sydney, placed at Youth Solutions as part of a 'Medicine in Context' rotation.

This resource was revised by Corin Boughton and Kate Angelucci, Program Support Officers from Youth Solutions.

This resource was accurate at the time of completion in May 2011. If additions or changes are required, please contact Youth Solutions with revisions.

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