

Specialist intellectual disability services

Name	Description
<p>NSW Ministry of Health Statewide Intellectual Disability Mental Health Hubs</p>	<p>Overview https://www.health.nsw.gov.au/mentalhealth/Pages/intellectual-disability-mental-health-hubs.aspx</p> <p>Established to support people with intellectual or developmental disability access appropriate mental health care, the Hubs offer face-to-face and virtual care, specialised assessment, care planning, reporting and recommendations, and capacity building. There are two hubs, one for adults and one for children and adolescents.</p> <hr/> <p>Statewide Intellectual Disability Mental Health Outreach Service (SIDMHOS) https://www.slhd.nsw.gov.au/mentalhealth/SIDMHOS.html and https://www.health.nsw.gov.au/mentalhealth/services/adults/Pages/intellectual-disability-adults.aspx</p> <p>SIDMHOS provides specialist advice to health professionals supporting an adult with intellectual disability where there are concerns about their mental health or behaviour. This includes individuals in contact with the criminal justice system.</p> <p>Referral is by an online form. To be eligible the person needs to have a diagnosis of intellectual disability (not borderline), and there needs to be a team around the person able to consider and implement any recommendations made. Ideally referrals are made, or supported, by public mental health services or private psychiatrists.</p> <p>The expectation is for referrers to have contacted any local specialist mental health services for adults with intellectual disability before referring to SIDMHOS. Potential referrers are encouraged to contact the service directly on 02 9767 7889 or SLHD-SIDMHOS@health.nsw.gov.au before completing the referral form.</p> <p>SIDMHOS is also available to provide training on mental health assessment and support for adults with intellectual disability.</p> <hr/> <p>Sydney Children’s Hospital Network Mental Health and Intellectual Disability Hub (SCHN MHID) https://www.schn.health.nsw.gov.au/find-a-service/health-medical-services/mental-health-services/sch-chw-mhid and https://www.health.nsw.gov.au/mentalhealth/services/children/Pages/intellectual-disability-children-teens.aspx</p> <p>The SCHN MHID Hub aims to improve the mental health of children and adolescents under 18 years of age with intellectual or developmental disability.</p> <p>The Hub is run by the Developmental Psychiatry Team within the Department of Psychological Medicine at the Children’s Hospital Westmead. The team includes a clinical psychiatrist, clinical psychologist, occupational therapist, social worker and service co-ordinator and manger.</p> <p>The Hub is a short-term consultation service, becoming involved when assessment or treatment has not been successful and specialist expertise is required. The ongoing care remains with the referring clinician.</p> <p>Services include joint consultation with the mental health clinician or medical professionals and the child or young person, and their family member or carer to provide assessment, diagnosis and treatment intervention of one to three consultations; clinical consultation to provide short-term treatment advice to the referrer and case-based discussions between the Hub psychiatrist and the referring clinician.</p> <p>Referrals are accepted across NSW from paediatricians (after initial referral to CAMHS services), child psychiatrists, and CAMHS clinicians seeking advice.</p>

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NSW Health funded multidisciplinary Specialist Intellectual Disability Health Teams (SIDHT) in six Local Health Districts

Hunter New England Local Health District

Eligible clients in the Central Coast Local Health District can also be seen by the team.

Email: HNELHD-IntellectualDisabilityTeam@health.nsw.gov.au

Phone: 02 4924 6067

Northern Sydney Local Health District

Northern Sydney Intellectual Disability Service

<https://www.nslhd.health.nsw.gov.au/Services/Pages/NIDHS.aspx>

Northern Sydney Intellectual Disability Health Service, located in Cremorne, is a multidisciplinary health service for school aged children, adolescents and adults with intellectual disability and complex health needs. This service provides medical and health consultations, advice and referrals. It works in conjunction with the patient's GP and/or paediatrician, other health services and disability service providers to deliver co-ordinated health care. People with intellectual disability who live in the Northern Sydney Local Health District are eligible to be seen at the clinic. The service also provides some outreach services to regional areas.

Eligible clients in the Mid North Coast and Northern NSW Local Health Districts can also be seen by the team.

[Clinic Flyer](#)

Email: NSLHD-IntellectualDisability@health.nsw.gov.au

Phone: 02 8968 3400

South Eastern Sydney Local Health District

SESLHD Specialised Intellectual Disability Health Team

<https://www.seslhd.health.nsw.gov.au/services-clinics/directory/child-youth-family-services/disability-services>

The SESLHD Specialised Intellectual Disability Health Team provides multidisciplinary health assessments for children, adolescents and adults with an intellectual disability who have complex health conditions, a current unresolved health problem and health care needs that cannot be met by usual care providers.

The team does not provide routine reviews. They can provide advice, information, and resources to general practitioners and other clinicians who will provide ongoing health care to the client.

Email: SESLHD-SpecialisedIntellectualDisabilityHealthTeam@health.nsw.gov.au

Phone: 9113 4961 or 02 8566 1222

South Western Sydney Local Health District

The Fairfield Specialist Disability Health Team

The Team aims to address the health needs of people with intellectual disability across their lifespan. They offer time-limited services to children, adolescents and adults with an intellectual disability who have complex health conditions and a current unresolved health issue, conduct assessments and support the treating GP/paediatrician to implement the plan, and provide capacity building services for mainstream health staff.

Eligible clients in the Southern NSW Local Health District can be seen by the team.

Email: SWSLHD-FairfieldCHC-SDHT@health.nsw.gov.au

Phone: 02 9794 1820

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	<p>Sydney Local Health District</p> <p><i>The Specialist Team for Intellectual Disability (STRIDeS)</i></p> <p>STRIDeS provides multidisciplinary health assessments, a Health Care Plan with recommendations for the person's GP or health professional, and referrals to health and other services as needed. Children, adolescents and adults with an intellectual disability are eligible if they have complex health conditions and a current unresolved health problem. The service is based at the Croydon Health Centre.</p> <p>Eligible clients in the Western Sydney Local Health District can be seen by the team.</p> <p>Clinic Flyer Email: SLHD-STRIDES@health.nsw.gov.au Phone: 02 9378 1364 / 02 9378 1100</p> <p>Western NSW Local Health District</p> <p>Eligible clients in the Far West and Murrumbidgee Local Health Districts can be seen by the team.</p> <p>Email: WNSWLHD-SIDHT@health.nsw.gov.au Phone: 02 6369 8542</p>
Complex Care Service	<p>https://cds.org.au/clinical-services/our-clinical-services/complex-care-service/</p> <p>The Complex Care Service is for adults with intellectual disability who have complex health needs and cannot get these needs met by another service. The service is run by the Centre for Disability Studies. The service provides multidisciplinary health assessments, healthcare plans, advice, and referrals, led by a Nurse. Appointments are available in person, at their Strathfield clinic or via telehealth. The service is funded by the Ministry of Health until June 2024.</p> <p>Individuals must be 18 years or over, live in NSW, have an intellectual disability, and have unmet complex health care concerns that another service cannot meet.</p> <p>Referral is by a GP or an Intellectual Disability Health Service. Referrals can be sent via ccs@cds.org.au.</p> <p>Phone: Clinic Telephone – 0434 121 767 or Centre for Disability Studies Main office – 02 9036 3600 Email: ccs@cds.org.au</p>
Disability Assessment and Rehabilitation Team for Young People (DARTYP)	<p>https://www.healthdirect.gov.au/australian-health-services/23010451/concord-repatriation-general-hospital-disability-and-rehabilitation-team-for-young-people/services/concord-west-2138-1A-hospital-road</p> <p>The DARTYP is a multidisciplinary team based at Concord Hospital. The team provides a rehabilitation service for people with intellectual disabilities, multiple and/or complex disabilities.</p> <p>The service is provided to people with intellectual disability 16 years and over and people with complex neurological and multiple lifelong disabilities aged 16–50 years.</p> <p>Phone: 02 9767 5730 Email: SLHD-DARTYP@health.nsw.gov.au</p>

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<p>3DN Clinic for the Assessment of Neuropsychiatric Disorders in Intellectual Disability (CANDID)</p>	<p>https://www.3dn.unsw.edu.au/clinics</p> <p>CANDID is a tertiary outpatient service which aims to support specialists working with people with intellectual disability by providing second opinions on complex cases. It is also an important training resource for medical students, psychiatry trainees and IDMH Fellows. It is located in the EUROA Centre at the Prince of Wales Hospital, Randwick. Referrals are accepted from specialists currently managing patients 18 years and older who will be offering continuing care (those aged 16–17 years will be considered after discussion).</p>
<p>The Royal Australian and New Zealand College of Psychiatrists Section of Psychiatry of Intellectual and Developmental Disabilities (SPIDD)</p>	<p>https://www.ranzcp.org/membership/faculties-sections-and-networks/intellectual-developmental-disabilities</p> <p>The SPIDD, which has a NSW arm, can provide clinical support and peer review. See the SPIDD newsletter for contact details.</p>
<p>The Royal Australian and New Zealand College of Psychiatrists Find a psychiatrist</p>	<p>https://www.yourhealthinmind.org/find-a-psychiatrist</p> <p>Individuals can search for RANZCP psychiatrists by primary problem area, population treated, location, name, treatments and services, and language spoken.</p>
<p>Australian Psychological Society Find a Psychologist</p>	<p>https://www.psychology.org.au/Find-a-Psychologist</p> <p>Individuals can search for APS psychologists by primary problem area, location and name.</p>