

BETTER BRAINS BETTER BODIES BETTER AGEING



An initiative by the Eastern Suburbs Older Persons Mental Health Service,
Prince of Wales Hospital





Exceptional Care,
Healthier Lives

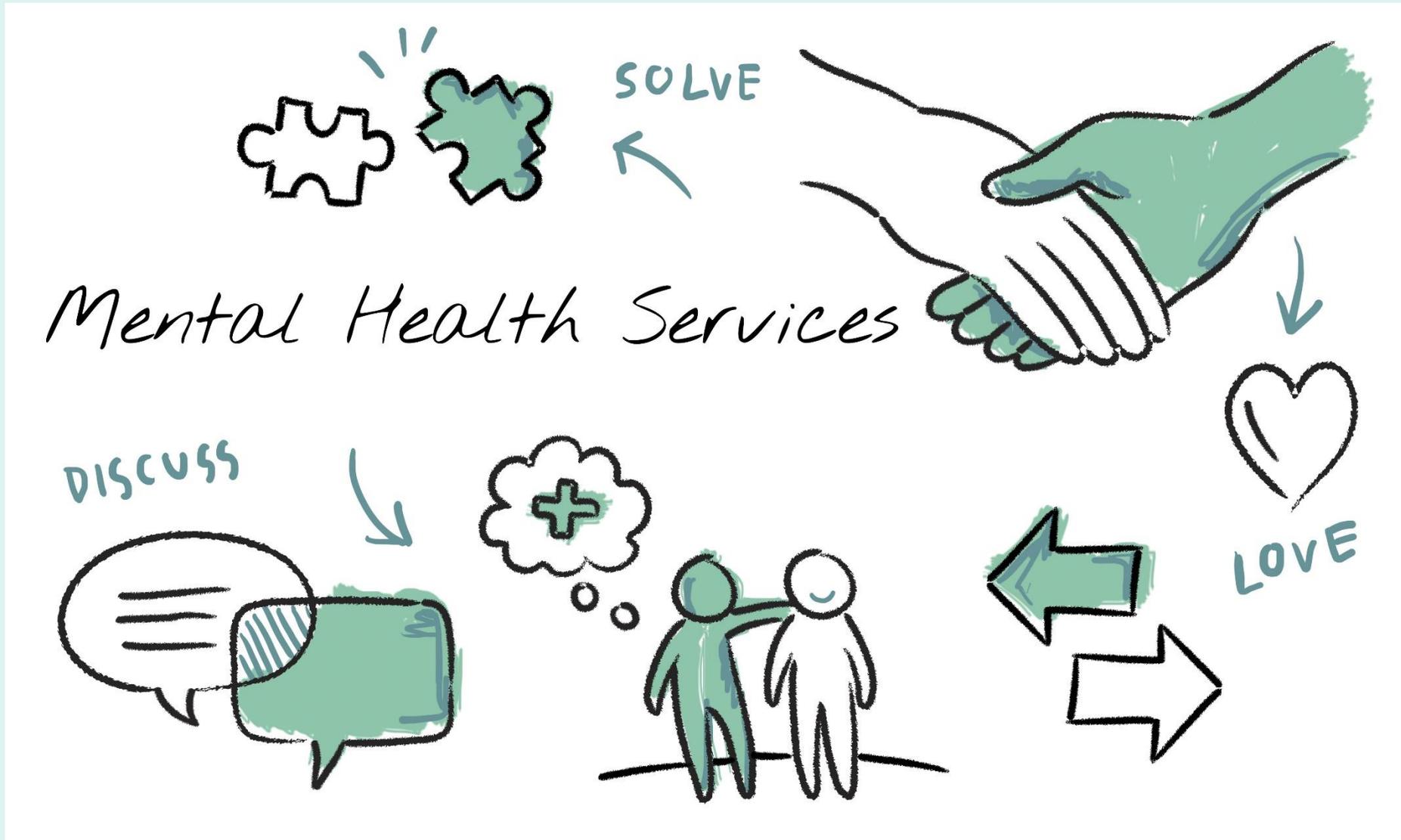
Better Brains,
Better Bodies,
Better Ageing



Health
South Eastern Sydney
Local Health District



Artist: Brendan Broadbent





To promote mental and physical wellness within the older community



To provide awareness of risk factors in late life that can contribute to psychological distress, cognitive decline and dementia



To provide accessible evidence-based information about strategies to improve quality of late life.



To dispel myths and stigma related to ageing, mental illness and memory loss.



To network older people with local community organisations



In 2018 and 2019, it was estimated that **16,000** older people living in SESLHD experienced a mental illness.

Post Covid, there has been a **rise** of people over the age of 65 seeking mental health services.

Older Persons' Mental Health Service (OPMH)

Prince of Wales Hospital (Eastern Suburbs MHS)

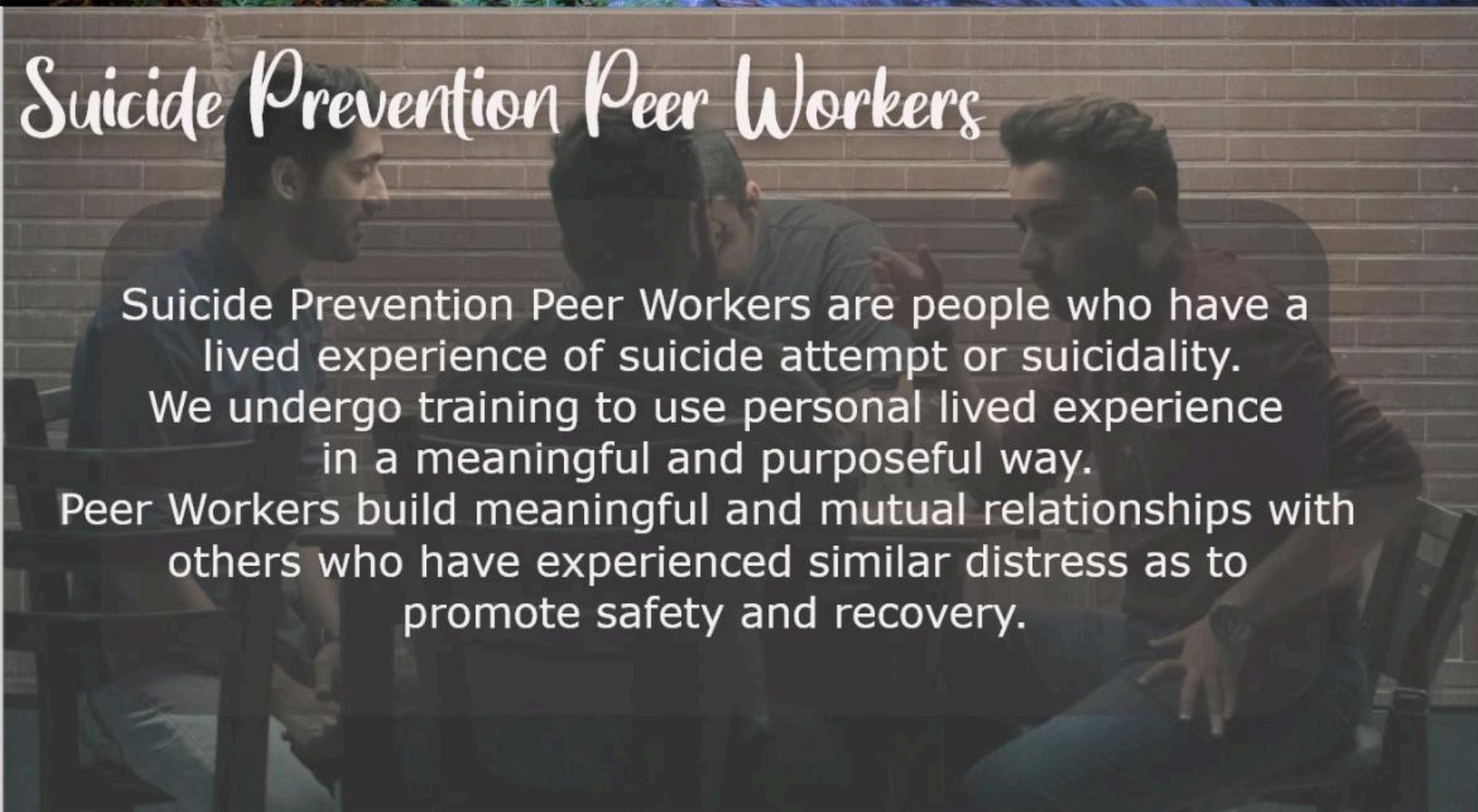
- Community mental health outreach
- Six dedicated older persons mental health beds

St George Hospital

- Community mental health outreach
- Sixteen dedicated older persons mental health beds

The Sutherland Hospital

- Community mental health outreach



Suicide Prevention Peer Workers

Suicide Prevention Peer Workers are people who have a lived experience of suicide attempt or suicidality.

We undergo training to use personal lived experience in a meaningful and purposeful way.

Peer Workers build meaningful and mutual relationships with others who have experienced similar distress as to promote safety and recovery.

Recovery & Wellbeing College

WHAT DOES IT COST TO ATTEND?

*Courses are **FREE OF CHARGE** for:

- * People with a mental health condition who live in the South Eastern Sydney catchment area
- * Their families, carers and support people
- * Staff and volunteers working for South Eastern Sydney Local Health District
- * Staff from our Community College partners.

We reserve places in our courses and offer in-house, specialist courses for paying organisations or individuals who do not meet the above criteria.

HOW DO I ENROL?#

1. See the Course Guide and enrolment form on the college website if you don't already have a copy: www.seslhd.health.nsw.gov.au/Recovery_College
2. Complete the enrolment form and return to the Recovery College via email or post
3. A Recovery College Peer Learning Advisor will contact you and arrange to meet to discuss your learning needs and goals
4. You will be enrolled in your chosen courses (pending availability) and a confirmation letter/email providing course information and location will be sent to you.

**Please note a different enrolment process applies to staff attending courses. Please contact the Recovery College for details.*

OUR TEAM

The majority of our staff have a lived experience of mental health issues

Our team is keen to provide you with support and guidance to ensure enrolment and attendance at courses is as easy as possible.

Recovery from mental health conditions is a diverse, personal and social experience. Our approach encourages proactive and purposeful engagement to build trusting relationships between staff and consumers. We believe the quality of this collaborative relationship is central to supporting personal recovery and promoting wellbeing.

OUR VALUES

- * Integrity * Respect * Hope
- * Collaboration * Self-determination
- * Opportunity * Inclusion
- * Enjoyment

CONTACT DETAILS

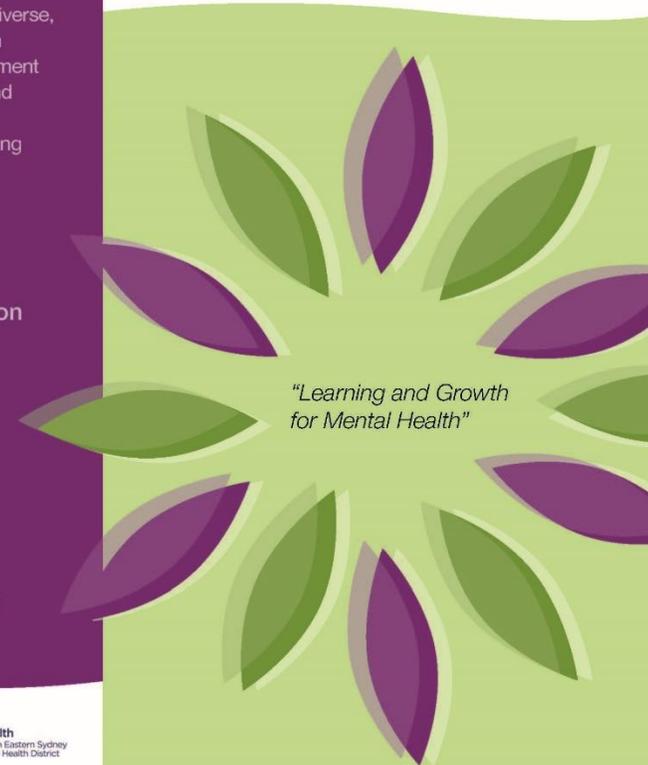
P: (02) 9113 2981
E: SESLHD-recoverycollege@health.nsw.gov.au

Course Guides and further information is available on our website:
www.seslhd.health.nsw.gov.au/Recovery_College



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

An introduction to South Eastern
Sydney Recovery College



*"Learning and Growth
for Mental Health"*

Principal Supporters



Also supported by



04/2016

The South Eastern Sydney
Recovery College is a
program of South Eastern
Sydney Local Health District



Health
South Eastern Sydney
Local Health District



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Local Health District

What is available?

- ▶ Talking with someone with lived experience
- ▶ Peer support
- ▶ Relaxing room
- ▶ Listen to music on tablets
- ▶ Board and card games
- ▶ Activity room
- ▶ Refreshments
- ▶ Reading
- ▶ Wellbeing planning



Artist – Annette Webb

NO NEED TO MAKE AN APPOINTMENT
YOU CAN JUST WALK IN
MEDICARE IS NOT REQUIRED



For opening hours or further information please join our Facebook group by searching Kogarah SafeHaven or email: SESLHD-safehaven@health.nsw.gov.

Opening Hours

Monday	5.00pm - 9.00pm
Tuesday	5.00pm - 9.00pm
Wednesday	closed
Thursday	closed
Friday	5.00pm - 9.00pm
Saturday	5.00pm - 9.00pm
Sunday	5.00pm - 9.00pm

Public holidays 5:00pm - 9:00pm

Address: Unit 2, Ground floor, Kirk Place,
15 Kensington Street Kogarah NSW 2217

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www.seslhd.health.nsw.gov.au/safehaven



Here for you.

Feeling Overwhelmed?

Come to **SafeHaven** for a chat with people who understand

THIS SERVICE IS
FREE & CONFIDENTIAL

ANYONE WHO IS OVER THE AGE
OF 16 IS WELCOME AT SAFEHAVEN

Family and Carer Mental Health Program



**CONNECTING
WITH CARERS
IS EVERYBODY'S BUSINESS**

Mental Health Line



Mental Health Line
1800 011 511 

Operates 24/7

When to contact the Mental Health Line:

You may want to contact the NSW Mental Health Line if you are worried about your own or someone else's mental health. This may be due to:

- Changes to mood that worry you or others
- Significant changes to personal hygiene or motivation
- Difficulties concentrating
- Getting confused about what is real and what is not
- Behaviour like laughing or smiling at something others cannot see or hear
- Feelings of panic, like something bad is about to happen
- Intense anxiety
- Thoughts or actions of hurting yourself or ending your life
- Thoughts of harming someone else.