

2023-2024 心理健康服务年度计划

心理健康服务年度计划 - 3 月 2023 年

本计划旨在为心理健康服务提供清晰的路线图，并概述了我们在 2023-2024 年期间的关键目标和战略重点。

本计划将指导我们在以下关键领域的工作：

- 提升心理健康服务的可及性和质量，包括通过 NDIS 计划（国家残疾保险计划）提供心理健康服务。
- 加强心理健康服务的整合，包括通过 Head to Health（面向健康的计划）提供心理健康服务。
 - 提升心理健康服务的可及性和质量 - 通过提供心理健康服务，包括通过 NDIS 计划提供心理健康服务。

“心理健康服务年度计划”

本计划将指导我们在以下关键领域的工作：
<https://headtohealth.gov.au> :Head to Health.

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提升心理健康服务的可及性和质量

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ACT

ACT Health Mental Health Services - Mental Health Triage Ph: 1800 629 354 (24 小时全天候服务)

免费呼叫 (除手机外)
Ph: (02) 6205 1065

<http://health.act.gov.au/our-services/mental-health/act-wide-mental-health-services>

ACT Mental Health Consumer Network: <http://www.actmhcncn.org.au>



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Mental Health Carers Voice: <http://www.carersvoice.com.au>

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Mental Health Community Coalition of ACT: <http://www.mhccact.org.au/about>

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NSW

NSW Ministry of Health (Mental Health Branch) Mental Health Line Ph. [1800 011 511](tel:1800011511)

: <http://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx>

Way Ahead Mental Health Association NSW: <https://wayahead.org.au>

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Being: <http://being.org.au>

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Mental Health Carers NSW: <https://www.mentalhealthcarersnsw.org>

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Mental Health Coordinating Council: <http://www.mhcc.org.au>

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NT

Northern Territory Mental Health Line (Mental Health Access Team)

Ph. [1800 682 288](tel:1800682288)

<https://nt.gov.au/wellbeing/mental-health/24-hour-mental-health-hotlines>



Carers NT: <https://carersnt.asn.au>

Cares NT provides carers with support and resources to help them manage the challenges of caring for someone with a mental health condition. Carers NT provides support to over 30,000 carers.

Northern Territory Mental Health Coalition: <https://www.ntmhc.org.au>

The Northern Territory Mental Health Coalition (NTMHC) is a community-based organization that provides support and advocacy for people with mental health conditions and their carers. The coalition works to ensure that people with mental health conditions receive the best possible care and support.

QLD

Queensland Health

Ph. 13 HEALTH (13 43 25 84):

For more information, visit our website: <https://www.qld.gov.au/health/mental-health/help-lines/services/index.html>

Mental Health Carers Arafmi QLD: <http://www.arafmiqld.org>

Arafmi Queensland is a carer support organization that provides support and resources to carers of people with mental health conditions. Arafmi Queensland provides support to carers through a range of services, including information, advice, and support groups. Arafmi Queensland also provides support to carers through a range of services, including information, advice, and support groups.

Queensland Alliance for Mental Health: <http://qldalliance.org.au>

The Queensland Alliance for Mental Health is a community-based organization that provides support and advocacy for people with mental health conditions and their carers. The alliance works to ensure that people with mental health conditions receive the best possible care and support. The alliance works to ensure that people with mental health conditions receive the best possible care and support.

SA

SA Health Mental Health Triage Service / Assessment and Crisis Intervention Service, Ph. 131465

: <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health+services/acute+mental+health+services>

Health Consumers Alliance of South Australia: <http://www.hcasa.asn.au>

The Health Consumers Alliance of South Australia (HCSA) is a community-based organization that provides support and advocacy for people with mental health conditions and their carers. HCSA works to ensure that people with mental health conditions receive the best possible care and support.

Carers South Australia: <http://carers-sa.asn.au>

Carers SA “provides carers with support and resources to help them manage the challenges of caring for someone with a mental health condition. Carers SA provides support to carers through a range of services, including information, advice, and support groups.”

Mental Health Coalition of South Australia: <http://www.mhcsa.org.au>

The Mental Health Coalition of South Australia (MHC SA) is a community-based organization that provides support and advocacy for people with mental health conditions and their carers. MHC SA works to ensure that people with mental health conditions receive the best possible care and support.



TAS

Department of Health and Human Services - Statewide Mental Health Services Ph. 1300 135 513: http://www.dhhs.tas.gov.au/mentalhealth/mhs_tas

Flourish Mental Health Action In Our Hands: <http://flourishtas.org.au>

Flourish is a statewide mental health action plan that aims to improve the lives of Tasmanians with mental health issues. It focuses on prevention, early intervention, and recovery. For more information, visit <http://flourishtas.org.au>.

Mental Health Carers Tasmania: <http://www.mentalhealthcarerstas.org.au>

Mental Health Carers Tasmania provides support and training for carers of people with mental health issues. They offer a range of services including support groups, individual counseling, and respite care. For more information, visit <http://www.mentalhealthcarerstas.org.au>.

Mental Health Council of Tasmania: <https://www.mhct.org>

The Mental Health Council of Tasmania is a not-for-profit organization that works to improve the lives of people with mental health issues. They provide a range of services including support groups, individual counseling, and advocacy. For more information, visit <https://www.mhct.org>.

VIC

Health Victoria Mental Health Services General Enquiries: 1300 767 299 (9.00 am to 5.00 pm) or 03 9096 8287: <http://www.health.vic.gov.au/mentalhealthservices>

Victorian Mental Illness Awareness Council (VMIAC): <http://www.vmiac.org.au>

VMIAC is a not-for-profit organization that works to improve the lives of people with mental health issues. They provide a range of services including support groups, individual counseling, and advocacy. For more information, visit <http://www.vmiac.org.au>.

Tandem (formerly Victorian Mental Health Carers Network): <http://tandemcarers.org.au>

Tandem is a statewide network of mental health carers that provides support and training for carers of people with mental health issues. They offer a range of services including support groups, individual counseling, and respite care. For more information, visit <http://tandemcarers.org.au>.

Psychiatric Disability Services of Victoria (VICSERV): <http://www.vicserv.org.au>

VICSERV is a not-for-profit organization that provides support and training for people with psychiatric disabilities. They offer a range of services including support groups, individual counseling, and advocacy. For more information, visit <http://www.vicserv.org.au>.

WA

WA Department of Health mental health emergency 24/7 Ph. 1300 555 788 or 1800 522 002 (toll free)

Consumers of Mental Health WA: <http://www.comhwa.org.au/>

Consumers of Mental Health WA is a not-for-profit organization that provides support and training for people with mental health issues. They offer a range of services including support groups, individual counseling, and advocacy. For more information, visit <http://www.comhwa.org.au/>.



Helping Minds: <http://helpingminds.org.au>

Helping Minds 提供一系列心理健康服務，包括：電話輔導、網上輔導、面對面輔導、支持小組、自助材料、教育材料、培訓、研究、倡議、政策、法律、人權、及國際合作。

Western Australian Association for Mental Health: <https://waamh.org.au>

WAAMH 提供一系列心理健康服務，包括：電話輔導、網上輔導、面對面輔導、支持小組、自助材料、教育材料、培訓、研究、倡議、政策、法律、人權、及國際合作。

以下提供了一些相關的組織和服務：

- **Children and Young People with a Disability Australia:** <http://www.cyda.org.au>
 - **Young Carers:** <http://www.youngcarers.net.au>
- **COPMI (COPMI):** <http://www.copmi.net.au>
- **Aged and Disability Advocates Australia:** <https://adaaustralia.com.au>

以下提供了一些相關的組織和服務：

- **First People's Disability Network Australia:** <http://fpdn.org.au>
- **National Ethnic Disability Alliance Australia:** <http://www.neda.org.au>
- **National LGBTI Health Alliance:** <http://lgbtihealth.org.au>

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- **Lifeline** 13 11 14
- **Suicide Call Back Service** 1300 659 467
 - **Kids Helpline** 1800 55 1800
 - **MensLine Australia** 1300 78 99 78

以下提供了一些相關的組織和服務：

- **Veterans and Veterans Families Counselling Service** 1800 011 046
 - **All-hours Support Line** 1800 628 036
 - **Defence Family Helpline** 1800 624 608
 - **1800IM SICK** 1800 467 425

以下提供了一些相關的組織和服務：

- **000 緊急服務**

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