

# Local Disaster Recovery Wellbeing Support

## Cessnock Local Government Area (LGA)

Service	Description	Phone/Open Hours/Location
<b>Your GP</b>	Visit your GP & ask about accessing a private psychologist or counsellor via medicare (free or subsidized counselling with a mental health plan). <b>All ages – Adults, children, families.</b>	Cessnock
<b>Awabakal Medical Service</b>	<b>FREE.</b> Aboriginal community-controlled health service. Make an appointment to see your GP here to obtain a referral for free counselling. <b>All ages – Adults, children, families.</b>	<b>Ph:</b> 1300 174 908 Monday-Friday 8:30am-5pm
<b>Head to Health</b>	<b>FREE.</b> No GP referral required. Phone triage and referral service. Mental Health information, services & support. Call to discuss your needs and make an appointment to see a counsellor or psychologist at the Cessnock clinic. Walk in's available, but faster appointments if triaged over the phone. <b>All ages – Adults, children, families.</b>	<b>Beam Health</b> 4/36 Vincent Street, Cessnock <b>Ph:</b> 1800 595 212 Monday-Friday 9am-5pm Appointments available daily in Cessnock.
<b>Lifeline Hunter – Cessnock service</b>	<b>FREE.</b> No GP referral required. CYCOS – Cessnock Youth Outreach Service Face to face counselling, phone or video counselling. Call to make an appointment. <b>16 years and above.</b>	<b>CYCOS</b> 49D Aberdare Rd, Cessnock <b>Ph:</b> 1300 152 854 Monday-Friday 9am-5pm Face to Face Counselling available once per week, other locations and phone counselling available.
<b>Head Space – Cessnock/Maitland</b>	<b>FREE.</b> No GP referral required. Counselling/psychological for youth aged 12yrs-25yrs Ring to make an appointment. <b>Walk in's welcome.</b>	<b>Headspace Cessnock</b> 122 Vincent St, Cessnock <b>Ph:</b> 02 4993-3240 Monday-Friday 9am-5pm Counselling in Cessnock Tues-Thurs.
<b>Hunter Primary Care – Cessnock/Warabrook Maitland/Kurri</b>	<b>FREE.</b> No GP referral required. Phone triage & referral service. Face to face counselling, phone or video counselling. Call to make an appointment. <b>All ages – Adults, children, families.</b>	Call the <b>PRIMA (Primary Mental Health Access)</b> team <b>Ph:</b> 02 4935-3039 Monday-Friday 9am-5pm
<b>Benwerrin Counselling Rohan Holt Cessnock/Maitland</b>	<b>FREE</b> if GP referral & mental health care plan obtained Face to face counselling for 18 years and above. Counselling in Cessnock every Tues and other days in Maitland (12 Ken Tubman Drive).	<b>West Cessnock Medical Centre</b> 2/100 Wollombi Rd, Cessnock <b>Ph:</b> 0408 697 403 (Rohan Holt)

**If you are in a crisis or experiencing suicidal thoughts contact Triple Zero (000) or call Lifeline's 24hr crisis support team on 13 11 14.**