

The title 'Family Mental Health Support Services (FMHSS)' is written in a bold, white, sans-serif font. It is centered within a blue rectangular banner that has a slight drop shadow. The background of the entire page is a photograph of a family (a man, a woman, and a child) seen from behind, walking through a sunlit forest.

What is FMHSS about?

Family Mental Health Support Services (FMHSS) provides free, flexible support that is responsive to children, young people and families affected by, or at risk of, mental health issues, through access to a range of early intervention and education services.

How can we help?



Early Intervention and Prevention

- Short term assistance
- Information and referrals
- Limited practical assistance, home-based support and advocacy



Family Support Workers

- Individual Family Support
- Referral, advocacy and case management
- Practical home-based support and after hours appointments by negotiation



Long Term Assistance

- Intensive support for up to 12 months
- Supportive family interventions
- Referrals to alternative services as appropriate



Community Outreach

- Mental health education
- Community development activities
- Facilitation of general group work

Family Mental Health Supports

Locations

New South Wales:
Bankstown, Belmore,
Penrith, Taree

Victoria:
Craigieburn, Glenroy

Access

To access our family mental health services and early intervention supports, simply reach out using the contact details below.