

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: alanonnorthernsw@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

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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol

Phone: 02 9887 5589, 1800 011 511 (Emergency Helpline 24/7)

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Mental-Health.aspx

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

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

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.

Early Childhood Health Centre – Ryde

Phone: 02 9809 2632

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

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Early-Childhood-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.

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 - 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

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. audiology services for people of all ages. 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.

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

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

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

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

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

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.

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 & 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

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

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@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.

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.centreforemotionalehealth.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: pnswn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.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@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.

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

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 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.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.

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: ryde@cityofryde.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: 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 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/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.

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-mrht@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 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@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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol

Phone: 02 9887 5589, 1800 011 511 (Emergency Helpline 24/7)

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Mental-Health.aspx

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: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Drug-Alcohol.aspx

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: rhhlec@tpg.com.au

Web: www.rhhlec.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 Rehabilitaton Service (Dixon 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.

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

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.

Northern Sydney Local Health District - Mental Health Drug & Alcohol

Phone: 02 9887 5589, 1800 011 511

(Emergency Helpline 24/7)

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Mental-Health.aspx

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: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Drug-Alcohol.aspx

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. 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.