



Contact Information



Youth Response Team
Macquarie Hospital
North Ryde
2113



1800 011 511

**YRT operates between the hours of 2pm and 10:30pm, 7 days a week. Referrals can be made 24/7 via the mental health line.*

Mental Health Line
1800 011 511 



Where there is immediate risk of harm to self or others, call 000 or present to the emergency department.

Other Contacts

Kids Helpline

1800 551 800

Parent Line

1300 130 052

Lifeline

13 11 14

Youth Suicide Helpline

1800 191 919

Suicide call back service

1300 659 467

Emergency Accommodation

1800 152 152

Police (non Emergency)

13 14 44

Family and community services

13 21 11

Domestic Violence Helpline

1800 656 463

Online Resources

www.headspace.org.au

www.drugs.health.gov.au

www.reachout.com.au

www.eheadspace.org.au



Health

Northern Sydney
Local Health District

YOUTH RESPONSE TEAM

Providing mental health crisis assessment and planning for young people within their communities.



Our service

The Youth Response Team (YRT) are an outreach team of mental health professionals consisting of mental health nurses, social workers, occupational therapists and peer support workers. We provide a **free** and **confidential** service to young people and their families within the Northern Sydney Local Health District.

YRT operates between the hours of **2pm** and **10:30pm**, 7 days a week.

Who can we help?

- Young people aged 12-17.
- Within the Northern Sydney region.
- Young people experiencing high levels of emotional distress including distress that could result in harm to self.



What do we provide?

YRT provides mental health assessment for young people experiencing serious distress within the community. YRT engages with young people in a space that best suits them (e.g. their home, school, GP, or any other safe space in the community).

Throughout our assessment we consider immediate emotional support and interventions, along with referrals to other services which can provide more ongoing care and support as needed.

How do I access the service?

Contact the Mental Health Line on 1800 011 511 24 hours a day 7 days a week.



Your call will be answered by a mental health clinician who will contact YRT if needed.



A YRT clinician will contact the person as soon as possible within the operating hours of the service to arrange a time and place for a community visit.

**Calls are encouraged directly from young people or others may call if they are concerned about a young person who may require mental health support.*

**If a young person is currently under NSLHD Mental Health service, we accept referrals internally from those professionals.*