

Struggling with your mental health and don't know where to begin?

The Service Navigator program is a free service to link you or a loved one with services and support within South Western Sydney.

If you or a loved one are dealing with a severe mental illness, contact the Mental Health Service Navigator to discuss your needs with real people who have local knowledge.

- Referrals to medical, psychological, and social services
- Personal and confidential professional support
- Available for general information and advice
- Phone, email or face-to-face consultations



Ph: **02 4632 3024**
Email: **servicenavigator@swsphn.com.au**
Web: **swsphn.com.au/service-navigator**

Service available 9am to 5pm Monday - Friday*

*except public holidays

phn
SOUTH WESTERN
SYDNEY

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