

To Get Our Help

Contact the Mental Health Line

1800 011 511

24 hours a day, 7 days a week

Once you have contacted the mental health line, what you can expect:

- Your needs will be assessed over the phone.
- Your needs will be prioritised and you will be referred to the appropriate services.
- An OPMHS clinician will assess you and provide care coordination.
- A care plan will be made together with you and your carer or family.
- On discharge from OPMHS the consumer will receive follow up care as planned.

Where are we?

OPMHS Illawarra
Corner of Bridge and Tate Streets,
Coniston
Phone: (02) 4220 7900
Fax: (02) 4220 7950

OPMHS Shoalhaven
5-7 Lawrence Avenue, Nowra
Phone: (02) 4424 6480
Fax: (02) 4424 6488

OPMH Ulladulla
100 St Vincent Street, Ulladulla
Phone: (02) 4455 1840
Fax: (02) 4455 6058

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



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Mental Health Service

Older People's Mental Health Service (OPMHS)



Health
Illawarra Shoalhaven
Local Health District

Who Are Our Staff?

We have:

- **Psycho-geriatricians:**
Specialist Psychiatrist for older people.
- **Registered Nurses:**
Provide health care, mental health assessment and also give injections and advice about medications.
- **Clinical Psychologists:**
Provide counselling with clients by themselves or in a group.
- **Occupational Therapists:**
Assess living environment and daily lifestyle to help older people be independent.
- **Social Workers:**
Provide support to meet the social and life needs of older people in their environment and works with families and carers.

Who Can We Help?

We can help people who are over the age of 65 years (over 50 for Aboriginal and Torres Strait Islanders) and:

- Who have just received a new mental health diagnosis
- Already have a mental health problem and this is made worse with age, or
- Who have not seen a mental health professional about their mental health problem
- Have dementia that is becoming a problem with aggression, sadness or anxiety.

The Role of the OPMHS Team

The OPMHS team works with carers, doctors and families to help care for the mental health of older people.

We:

- Provide mental health assessment tailored to the needs of older people.
- Consult with different health care and community services about your care, including ACAT.
- Support other service providers through education and training
- Work with people individually or in groups.
- Deliver health promotion activities.