Health and Wellbeing

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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: www.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 9726 6625
Email: ga_nsw@hotmail.com
Web: https://gaaustralia.org.au/gam-anon/
Gam-Anon is a fellowship of men and women who are husbands, wives, relatives or close friends who have been affected by the gambling problem.

Ryde Drug & Alcohol Service
Phone: 02 9858 7776
Address: Ryde Community Mental Health Centre, 39 – 41 Fourth Ave, Eastwood 2122
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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol
Phone: 02 9887 5589, 1800 011 511 (Emergency Helpline 24/7)
Provides a range of mental health and drug and alcohol support services, community education and early intervention programs,
including assessment and treatment, case management and rehabilitation, crisis intervention, acute treatment, information, referral and advice. Drug and Alcohol:

**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  
**Email:** latenightchemistryde@hotmail.com  
Late night chemist. Open 365 days a year.

**After Hours Medical Services**

**Macquarie Medical Centre (Extended Hours)**  
**Phone:** 02 9878 6666  
**Address:** Shop 45, Level 2, Macquarie Centre, 197 Herring Rd, Macquarie Park 2113  
**Email:** macquarie@ipn.com.au  
Extended hours GP medical service and some subspecialties.

**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.

**Assessment and Referral Services**

**Brain Injury Australia Limited**  
**Phone:** 02 9808 9390  
**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.

**CCA Carer Support**  
**Phone:** 02 9858 3222  
**Address:** 12 Lakeside Rd, Eastwood 2122  
**Email:** carmen.miu@ccas.org.au  
**Web:** www.ccas.org.au  
Support, resources, options, information referral and assistance for people who are caring for others at home.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
Early Childhood Health Centre – Ryde
Phone: 02 9809 2632
Address: Top Ryde/Gradesville Early Childhood Centre, 26 Argyle Ave, Ryde 2112
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.

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.

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
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.

North Ryde Community Aid & Information centre
Phone: 02 9888 3380
Address: North Ryde Community Aid, 4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)
Phone: 1800 628 221
Email: eahru@chcs.com.au
Web: www.elderabusehelpline.com.au
A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse. Callers remain anonymous.

Stroke Recovery Assoc Of NSW
Phone: 1300 650 594, 02 9807 6422
Email: info@strokensw.org.au
Web: www.strokensw.org.au
Peak body for Stroke Recovery Groups throughout NSW. Directory of Stroke Recovery Groups in metropolitan and country areas. Information over the telephone or through mail on Strokes and recovery from Strokes, peer support and

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counselling, resource library of books, pamphlets and videos.

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.

Community Health Centres

Catholic Community Services - Day and Respite Services
Phone: 1800 225 474
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
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.

Child and Family Health Service
Phone: 02 9448 6877
Address: 51-53 Blaxland Rd, Ryde 2112
Web: www.nslhd.health.nsw.gov.au
Provides services for healthy physical & emotional development of children and adolescents in the family & community. Staff include audiometrists, speech therapists, psychiatrists, occupational therapists, social workers, psychologists. Services include parent education, assessment, counselling, therapy and assistance with a variety of emotional, social, psychological, behavioural and educational difficulties.

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.

Family Relationship Centre Macquarie Park
Phone: 02 8874 8088
Address: Level 1, 68 Waterloo Rd, Macquarie Park 2113
Email: macparkfrc@ransw.org.au
Web: www.familyrelationships.gov.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.
Macquarie Medical Centre (Extended Hours)
**Phone:** 02 9878 6666  
**Address:** Shop 45, Level 2, Macquarie Centre, 197 Herring Rd, Macquarie Park 2113  
**Email:** macquarie@ipn.com.au  
Extended hours GP medical service and some subspecialties.

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 at Chatswood Centrelink.

Relationships Australia (New South Wales) - Northern Regional Office
**Phone:** 1300 364 277  
**Address:** Suite 102, 68 Waterloo Rd, Macquarie Park 2113  
**Email:** enquiries@ransw.org.au  
**Web:** [www.relationships.com.au](http://www.relationships.com.au)  
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.

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  
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.

West Ryde Medical Centre (Extended Hours)
**Phone:** 02 9808 3333  
**Address:** 990 Victoria Rd, West Ryde 2114  
**Web:** [westrydemedicalcentre.com.au](http://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 & Support Services

**ADDults with ADHD NSW Inc.**
**Phone:** 02 9858 7777  
**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.

**Arthritis NSW Ryde Support Group**  
**Phone:** 02 9817 7470, 02 9887 2295,  
**Address:** Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde 2114  
**Email:** rydearthritis@gmail.com  
A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects.

**Australian Breastfeeding Association - Ryde Ku-Ring-Gai Group**  
**Phone:** 0406 714 239  
**Email:** ryde.epping.aba@gmail.com  
Provides breastfeeding / parenting information and support to local mothers and their families through the ABA website, 24/7 helpline and informal group meetings.

**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.

**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 Emergency Relief & Social Welfare Service**  
**Phone:** 02 9858 3222  
**Address:** 12 Lakeside Rd, Eastwood 2122  
**Email:** administration@ccas.org.au  
**Web:** www.ccas.org.au  
Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. Free service.
Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc
Phone: 02 9809 0287  
Email: president@cdls.org.au  
Web: www.cdls.org.au  
Provide support & information for families affected by CdLS, also provide information for support workers and to educate the public. Research programs in USA and England. Group has contacts in all states and is in contact with overseas groups.

Dementia Australia - NSW Head Office
Phone: 02 9805 0100  
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.

Huntington’s NSW
Phone: 02 9874 9777, 1800 244 735 (Regional NSW)  
Address: Elsie Court Cottage, 21 Chatham Rd, West Ryde 2114  
Email: info@huntingtons NSW.org.au  
Web: www.huntingtons NSW.org.au  
Provides information, advice assistance and counselling to the person affected, families, healthcare professionals and others concerned with Huntington’s Disease.

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.

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: ehc.admin@mq.edu.au  
Web: www.centreforemotionalhealth.com.au  
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 Av, 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 Enterprises Ltd
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@parkinsonsnswnsw.org.au
Web: www.parkinsonsnswnsw.org.au
Non profit organisation which provides support and information to people with Parkinson's disease, their relatives and health professionals. Can provide details of a network of support groups throughout NSW.

Stroke Recovery Association NSW
Phone: 1300 650 594
Email: info@stroknsw.org.au
Web: www.stroknsw.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.

The Shepherd Centre - Macquarie
Phone: 02 8297 4700
Address: The Australian Hearing Hub, Ground Floor, 16 University Ave, Macquarie University 2109
Email: enquiries@shepherdcentre.com.au
Web: www.shepherdcentre.org.au
We have a team of Audiologists, Listening and Spoken Language therapists and Family Counsellors work with families to develop a comprehensive development 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 are an NDIS approved provider and a registered Australian Children's Charity.

Dental Health

Community Dental Service
Phone: 1300 732 503
Address: 53 Blaxland Rd, Ryde 2112
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.
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. 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
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 program runs Monday to Friday. Visiting hours are 10am-8pm.

Laverty
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.Delahunt@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 PI, 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.

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

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: ryde@cityofryde.nsw.gov.au

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:** Badajoz Rd, North Ryde 2113  
**Email:** arndell-school@det.nsw.edu.au  
**Web:** www.arndell-s.schools.nsw.edu.au/  
Part of a joint DET and Health facility for students aged 5-10 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.

**Coral Tree Family Service**  
**Phone:** 02 9887 5830  
**Address:** Cnr Badajoz & Twin Rds, North Ryde 2113  
**Email:** NSLHD-MACQ-CoralTreeFamilyService@health.nsw.gov.au  
**Web:** www.nslhd.health.nsw.gov.au/Services/Directoy/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.

**Cornucopia Cafe & Nursery/Mars Garden Maintenance**  
**Phone:** 02 9816 0393  
**Address:** Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville 2111  
**Email:** geoff.craig@health.nsw.gov.au  
**Web:** www.mars-inc.com.au  
Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

**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 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  
**Address:** Building 40, Gladesville Hospital, Digby Rd, Gladesville 2111  
**Email:** mhrt-mhrt@doh.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 Enterprises Ltd
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 coast 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@nsccahs.health.nsw.gov.au
Northern Sydney Home Nursing Services provides Chronic/Complex Care Coordination and Integrated 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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol
Phone: 02 9887 5589, 1800 011 511 (Emergency Helpline 24/7)

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
One Door Mental Health - Head Office
Phone: 02 9879 2600
Address: Building 36 Gladesville Hospital, Victoria Rd, Gladesville 2111
Email: admin@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

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.

Ryde Consumer Network
Phone: 02 9858 7777, 02 9858 7892
Address: Ryde Community Mental Health Centre, 39-41 Fourth Ave, Eastwood 2122
The Consumer Network consists of people who have accessed or are currently accessing mental health services. Aims to have consumer participation in policy planning & decision making processes of mental health services. Conducts an advocacy program. Aims to empower consumers to participate as much as possible in their own recovery, knowing their rights, and communicating their needs effectively.

Ryde Hunters Hill Life Education Centre Inc
Phone: 02 9817 8620
Address: Office at Hunters Hill High School, Reiby Rd, Hunters Hill 2110
Email: rhhllec@tpg.com.au
Presents health and drug education programs at schools for K to Yr 6. Age related programs include audio visuals.

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 Studio @ Digby House  
**Phone:** 02 9817 8145  
**Address:** Gladesville Hospital, off Punt Rd / building 46, Gladesville 2111  
Social activity & therapeutic day program for older people living with mental health disorders. Four - terms annually with rotating health & physical education activities focused on building resilience and falls prevention to maintain independence in the community.

Woolwich Village  
**Phone:** 1800 024 915  
**Address:** 11 Gladstone Ave, Woolwich 2110  
**Email:** woolwichrcf@irt.org.au  
**Web:** www.irt.org.au  
10 self care units and 40 hostel units, 1 unit for respite care, 6 secure dementia units.

### Rehabilitation Services

**Aged Care Rehabilitation 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.

**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.

**Cornucopia Cafe & Nursery/Mars Garden Maintenance**  
**Phone:** 02 9816 0393  
**Address:** Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville 2111  
**Email:** geoff.craig@health.nsw.gov.au  
**Web:** www.mars-inc.com.au  
Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

**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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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@mq.edu.au
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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol
Phone: 02 9887 5589, 1800 011 511
(Emergency Helpline 24/7)

Return2Driving
Phone: 02 9808 9328
Address: Ground Floor, 235 Morrison Rd, Ryde 2112
Email: driving@royalrehab.com.au
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. Specialist back-up by an orthoptist or other health professionals as required. Provides information on RMS medical report forms and RMS testing procedures and licensing. 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: 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.

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.