



Mental health support when you need it.

Better together



What is Access+?

Psychological Access+ is a program providing people with assistance for short-term psychological interventions. The service is primarily for those who have difficulty accessing appropriate mental health supports (including psychology) due to financial challenges or other circumstances.

The program is short-term and intended to support people with mild to moderate mental health concerns. If longer-term supports are needed, you may be able to access other services through Sydney North PHN by contacting the triage team on 1300 782 391 to discuss your needs further.

How can Access+ help?

Under Access+ a range of services are available to provide practical assistance from mental health professionals including psychologists, mental health nurses, and Aboriginal and Torres Strait Islander health workers with specific mental health qualifications.

Who is eligible?

Access+ is for people experiencing mental ill-health, drug and alcohol issues or who are at risk of suicide or self-harm, including:

- ✓ People experiencing, or at risk of, homelessness
- ✓ People with personality disorders

- ✓ Children and young people
- ✓ Women who are pregnant or have a child under 12 months of age and are experiencing perinatal depression
- ✓ People with intellectual disability and co-occurring mental illness
- ✓ People at risk of, or experiencing, an eating disorder

How can I participate?

To access Access+ your GP will discuss your needs and, with your consent, provide your information to the triage team at Sydney North PHN. If Access+ is the best service option for you, the triage team shares this information with PCCS in order for us to organise your mental health support services.

Feel free to reach out to our friendly team for more information and to discuss access to the program.

Contact PCCS

- ☎ (02) 9477 8700
- ✉ enquiries@pccs.org.au
- 🌐 pccs.org.au/access-plus



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