



We listen to your needs and wants, and support you step-by-step

Our caring and non-judgemental team of professionals has qualifications in medicine, social work, nursing, occupational therapy and psychology.



“PCCS gives a more personalised service. They got through to what I wanted. They listen.”

– Gatik, PCCS client.

Using our in-depth knowledge of local health, social and welfare services, we can help you make the most of available supports like:

- the NDIS
- My Aged Care
- benefits schemes such as Centrelink
- housing services

Our experienced team members come from a diverse range of cultural backgrounds and can also speak various languages.



Connect with us



PCCS is a not-for-profit health organisation working to make it easier for people to access the health and community services they need to improve their quality of life.

For more information

 (02) 9477 8700

 enquiries@pccs.org.au

 pccs.org.au

 Unit 7/1 Central Avenue,
Thornleigh NSW 2120

Approved NDIS Provider No. 4050003929
ABN: 92 154 673 793

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More options to improve your health & wellbeing


Specialist services to support people living with:

- Complex health issues
- Social and welfare needs
- Long-term mental health conditions
- Psychosocial disability

 **Primary & Community Care**
Services Limited™

 **the integrated care specialists**

Practically supporting wellbeing



PCCS is...
Responsive
Trusted
Caring
Genuine
Professional
Innovative

The Australian leader in Social Prescribing

Social Prescribing is at the core of our programs. It's a way to link people with long-term health conditions to a range of non-medical supports and services to help improve their social and emotional wellbeing. Social Prescribing complements the medical care a person already receives.

Social Prescribing is a well-established model of care overseas and growing in popularity. Over 50 international studies have demonstrated its promising benefits.

While still relatively new in Australia, Social Prescribing is aligned with the person-centred approach that underpins our health and social care systems.

Through our Social Prescribing programs, many of our clients have found and enjoyed new interests, skills and talents or re-discovered past ones.



We're all about helping you live life your way

For people living with long-term health conditions, mental illness and complex care needs, we provide access to community-based services that include:

- | care coordination
- | occupational therapy
- | social work
- | nursing
- | psychological supports
- | group activities

PCCS are all about taking practical steps to improve wellbeing. Our award-winning programs and services work alongside the medical care provided by your GP and other health providers. Good physical and mental health are both essential to fulfil your wellbeing.

As a not-for-profit and registered charity organisation, the support of our funders allows many of our programs to be delivered at no cost to eligible clients.

Visit our website pccs.org.au to learn more about our programs and services.



Connect with us

Contact us directly for more information, or show this brochure to your doctor or health provider and ask about a referral to our service.

Our close connections with local GPs, psychologists, psychiatrists, mental health teams and other health professionals mean we can offer a holistic approach to our clients' health and wellbeing.



"As a result of my GP and my PCCS Service Specialist working as a team, my health has improved. I feel more alive... life is beautiful again."

– Teresa, PCCS client.

