

Contact Information

Youth Response Team
North Ryde and Mona Vale

Mental Health Line 
1800 011 511

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

Dial 000

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



Youth Response Team

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



Northern Sydney
Local Health District

Our service

The Youth Response Team (YRT) is 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 10pm, 7 days a week (including public holidays).

Who can we help?

- Young people aged 12-17 (18 if attending school)
- Within the Northern Sydney Local Health 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 and crisis support for young people experiencing suicidal distress within the community. YRT engages with young people in a space that best suits them (e.g. their home, school (outside school hours), GP, or any other safe space in the community).

Throughout our assessment we consider immediate emotional support and interventions such as safety planning.

YRT can also assist with referrals to other services which can provide more ongoing care and support as needed.

There is no limit to the number of times a young person may contact YRT.

Safe Haven

Alternatively, young people can attend the Safe Haven. The Safe Haven is a drop-in space for young people aged 12-17 (or 18 if still in school), who are facing suicidal crisis or distress. It offers support by peer workers, and hope for those in need. No referral needed.

The Safe Haven is open from 4:00pm to 8:00pm, 7 days a week, 365 days a year (including public holidays) at two locations:

Macquarie Hospital

59 Wicks Road, North Ryde 2113

T: 02 8877 4537 (during operating hours)

Brookvale Community Health Centre

Ground floor, 612-624 Pittwater Road, Brookvale 2100

T: 02 9388 5044 (during operating hours)

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.

