

Health and Wellbeing

Addiction Services	1
After Hours Chemists	2
After Hours Medical Services	3
Alternative Health	3
Assessment and Referral Services	4
Community Health Centres	8
Counselling	12
Death and Dying	20
Dental Health	21
First Aid.....	21
Hospitals.....	21
Immunisation	23
Mental Health Services.....	23
Rehabilitation Services	27

Addiction Services

Al-Anon Family Groups

Phone: 0419 971 413, 1300 252 666

Address: Meets at VMO Rooms, Ryde Hospital, Denistone Rd, Eastwood 2122

Email: alanonnorthernnsw@bigpond.com

Web: al-anon.org.au

Al-Anon Family Groups are a community resource for people affected by someone else's alcohol problem. Meets at Meets at VMO Rooms, Ryde Hospital, Denistone Rd, Eastwood at 7.30pm on Tuesdays.

Gam-Anon

Phone: 02 9728 4893

Email: gam-anon@live.com.au

Web: <https://gaaustralia.org.au/gam-anon/>

Are you concerned about how gambling of a loved one is affecting your life? Is the gambling of someone dear to you creating anxiety and worry? Are you having financial problems due to the gambling of a loved one or family member? Are you in financial turmoil or emotional distress and not sure why? Could gambling be the reason? Are you worried about the emotional health and financial security of a loved one who is gambling? Then GAM-ANON may be able to help you. If you are a partner, family member or friend of someone with a gambling problem you may find the help you need with a GAM-ANON group.

Ryde Drug & Alcohol Service

Phone: 02 9858 7776

Address: Ryde Community Mental Health Centre, 39 – 41 Fourth Ave, Eastwood 2122

Web: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholRyde.aspx

Outpatient service for drug and alcohol dependent people and their families. Assessment, counselling, gambling counselling referral to community resources and education. Stop smoking counselling. Counselling for problem gambling Mon & Tue.

Sydney Korean Women's Association

Phone: 02 9801 5512

Address: Cnr Balaclava & Agincourt Rds, Marsfield 2122

Email: ko_wo_asso@hotmail.com

The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

The Overcomers Place

Phone: 0417 663 539

Address: Suite 24/Level 3, 1-7 Jordan St, Gladesville 2111

Email: theovercomersplace2020@gmail.com

Web: www.theovercomersplace.com

A caring connected community for those overcoming addiction. TOP is an intensive structured day therapy program for all addictions. Treatment in the groups is free of charge. We request a one-off contribution to conduct the intake assessment and enter the program. This assessment can be booked by email or phone. It is a one-to-one interview that will take one hour. Once completed you can join the group program. We offer group therapy services daily Monday to Thursday from 10:30am - 2:30pm. Additionally, Thursday afternoons 1:00pm - 2:30pm has a dedicated Family and Friends group, which is open to all those who are affected by other's addictions.

After Hours Chemists

Eastwood Night & Day Pharmacy

Phone: 02 9874 5187

Address: 86 Rowe St, Eastwood 2122

Email: eastwoodpharmacy86@gmail.com

Pharmacy open extended hours.

Late Night Chemist Ryde

Phone: 02 9809 3928

Address: Shop 1/46-48 Blaxland Rd, Ryde 2112

Web:

<https://www.healthdirect.gov.au/australian-health-services/20063040/late-night-chemist-ryde/services/ryde-2112-blaxland#30168200>

Late night chemist. Open 365 days a year.

After Hours Medical Services

IPN Macquarie Medical Centre

Phone: 02 9878 6666

Address: Shop 45 Level 2, Macquarie Centre, 197 Herring Rd North, Macquarie Park 2113

Email: macquarie@ipn.com.au

Web: www.ipn.com.au/gp/nsw-north-ryde-macquarie-medical-centre/

General practitioner services, including health screenings, mental health care and chronic disease management. Macquarie Medical Centre is private billing. Medicare cards and concession cards must be presented before each consultation. Bookings preferred.

West Ryde Medical Centre (Extended Hours)

Phone: 02 9808 3333

Address: 990 Victoria Rd, West Ryde 2114

Web: www.westrydemedicalcentre.com.au/

We are a bulk-billing family practice located in West Ryde. Our GPs provide a comprehensive range of medical services. Medical centre with extended and weekend hours.

Alternative Health

Australian Traditional-Medicine Society Ltd

Phone: 02 8878 1500

Address: 12/27 Bank St, Meadowbank 2114

Email: info@atms.com.au

Web: www.atms.com.au

Professional association and accreditation authority for traditional medicine practitioners professionally trained in acupuncture, naturopathy, homeopathy, herbal medicine, remedial massage etc.

Giant Steps Sydney Ltd- school

Phone: 02 9879 4971

Address: Step House, 23 Punt Rd, Gladesville 2111

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Provides comprehensive school which services to children aged 5 to 18, with primary diagnosis of Autism Spectrum Disorder. Provides trans-disciplinary education with therapy remediation (speech, music, occupational) in a single program, and a gradual systematic approach to integrating children into local schools. Addresses underlying neurological impairments so child can benefit from an academic program. Giant Steps Early Learning - early intervention for children with autism ages 3 to 6.

Sakya Dolma Choe Ling

Phone: 0419 222 618

Email: info@dolmabuddhistcentre.org.au

Web: www.dolmabuddhistcentre.org.au

A Tibetan Buddhist centre in the Sakya tradition. Free meditation courses, study groups and regular retreats.

Sound Expression - Music Therapy

Phone: 0416 288 917

Address: Sound Expression, 7 Avon Rd, North Ryde 2113

Email: info@soundexpression.com.au

Web: www.soundexpression.com.au

The clinic provides music therapy, music lessons for children and adults with disability. NDIS Provider.

TAFE Beauty Therapy and Massage courses

Phone: 02 9942 0333

Address: Level 1, Building K, Meadowbank TAFE, See St, Meadowbank 2114

Web:

www.nsi.tafensw.edu.au/Courses/CourseDetail/massage-therapy/certificate-iv/HLT42015-01V02

This qualification reflects the role of massage therapists who provide general health maintenance treatments. It does not reflect the role of a remedial massage therapist. Practitioners may be self-employed or work within a larger health service. To achieve this qualification, the candidate must have completed at least 80 hours of work as detailed in the Assessment Requirements of units of competency. No licensing, legislative, regulatory or certification requirements apply to this qualification at the time of publication.

Assessment and Referral Services

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Address: ADHD Centre, 3/51 Wicks Rd, North Ryde 2113

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Telephone Helpline which offers support and evidence based information to adults with ADHD and their families. Extensive referral register provides a link between the community and professionals. News and information about ADHD and events on the website. Provides support ADHD Parent Support Groups.

Brain Injury Australia

Phone: 1800 272 461

Address: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney 2112

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Brain Injury Australia is the central clearinghouse of information and gateway to nationwide referral for optimising the social and economic participation of all Australians living with brain injury. Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Child & Family Health Nursing Service- Ryde

Phone: 02 9926 5944

Address: Top Ryde/Gladesville Early Childhood Centre, 26 Argyle Ave, Ryde 2112

Web:

<https://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Child-and-Family-Health-Centre-TopRyde.aspx>

Provides support, advice and referral on all issues relating to parenting and child development. Regular screening and assessment of children from 0-5 yrs. Support and education groups for parents. Phone for appointments & drop-in times. Outreach service 02 9807 7192.

Christian Community Aid

Phone: 02 9858 3222

Address: 12 Lakeside Rd, Eastwood 2122

Email: administration@ccas.org.au

Web: www.ccas.org.au

Christian Community Aid (CCA) provides a diverse range of support services to people living, working and studying in the Ryde, Parramatta and Hornsby Local Government Areas. Services include Aged & Disability Services, Registered Provider of services for participants of the National Disability Insurance Scheme (NDIS), Youth Services, Community Learning, Financial Counselling, Emergency Relief, Multicultural Services, Community Support, Family Day Care, Parenting Programs, Social Activities and Volunteering Program.

Hearing Matters Australia

Phone: 02 9878 6089

Address: Ground Floor Suite 600 AHH, 16 University Ave, Macquarie University 2109

Email: admin@hearingmattersaustralia.org

Web: www.hearingmattersaustralia.org

This voluntary organisation assists hard of hearing people whose normal mode of communication is the spoken word. It provides information and referral, demonstrations of assistive listening devices for TV and radio, telephone equipment, alarms and other communication aids, factsheets (from Hearing Information Centre), advocacy and a quarterly journal. Provides details of local support groups.

Indonesian Welfare Association Inc (IWA)

Phone: 0401 062 659

Address: Ground Floor, 3-5 Anthony Rd, West Ryde 2114

Email: info@indonesianwelfare.org.au

The Indonesian Aged Care Project provides information and referrals to appropriate aged care services to people of Indonesian speaking background. Provide Social Support Groups in various locations. Activities include seminars with regular guest speakers, exercise, singing/karaoke, dancing, arts & craft, painting, English class, cooking demonstrations, and outings/excursions. Broadcast in the community radio program on Monday & Tuesday from 7-8pm on Radio 2000 - 98.5 FM.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Address: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University 2109

Email: shc@mqhealth.org.au

Web: www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. Offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. Offers specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Research, assessment and treatment of anxiety disorders and related issues. Children, adolescent, adults and older adults. There are online programs offered nationally and some face-to-face clinics services.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Address: Suite 2, Level 7, 11 Talavera Rd, Macquarie Park 2113

Email: multilit@multilit.com

Web: www.multilit.com

Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW. Live online programs also available Australia-wide.

National Centre For Childhood Grief (NCCG)

Phone: 1300 654 556, 02 9804 6909

Address: 14 Hollis Ave, Denistone East 2112

Email: info@childhoodgrief.org.au

Web: www.childhoodgrief.org.au

Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books and videos), training courses and seminars on bereavement. Also offered are bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling services are free after the initial assessment session.

Northern Sydney Home Nursing Service - NSHNS

Phone: 1300 732 503

Email: NSHNS@nscchhs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Northern Sydney Home Nursing Services provides Chronic/Complex Care Coordination and Intergrated Chronic Care for People with Chronic Diseases by: Comprehensive clinical assessment; Identifies social determinants of health that impact on self management of chronic disease; Coordination of and referral to clinical and non-clinical services; Shared Care Plans - collaborates with patients, carers, family, GP, specialist services, allied health and NGO's; Health Advocacy - facilitates access to healthcare in the community; Health Coaching - identify enablers and barriers to self-manage chronic conditions, promote healthy behaviour and achievement of health-related goals.

One Door Mental Health - Head Office

Phone: 02 9879 2600; 1800 843 539

Address: Building 36 Gladesville Hospital, Digby Rd, Gladesville 2111

Email: reception@onedoor.org.au

Web: www.onedoor.org.au/

Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details. Registered NDIS Provider

The Learning Clinic

Phone: 02 9817 7002

Address: 146 Pittwater Rd, Gladesville 2111

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Registered NDIS Provider. Intensive, Applied Behavioural Analysis (ABA) therapy for children, adolescents and adults with Autism or other learning disorders. Proficiency and creativity in teaching language, play and socialisation skills. TLC ABA programs are flexible to adapt to best suit the individual needs of each client we work with.

The Macquarie University Psychology Clinic

Phone: 02 9850 8000

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: Psychology.Clinic@mq.edu.au

Web:

www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/psychology-clinic

Provides a range of psychology services for adults, children and families including therapy and counselling for anxiety, phobias and depression, ADHD, relationship problems and bereavement. Also offers parenting skills training, social skills groups for primary school children, assessment and treatment for child and adolescent behavioural and emotional problems, psychometric assessment of cognitive functioning and learning disabilities. The clinic is staffed by registered or provisionally registered psychologists who are undertaking specialised post graduate training, in Clinical Psychology and Clinical neuropsychology.

Community Health Centres

Catholic Community Services - Day and Respite Services

Phone: 1800 225 474

Email: referrals.communityservices@chcs.com.au

Web: www.catholichealthcare.com.au/homecare/day-centres/

Day and Social Support Services offering respite, socialisation, activities and outings. Services for the isolated, people with dementia, CALD groups, carers and the frail elderly. Respite cottage for weekend breaks at Waitara.

Christian Community Aid

Phone: 02 9858 3222

Address: 12 Lakeside Rd, Eastwood 2122

Email: administration@ccas.org.au

Web: www.ccas.org.au

Christian Community Aid (CCA) provides a diverse range of support services to people living, working and studying in the Ryde, Parramatta and Hornsby Local Government Areas. Services include Aged & Disability Services, Registered Provider of services for participants of the National Disability Insurance Scheme (NDIS), Youth Services, Community Learning, Financial Counselling, Emergency Relief, Multicultural Services, Community Support, Family Day Care, Parenting Programs, Social Activities and Volunteering Program.

Community Dental Service

Phone: 1300 732 503

Address: 53 Blaxland Rd, Ryde 2112

Web: <https://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Oral-health.aspx>

Dental treatment in Ryde & Hunters Hill LGAs for children 0-17 years, adults who are health care card holders and pension concession card holders. Also at 1/120 Coxs Rd, North Ryde. Must ring 1300 732 503 to make appointment.

Consumer Participation Service - Ryde

Phone: 02 9858 7777

Address: Ryde Community Mental Health Centre, 39-41 Fourth Ave, Eastwood 2122

Web:

<https://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Consumer-Participation-Ryde.aspx>

The Ryde Consumer Participation Service (CPS) provides education, information and peer support to help consumers make informed decisions; assistance and support for consumers to act on their own behalf; group programs to support recovery and rehabilitation, and health promotion and community awareness raising activities.

Counselling and support for people affected by the Disability Royal Commission

Phone: 1300 024 320

Address: Level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: drccs@ransw.org.au

Web:

<https://www.relationshipsnsw.org.au/support-services/disability-royal-commission-counselling-and-support/>

Relationships Australia NSW is funded to provide phone and online counselling support to people who are affected by the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (Disability Royal Commission), which will run for 3 years until June 2022. Supporting: People with disability who have experienced violence, abuse, neglect and exploitation Parents, guardians, other family members of a person with disability Carers of a person with disability Others affected by the Disability Royal Commission requiring counselling support

Family Relationship Centre Macquarie Park

Phone: 02 8874 8088

Address: Level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: macparkfrc@ransw.org.au

Web: <https://www.relationshipsnsw.org.au/>

We provide Family Dispute Resolution service to separating parents and significant others around childrens matters. We also assist families to connect with other services which help prevent a relationship breaking down and will provide assistance to separating families. The service is managed by Relationships Australia - New South Wales.

IPN Macquarie Medical Centre

Phone: 02 9878 6666

Address: Shop 45 Level 2, Macquarie Centre, 197 Herring Rd North, Macquarie Park 2113

Email: macquarie@ipn.com.au

Web: www.ipn.com.au/gp/nsw-north-ryde-macquarie-medical-centre/

General practitioner services, including health screenings, mental health care and chronic disease management. Macquarie Medical Centre is private billing. Medicare cards and concession cards must be presented before each consultation. Bookings preferred.

Kids and Traffic, Early Childhood Road Safety Education Program

Phone: 02 9805 3200

Address: Level 2, Building 3, 64 Talavera Rd, Macquarie University 2109

Email: kidsandtraffic@mq.edu.au

Web: www.kidsandtraffic.mq.edu.au

Professional development workshops and information and advice on early childhood road safety education.

Macquarie Hospital

Phone: 02 9887 5500

Address: Wicks Rd, North Ryde 2113

Email: Jan.Delahunty@health.nsw.gov.au

Web: www.nslhd.health.nsw.gov.au/Hospitals/Macquarie/Pages/Contact-us.aspx

Provides short, medium and long term rehabilitation & acute psychiatric care for people with a mental illness.

National Centre For Childhood Grief (NCCG)

Phone: 1300 654 556, 02 9804 6909

Address: 14 Hollis Ave, Denistone East 2112

Email: info@childhoodgrief.org.au

Web: www.childhoodgrief.org.au

Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books and videos), training courses and seminars on bereavement. Also offered are bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling services are free after the initial assessment session.

New Horizons (Ashfield)

Phone: 1300 726 372, 02 9490 0000

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.org.au

New Horizons offers a range of supports to people with disability and mental health, aged care, those who are at risk of homelessness, refugees, youth and Indigenous Australians. The industry expands over the seven regions of NSW; Sydney, Greater Sydney, Central West, Hunter, Mid North Coast and Far North Coast. Within those regions there is an abundance of services including, Supported Independent Living (SIL), Housing & Accommodation Support Initiative (HASI), HASI Plus, Community Living Supports (CLS), Psychosocial Support Services, Supporting & Sustaining Tenancies, ADE employment, Tribal Dreaming, Assistance with Community Life (ACL), The Way Back Service, as well as volunteering opportunities. Individuals who attain an NDIS plan or are Case Managed by the local Mental health team have the eligibility to access most of the programs. New Horizons covers a range of NDIS services such as community access, self-care activities in the home, Support Coordination and Clinical services.

Northern Area Participation & Employment Committee (NAPEC)

Phone: 02 8877 5151

Address: Meet at Ryde Community Mental Health Centre, 39-41 Fourth Ave, Eastwood 2122

Email: Marianna.Wong@health.nsw.gov.au

Hosted by Northern Sydney Local Health District, Mental Health Drug and Alcohol Department, this group focuses on employment, training and Disability Employment Service relating to people with mental illness. It meets 3 times per year (Feb, Jul, Nov) at Ryde Community Mental Health Centre (Eastwood), and 2 meetings per year (May, Sep) at Chatswood Centrelink. NAPEC started in 1998 and regularly attracts 25-30 people representatives of agencies and government departments to explore real strategies to help clients with mental illness.

One Door Mental Health - Head Office

Phone: 02 9879 2600; 1800 843 539

Address: Building 36 Gladesville Hospital, Digby Rd, Gladesville 2111

Email: reception@onedoor.org.au

Web: www.onedoor.org.au/

Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details. Registered NDIS Provider

Philippine Community Council of New South Wales Inc

Phone: 0411 679 914

Address: Unit 1, 9 Isabel St, Ryde 2112

Email: philippinecommunitycouncil@yahoo.com.au

Web: www.pccnsw.org.au

PCC NSW Inc. is the state peak body of Filipino Australian community organisations in NSW.

Relationships Australia (New South Wales) - Northern Regional Office

Phone: 1300 364 277

Address: level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: enquiries@ransw.org.au

Web: <https://www.relationshipsnsw.org.au/location/macquarie-park/>

Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

Ryde Community Mental Health Centre

Phone: 02 9858 7777

Address: Ryde Community Health Mental Centre, 39-41 Fourth Ave, Eastwood 2122

Self support group for family and friends of someone with a mental illness. Meetings 3rd Thu of each month 7:30pm-9pm with supper provided. Social worker available at group for questions and info. Out patient service. Located within Ryde Hospital

Sydney Korean Women's Association

Phone: 02 9801 5512

Address: Cnr Balaclava & Agincourt Rds, Marsfield 2122

Email: ko_wo_asso@hotmail.com

The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

The Macquarie University Psychology Clinic

Phone: 02 9850 8000

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: Psychology.Clinic@mq.edu.au

Web:

www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/psychology-clinic

Provides a range of psychology services for adults, children and families including therapy and counselling for anxiety, phobias and depression, ADHD, relationship problems and bereavement. Also offers parenting skills training, social skills groups for primary school children, assessment and treatment for child and adolescent behavioural and emotional problems, psychometric assessment of cognitive functioning and learning disabilities. The clinic is staffed by registered or provisionally registered psychologists who are undertaking specialised post graduate training, in Clinical Psychology and Clinical neuropsychology.

Top Ryde Community Health Centre

Phone: 02 9448 6877

Address: 51 Blaxland Rd, Ryde 2112

Web:

<https://www.nslhd.health.nsw.gov.au/CYFH/Pages/Top-Ryde-Community-Health-Centre.aspx>

Services offered include: Children's physiotherapy, children's occupational therapy, children's speech pathology and child youth mental health services.

West Ryde Medical Centre (Extended Hours)

Phone: 02 9808 3333

Address: 990 Victoria Rd, West Ryde 2114

Web: westrydemedicalcentre.com.au/

We are a bulk-billing family practice located in West Ryde. Our GPs provide a comprehensive range of medical services. Medical centre with extended and weekend hours.

Counselling

Brain Injury Community Rehabilitation Team

Phone: 02 9809 9000

Address: 235 Morrison Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Multidisciplinary community-based rehabilitation services for adults (16+) with recent traumatic brain injury, living in Sydney Metro (Northern, Central, Eastern Sydney). Individual and group intervention is tailored to the injured person's rehabilitation needs. Services include rehabilitation medicine, case management, clinical nurse consultancy, neuropsychology, clinical psychology, recreation therapy, occupational therapy, social work, speech pathology, physiotherapy.

Catholic Community Services - Counselling and Advisory Service

Phone: 1800 225 474

Email: referrals.communityservices@chcs.com.au

Web: www.catholiccommunityservices.com.au

Provides counselling, information and advice to high care individuals and carers. Has a role of assessment, identifying and providing links and access to appropriate services, respite, information and support to maintain independent living.

CCA Financial Counselling

Phone: 02 9858 3222

Address: 2 Dickson Ave, West Ryde 2114

Email: f.counselling@ccas.org.au

Web: www.ccas.org.au/community-support/

A free service offering confidential and non-judgemental support from July to October for eligible clients. Support is available for issues including: budgeting and money management, debt management, credit card and personal loan issues, home repossession, issues with government agencies, uninsured car accidents, and bankruptcy. Also provides TAX HELP for personal tax returns.

Centrelink

Address: 19-27 Devlin St, Ryde 2112

Web: www.humanservices.gov.au/customer/dhs/centrelink

Administers pensions, benefits and allowances; registration for employment assistance; job search facilities; referrals for employment assistance; specialist employment assistance services for disadvantaged groups. Ryde and Parramatta offices share a multicultural officer 9865 9175, who assists refugees, migrants and small ethnic groups with information on employment, welfare, etc.

Christian Community Aid

Phone: 02 9858 3222

Address: 12 Lakeside Rd, Eastwood 2122

Email: administration@ccas.org.au

Web: www.ccas.org.au

Christian Community Aid (CCA) provides a diverse range of support services to people living, working and studying in the Ryde, Parramatta and Hornsby Local Government Areas. Services include Aged & Disability Services, Registered Provider of services for participants of the National Disability Insurance Scheme (NDIS), Youth Services, Community Learning, Financial Counselling, Emergency Relief, Multicultural Services, Community Support, Family Day Care, Parenting Programs, Social Activities and Volunteering Program.

Counselling & Career Development Ryde Campus, TAFE NSW

Phone: 02 9448 6201

Address: Building H, Level 1, 250 Blaxland Rd, Ryde 2112

Web: www.tafensw.edu.au/counselling-career-development-services

Help with career planning and education choices for students or those thinking of studying; and personal counselling support for enrolled students

Counselling and support for people affected by the Disability Royal Commission

Phone: 1300 024 320

Address: Level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: drccs@ransw.org.au

Web:

<https://www.relationshipsnsw.org.au/support-services/disability-royal-commission-counselling-and-support/>

Relationships Australia NSW is funded to provide phone and online counselling support to people who are affected by the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (Disability Royal Commission), which will run for 3 years until June 2022. Supporting: People with disability who have experienced violence, abuse, neglect and exploitation Parents, guardians, other family members of a person with disability Carers of a person with disability Others affected by the Disability Royal Commission requiring counselling support

Dementia Australia in NSW

Phone: 02 9805 0100

Address: Macquarie Hospital, Building 21, Gibson-Denney Centre, cnr Cox Rd and Norton Rd, North Ryde 2113

Email: nsw.admin@dementia.org.au

Web: www.dementia.org.au

National peak body for people, of all ages, living with all forms of dementia, their families and carers. Provides advocacy, support services, education and information. National dementia programs and services include: the National Dementia Helpline; early intervention programs such Living with Memory Loss; the National Younger Onset Dementia Key Worker program; dementia and memory community centres; counselling; carer support groups; education for family carers, public awareness activities; and a national resources program.

DoE Student Services, Northern Sydney Region

Phone: 02 9886 7000

Address: Level 6, 22 Giffnock Ave, Macquarie Park 2113

Email: disability.support@det.nsw.edu.au

Web: www.schools.nsw.edu.au/studentsupport/programs/disability.php

The Learning and Support Team assists classroom teachers to address the educational needs of students with a disability, learning difficulty or behaviour disorder. Services include guidance (counsellors), student welfare, aboriginal liaison, disability programs (assist and advise schools regarding students with special education needs, and manage the Regional special education services from kindergarten to Year 12).

Epilepsy Action Australia

Phone: 1300 374 537

Email: epilepsy@epilepsy.org.au

Web: www.epilepsy.org.au

Epilepsy Educators Provide Community Education, Staff Training, Personal Support, Guidance and Information throughout Australia. Epilepsy Action Australia is for people with epilepsy and other seizure disorders, their carers, families and the broader community. EAA provides a range of services including patient and community education, seizure management planning, case management, emergency medication training, workshops and residential camps, as well as supporting a number of hospital based clinics and education of Epilepsy nurses. Services are delivered by phone, video conference and internet, with a physical presence in most states and territories.

Family Relationship Centre Macquarie Park

Phone: 02 8874 8088

Address: Level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: macparkfrc@ransw.org.au

Web: <https://www.relationshipsnsw.org.au/>

We provide Family Dispute Resolution service to separating parents and significant others around children's matters. We also assist families to connect with other services which help prevent a relationship breaking down and will provide assistance to separating families. The service is managed by Relationships Australia - New South Wales.

Financial Information Service (FIS)

Phone: (Appointments) 132 300

Address: 19-27 Devlin St, Ryde 2112

Web:

www.humanservices.gov.au/customer/services/centrelink/financial-information-service

Provides an impartial, free and confidential service to the community: information on retirement planning; investment principles; buying/selling a home; making best use of resources and money; taxation issues; general finance issues; financial planning; Centrelink entitlements; aged care issues - hostels, nursing homes, retirement villages, etc.

Hear For You

Phone: 02 9850 2336

Address: Ground Floor, The Australian Hearing Hub, 16 University Av, Macquarie University 2109

Email: info@hearforyou.com.au

Web: www.hearforyou.com.au

Provides mentoring and life skills workshops to young deaf people. Mentoring focuses on life goals, development of social skills, career and school tactics, and works on preventing mental health and social isolation in young deaf people. Runs programs in: Sydney, Western Sydney, Brisbane, Rockhampton, Townsville, Melbourne, Auckland. Queensland and Victoria offers both Auslan and Oral programs.

Huntington's NSW & ACT Incorporated

Phone: 02 9874 9777, 1800 244 735 (Regional NSW)

Address: Elsie Court Cottage, 21 Chatham Rd, West Ryde 2114

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Provides information, advice assistance and counselling to the person affected, families, healthcare professionals and others concerned with Huntington's Disease. Produces and distributes many publications and other information on Huntington's Disease, including a newsletter. Fortnightly Social Club for people with Huntington's, holiday camps, seminars and family support sessions, carer support program, and advocate on behalf of families to a variety of government and other organisations, on diverse issues. Supports research. Registered NDIS provider to coordinate and manage life stages, transitions and supports.

KidsXpress

Phone: 02 9380 9220

Address: Lvl 2, 50 Waterloo Rd, Macquarie Park 2113

Email: info@kidsxpress.org.au

Web: www.kidsxpress.org.au

Expressive therapy program that offers a non-threatening and creative environment to children aged 4–14 years who are experiencing difficulty, loss, challenge or trauma.

KidsXpress empowers children by providing an opportunity for self expression through the use of music, art, dance and drama therapies. In the 10 weeks program, 4 to 6 school aged children (up to 14 years) are grouped by age and referral issues. Each group is conducted by three highly trained expressive therapists – ensuring high therapist to child ratios and multiple viewpoints on each child's behaviour.

Macquarie Uni Centre for Emotional Health (CEH)

Phone: 02 9850 8711

Address: Level 1, The Australian Hearing Hub, 16 University Avenue, Macquarie University, North Ryde 2113

Email: ceh.info@mq.edu.au

Web:

<https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh>

Services include assistance with anxiety (including children with ASD), depression, behavioural problems, parenting, PTSD, trauma, somatic complaints, social skills, school refusal, self-esteem, OCD, loss and grief, tics and trichotillomania, and selective mutism.

National Centre For Childhood Grief (NCCG)

Phone: 1300 654 556, 02 9804 6909

Address: 14 Hollis Ave, Denistone East 2112

Email: info@childhoodgrief.org.au

Web: www.childhoodgrief.org.au

Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books and videos), training courses and seminars on bereavement. Also offered are bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling services are free after the initial assessment session.

New Horizons (Ashfield)

Phone: 1300 726 372, 02 9490 0000

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.org.au

New Horizons offers a range of supports to people with disability and mental health, aged care, those who are at risk of homelessness, refugees, youth and Indigenous Australians. The industry expands over the seven regions of NSW; Sydney, Greater Sydney, Central West, Hunter, Mid North Coast and Far North Coast. Within those regions there is an abundance of services including, Supported Independent Living (SIL), Housing & Accommodation Support Initiative (HASI), HASI Plus, Community Living Supports (CLS), Psychosocial Support Services, Supporting & Sustaining Tenancies, ADE employment, Tribal Dreaming, Assistance with Community Life (ACL), The Way Back Service, as well as volunteering opportunities. Individuals who attain an NDIS plan or are Case Managed by the local Mental health team have the eligibility to access most of the programs. New Horizons covers a range of NDIS services such as community access, self-care activities in the home, Support Coordination and Clinical services.

New Horizons Enterprises Ltd - North Ryde

Phone: 02 9490 0000

Address: 15 Twin Rd, North Ryde 2113

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

Parkinson's NSW Limited

Phone: 1800 644 189 (Toll free), 02 8051 1900

Address: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde 2113

Email: pnsw@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Parkinsons NSW is a for-purpose organisation providing essential services such as counselling, Support Groups, an InfoLine staffed by Registered Parkinsons Nurses, community-based Parkinsons Specialist Nurses and education. It also raises awareness and funds for research to improve the lives of people affected by Parkinsons. Parkinsons NSW advocates for people living with Parkinsons as they apply for NDIS funding and has a social worker on staff who can provide support coordination, linking successful applicants with the services and supports they require.

Relationships Australia (New South Wales) - Northern Regional Office

Phone: 1300 364 277

Address: level 1, 68 Waterloo Rd, Macquarie Park 2113

Email: enquiries@ransw.org.au

Web: <https://www.relationshipsnsw.org.au/location/macquarie-park/>

Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

Royal Rehab

Phone: 02 9808 9222

Address: 235 Morrison Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is a non-profit organisation raising funds to support and sustain vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Drug & Alcohol Service

Phone: 02 9858 7776

Address: Ryde Community Mental Health Centre, 39 – 41 Fourth Ave, Eastwood 2122

Web: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholRyde.aspx

Outpatient service for drug and alcohol dependent people and their families. Assessment, counselling, gambling counselling referral to community resources and education. Stop smoking counselling. Counselling for problem gambling Mon & Tue.

Ryde Family Services

Phone: 02 9334 0111

Address: West Ryde Community Centre, Lvl3/ 3-5 Anthony Rd, West Ryde 2114

Email: connect@thenortherncentre.org.au

Web: www.thenortherncentre.org.au/

Family support services for families with children under 18 years of age living in the Ryde/Hunters Hill LGA. Services include counselling, advocacy, advice and referral, parenting programs and supported playgroups. Homelessness Early Intervention Service for single people and families with or without children living in the Northern Sydney District.

St Vincent de Paul Society - West Ryde & North Ryde

Phone: 02 9807 4270

Address: 47-49 Ryedale Rd, West Ryde 2114

Email: westrydeshop@sydneyvinnies.org

Web: www.vinnies.org.au

A voluntary organisation providing a variety of welfare services. Donations to the charity centre may be left in the 24hr shute at the front of the shop. Another shop at 191 Coss Road, North Ryde ph 9887 3356. Clothing, furniture, household goods, etc. Collection service at West Ryde.

Stroke Recovery Association NSW

Phone: 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

The Stroke Recovery Association of NSW provides support to individuals who have suffered a stroke, and works to lessen the impact on family, carers and the community. The Association has provided assistance with establishing over 50 Stroke Recovery Clubs throughout NSW.

Sydney Korean Women's Association

Phone: 02 9801 5512

Address: Cnr Balaclava & Agincourt Rds, Marsfield 2122

Email: ko_wo_asso@hotmail.com

The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

The Macquarie University Psychology Clinic

Phone: 02 9850 8000

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: Psychology.Clinic@mq.edu.au

Web:

www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/psychology-clinic

Provides a range of psychology services for adults, children and families including therapy and counselling for anxiety, phobias and depression, ADHD, relationship problems and bereavement. Also offers parenting skills training, social skills groups for primary school children, assessment and treatment for child and adolescent behavioural and emotional problems, psychometric assessment of cognitive functioning and learning disabilities. The clinic is staffed by registered or provisionally registered psychologists who are undertaking specialised post graduate training, in Clinical Psychology and Clinical neuropsychology.

The Northern Centre

Phone: 02 9334 0111

Address: West Ryde Community Centre, Level 3, 3-5 Anthony Rd, West Ryde 1685

Email: connect@thenortherncentre.org.au

Web: www.thenortherncentre.org.au

Community services for families (parenting programs, counselling, supported playgroups) and for all people at risk of homelessness.

The Overcomers Place

Phone: 0417 663 539

Address: Suite 24/Level 3, 1-7 Jordan St, Gladesville 2111

Email: theovercomersplace2020@gmail.com

Web: www.theovercomersplace.com

A caring connected community for those overcoming addiction. TOP is an intensive structured day therapy program for all addictions. Treatment in the groups is free of charge. We request a one-off contribution to conduct the intake assessment and enter the program. This assessment can be booked by email or phone. It is a one-to-one interview that will take one hour. Once completed you can join the group program. We offer group therapy services daily Monday to Thursday from 10:30am - 2:30pm. Additionally, Thursday afternoons 1:00pm - 2:30pm has a dedicated Family and Friends group, which is open to all those who are affected by other's addictions.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Address: Australian Hearing Hub, Ground Floor, 16 University Ave, Macquarie University 2109

Email: enquiries@shepherdcentre.org.au

Web: www.shepherdcentre.org.au

A team of Audiologists, Listening and Spoken Language Therapists and Child and Family Counsellors work with families to develop a comprehensive service plan for each child, providing them with full access to sound (via Cochlear Implants or hearing aids) and developing their listening and spoken language skills in readiness for school. We also have a Cochlear Implant program in conjunction with Sydney Children's Hospital for 0-18-year-olds. Support integration into pre-schools and hold weekly playgroups. Our Online Telehealth System is available for all families, including country and interstate families. Regular Parent Education programs are held for all families both in centre and via online services. Also centres at Newtown, Liverpool, Wollongong, Canberra and visiting sites at Minto and Shellharbour. We are an NDIS approved provider and a registered Australian Children's Charity.

WISE Employment

Phone: 1800 685 105

Address: Coorabel Room Royal Rehab, 235 Morrison Rd, Putney 2112

Email: chatswoodoffice@wiseemployment.com.au

Web: www.wiseemployment.com.au

A not-for-profit employment service provider under the Australian Government's jobactive, Disability Employment Services, and National Disability Insurance Scheme programs. Empowering job seekers to find meaningful work and become self-sufficient, furthermore, assisting employers in finding the right staff by understanding their needs and providing them with workers from diverse backgrounds.

Death and Dying

National Centre For Childhood Grief (NCCG)

Phone: 1300 654 556, 02 9804 6909

Address: 14 Hollis Ave, Denistone East 2112

Email: info@childhoodgrief.org.au

Web: www.childhoodgrief.org.au

Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books and videos), training courses and seminars on bereavement. Also offered are bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling services are free after the initial assessment session.

Northern Sydney Home Nursing Service (NSHNS)

Phone: 02 9887 5444

Address: Cameron Building Macquarie Hospital, Wicks Rd, North Ryde 2113

Email: NSHNS@nscchhs.health.nsw.gov.au

Northern Sydney Home Nursing Service (NSHNS) provides community based nursing care to people both within their homes and in clinic environments throughout Northern Sydney.

Dental Health

Community Dental Service

Phone: 1300 732 503

Address: 53 Blaxland Rd, Ryde 2112

Web: <https://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Oral-health.aspx>

Dental treatment in Ryde & Hunters Hill LGAs for children 0-17 years, adults who are health care card holders and pension concession card holders. Also at 1/120 Coxs Rd, North Ryde. Must ring 1300 732 503 to make appointment.

See The Dentist

Phone: 02 9816 4885

Address: 79 Gladesville Rd, Hunters Hill 2110

Email: info@seethedentist.com.au

Web: www.seethedentist.com.au

Personal service and quality dental care. Provides full service dental practice and offers all the treatments required for overall dental health; also includes cosmetic injections, Invisalign, snoring and sleep apnoea, and wisdom teeth.

First Aid

St John Ambulance Australia (NSW) - Ryde Division

Phone: 02 9745 8888

Address: Meets at Gladesville Hospital, Building 26, Punt Rd, Gladesville 2111

Email: ryde.division@stjohnnsw.com.au

Web: www.stjohnnsw.com.au

St John is always looking for enthusiastic, friendly and committed volunteers to provide first aid and health services at a range of events. These can be small community events like fetes and weekend sporting matches, to larger events like ANZAC Day services, the City2Surf and the Sydney Royal Easter Show. Ongoing first aid and clinical training is provided to volunteers.

Hospitals

Hunters Hill Private Hospital

Phone: 02 8876 9300

Address: 9 Mount St, Hunters Hill 2110

Web: www.huntershillprivate.com.au/

Also known as the Centre for Surgical and Rehabilitation Specialities. Provides extensive range of on-site surgical and medical care with 40 beds. Day rehabilitation programs run from Monday to Friday, with some availability on Saturday. Visiting hours are 10am-8pm.

Laverty Pathology

Phone: 02 9005 7000

Email: joanne.bower@laverty.com.au

Web: www.laverty.com.au

General pathology laboratory and diagnostic service based in North Ryde. Pathology laboratory includes: Histopathology, Cytology, Haematology Microbiology, Biochemistry and Immunology. Open to the General Public, may be eligible for bulk-billed services through referral. Main office located in Ryde, other locations across NSW.

Macquarie Hospital

Phone: 02 9887 5500

Address: Wicks Rd, North Ryde 2113

Email: Jan.Delahunty@health.nsw.gov.au

Web: www.nslhd.health.nsw.gov.au/Hospitals/Macquarie/Pages/Contact-us.aspx

Provides short, medium and long term rehabilitation & acute psychiatric care for people with a mental illness.

Macquarie University Hospital

Phone: 02 9812 3000

Address: 3 Technology Pl, Macquarie University 2109

Email: reception@muh.org.au

Web: www.muh.org.au

Macquarie University Hospital is Australia's first private not-for-profit teaching hospital on a university campus. Modelled on leading international university hospitals, our approach to treatment is based on combining the best available knowledge, expertise and technology to ensure our patients receive a comprehensive and integrated service, as well as the utmost compassion, support and care. MUH is part of Macquarie University Health Sciences Centre (MQ Health), Australia's first fully academic health sciences centre under a university's leadership. Bringing together this state of the art hospital and the university's Faculty of Medicine and Health Sciences, MQ Health aims to improve the lives of patients we treat, as well as the broader community we serve by integrating world-class research, clinical care and education.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511 (toll free)

Address: Building 40, Gladesville Hospital, Digby Rd, Gladesville 2111

Email: MHRT-MHRT@health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Royal Rehab

Phone: 02 9808 9222

Address: 235 Morrison Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Ryde Hospital & Community Health Services

Phone: 02 9858 7888

Address: Denistone Rd, Eastwood 2122

Web: www.nslhd.health.nsw.gov.au/Hospitals/Ryde

Services include emergency, intensive care & coronary heart care, midwifery service, comprehensive medical, day surgery, general & specialist surgery, aged care & rehabilitation, community based mental health, dental for children up to 12 & health care card holders, drug & alcohol, health promotion & education, infant, child & family health.

Immunisation

Immunisation Clinic - City of Ryde

Phone: 02 9952 8268

Address: West Ryde Hall, 1A Station St, West Ryde 2114

Email: immunisation@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au/immunisation

Council has been providing an immunisation service to our local community for over 50 years. This service is available for all children from newborn to five years of age regardless of place of residence. You do not need a Medicare card to attend our service. Residents from other areas welcome.

Mental Health Services

Arndell School

Phone: 02 9888 3737

Address: 70 Badajoz Rd, North Ryde 2113

Email: arndell-s.school@det.nsw.edu.au

Web: www.arndell-s.schools.nsw.edu.au/

Part of a joint DET and Health facility for primary students with significant behavioural and emotional difficulties. Referrals come to the school directly from education personnel after consultation with the student's family. Assessments are carried out by Coral Tree Family Services.

Consumer Participation Service - Ryde

Phone: 02 9858 7777

Address: Ryde Community Mental Health Centre, 39-41 Fourth Ave, Eastwood 2122

Web:

<https://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Consumer-Participation-Ryde.aspx>

The Ryde Consumer Participation Service (CPS) provides education, information and peer support to help consumers make informed decisions; assistance and support for consumers to act on their own behalf; group programs to support recovery and rehabilitation, and health promotion and community awareness raising activities.

Coral Tree Family Service

Phone: 02 9887 5830 (Coral Tree Family Service)

Address: Cnr Badajoz & Twin Rds, North Ryde 2113

Email: NSLHD-MACQ-CoralTreeFamilyService@health.nsw.gov.au

Web: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/CoralTree.aspx

A tertiary referral service for families where a child is experiencing mental health difficulties that require a greater level of intervention than local services can offer or who has not benefited from the usual treatment.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Address: 55 Wicks Rd, North Ryde 2113

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie Hospital

Phone: 02 9887 5500

Address: Wicks Rd, North Ryde 2113

Email: Jan.Delahunty@health.nsw.gov.au

Web: www.nslhd.health.nsw.gov.au/Hospitals/Macquarie/Pages/Contact-us.aspx

Provides short, medium and long term rehabilitation & acute psychiatric care for people with a mental illness.

Macquarie Uni Centre for Emotional Health (CEH)

Phone: 02 9850 8711

Address: Level 1, The Australian Hearing Hub, 16 University Avenue, Macquarie University, North Ryde 2113

Email: ceh.info@mq.edu.au

Web:

<https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh>

Services include assistance with anxiety (including children with ASD), depression, behavioural problems, parenting, PTSD, trauma, somatic complaints, social skills, school refusal, self-esteem, OCD, loss and grief, tics and trichotillomania, and selective mutism.

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Research, assessment and treatment of anxiety disorders and related issues. Children, adolescent, adults and older adults. There are online programs offered nationally and some face-to-face clinics services.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511(toll free)

Address: Building 40, Gladesville Hospital, Digby Rd, Gladesville 2111

Email: MHRT-MHRT@health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

New Horizons (Ashfield)

Phone: 1300 726 372, 02 9490 0000

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.org.au

New Horizons offers a range of supports to people with disability and mental health, aged care, those who are at risk of homelessness, refugees, youth and Indigenous Australians. The industry expands over the seven regions of NSW; Sydney, Greater Sydney, Central West, Hunter, Mid North Coast and Far North Coast. Within those regions there is an abundance of services including, Supported Independent Living (SIL), Housing & Accommodation Support Initiative (HASI), HASI Plus, Community Living Supports (CLS), Psychosocial Support Services, Supporting & Sustaining Tenancies, ADE employment, Tribal Dreaming, Assistance with Community Life (ACL), The Way Back Service, as well as volunteering opportunities. Individuals who attain an NDIS plan or are Case Managed by the local Mental health team have the eligibility to access most of the programs. New Horizons covers a range of NDIS services such as community access, self-care activities in the home, Support Coordination and Clinical services.

New Horizons Enterprises Ltd - North Ryde

Phone: 02 9490 0000

Address: 15 Twin Rd, North Ryde 2113

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

Northern Area Participation & Employment Committee (NAPEC)

Phone: 02 8877 5151

Address: Meet at Ryde Community Mental Health Centre, 39-41 Fourth Ave, Eastwood 2122

Email: Marianna.Wong@health.nsw.gov.au

Hosted by Northern Sydney Local Health District, Mental Health Drug and Alcohol Department, this group focuses on employment, training and Disability Employment Service relating to people with mental illness. It meets 3 times per year (Feb, Jul, Nov) at Ryde Community Mental Health Centre (Eastwood), and 2 meetings per year (May, Sep) at Chatswood Centrelink. NAPEC started in 1998 and regularly attracts 25-30 people representatives of agencies and government departments to explore real strategies to help clients with mental illness.

Northern Sydney Home Nursing Service - NSHNS

Phone: 1300 732 503

Email: NSHNS@nscchahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Northern Sydney Home Nursing Services provides Chronic/Complex Care Coordination and Intergrated Chronic Care for People with Chronic Diseases by: Comprehensive clinical assessment; Identifies social determinants of health that impact on self management of chronic disease; Coordination of and referral to clinical and non-clinical services; Shared Care Plans - collaborates with patients, carers, family, GP, specialist services, allied health and NGO's; Health Advocacy - facilitates access to healthcare in the community; Health Coaching - identify enablers and barriers to self-manage chronic conditions, promote healthy behaviour and achievement of health-related goals.

Parkinson's NSW Limited

Phone: 1800 644 189 (Toll free), 02 8051 1900

Address: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde 2113

Email: pnswh@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Parkinsons NSW is a for-purpose organisation providing essential services such as counselling, Support Groups, an InfoLine staffed by Registered Parkinsons Nurses, community-based Parkinsons Specialist Nurses and education. It also raises awareness and funds for research to improve the lives of people affected by Parkinsons. Parkinsons NSW advocates for people living with Parkinsons as they apply for NDIS funding and has a social worker on staff who can provide support coordination, linking successful applicants with the services and supports they require.

Ryde Community Mental Health Centre

Phone: 02 9858 7777

Address: Ryde Community Health Mental Centre, 39-41 Fourth Ave, Eastwood 2122

Self support group for family and friends of someone with a mental illness. Meetings 3rd Thu of each month 7:30pm-9pm with supper provided. Social worker available at group for questions and info.Out patient service. Located within Ryde Hospital

Sydney Korean Women's Association

Phone: 02 9801 5512

Address: Cnr Balaclava & Agincourt Rds, Marsfield 2122

Email: ko_wo_asso@hotmail.com

The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

The Macquarie University Psychology Clinic

Phone: 02 9850 8000

Address: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109

Email: Psychology.Clinic@mq.edu.au

Web:

www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/psychology-clinic

Provides a range of psychology services for adults, children and families including therapy and counselling for anxiety, phobias and depression, ADHD, relationship problems and bereavement. Also offers parenting skills training, social skills groups for primary school children, assessment and treatment for child and adolescent behavioural and emotional problems, psychometric assessment of cognitive functioning and learning disabilities. The clinic is staffed by registered or provisionally registered psychologists who are undertaking specialised post graduate training, in Clinical Psychology and Clinical neuropsychology.

Top Ryde Community Health Centre

Phone: 02 9448 6877

Address: 51 Blaxland Rd, Ryde 2112

Web:

<https://www.nslhd.health.nsw.gov.au/CYFH/Pages/Top-Ryde-Community-Health-Centre.aspx>

Services offered include: Children's physiotherapy, children's occupational therapy, children's speech pathology and child youth mental health services.

Rehabilitation Services

Aged Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Address: 235 Morris Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Arjo - NSW

Phone: 1800 072 040

Address: Level 3, Building B, 11 Talavera Rd, Macquarie Park 2113

Email: Customerservice-au@arjo.com

Web: <https://www.arjo.com/en-au>

Medical beds, patient handling equipment, pressure injury prevention equipment, bariatric equipment, dementia products, and rentals for hire. NDIS provider.

Brain Injury Community Rehabilitation Team

Phone: 02 9809 9000

Address: 235 Morrison Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Multidisciplinary community-based rehabilitation services for adults (16+) with recent traumatic brain injury, living in Sydney Metro (Northern, Central, Eastern Sydney). Individual and group intervention is tailored to the injured person's rehabilitation needs. Services include rehabilitation medicine, case management, clinical nurse consultancy, neuropsychology, clinical psychology, recreation therapy, occupational therapy, social work, speech pathology, physiotherapy.

Compassion Rehabilitation Pty Limited

Phone: 0416 199 811

Address: Lot 27, 7 Oates Avenue, Gladesville 2111

Email: services@compassionrehab.com.au

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Address: Level 1, 37 Fourth Ave, Eastwood 2122

Email: brian.zeman@health.nsw.gov.au

Web: aushealthpages.com.au/directory/listing/rehabilitation-medicine-brian-zeman
Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Hunters Hill Private Hospital

Phone: 02 8876 9300

Address: 9 Mount St, Hunters Hill 2110

Web: www.huntershillprivate.com.au/

Also known as the Centre for Surgical and Rehabilitation Specialities. Provides extensive range of on-site surgical and medical care with 40 beds. Day rehabilitation programs run from Monday to Friday, with some availability on Saturday. Visiting hours are 10am-8pm.

Macquarie Hospital

Phone: 02 9887 5500

Address: Wicks Rd, North Ryde 2113

Email: Jan.Delahunty@health.nsw.gov.au

Web: www.nslhd.health.nsw.gov.au/Hospitals/Macquarie/Pages/Contact-us.aspx

Provides short, medium and long term rehabilitation & acute psychiatric care for people with a mental illness.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Address: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University 2109

Email: shc@mqhealth.org.au

Web: www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. Offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. Offers specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Minimbah Challenge Inc

Phone: 02 9887 2299

Address: 10 Vincentia St, Marsfield 2122

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Supporting children and adults with complex intellectual disabilities at our Marsfield Centre, in the community and at home. Minimbah offers a range of activities from cooking, craft, living skills, community outings, sailing, etc. Family and Social inclusion are very important in the life of Minimbah. NDIS Registered. Support Coordination provided.

Return2Driving

Phone: 02 9808 9328

Address: Ground Floor, 235 Morrison Rd, Ryde 2112

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Driving assessment and training following illness or disability (including first-time drivers). Occupational therapists and driving instructors work together to assess, advise, support and rehabilitate people toward independent driving. Website has referral form, information, contacts etc.

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Address: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield 2122

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Address: 235 Morrison Rd, Ryde 2112

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Stroke Recovery Association NSW

Phone: 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

The Stroke Recovery Association of NSW provides support to individuals who have suffered a stroke, and works to lessen the impact on family, carers and the community. The Association has provided assistance with establishing over 50 Stroke Recovery Clubs throughout NSW.

Total Patient Care NSW

Phone: 02 9878 6188

Address: 322 Pittwater Rd, East Ryde 2113

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Total Patient Care supplies a wide range of Allied Health products including Daily Living Aids, Rehabilitation and Mobility Aids, Patient Lifters, Change Tables and Treatment Tables, Exercise Therapy, Orthopedic supplies, Physiotherapy supplies, Hand Therapy Splints and accessories.