



Our services: Wahroonga Rehabilitation Service- at "The House in the Park"



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Wahroonga Rehabilitation Service is part of Hornsby Ku-ring-gai Mental Health Services. The service offers a comprehensive range of rehabilitation and recovery options to people who experience mental health problems.

✓ [Who are we?](#)

Wahroonga Rehabilitation Service, part of Hornsby Ku-ring-gai Mental Health services.

✓ [What do we do?](#)

The service offers rehabilitation and recovery opportunities, on both an individual and group basis, for people seriously affected by mental illness, using the recovery model and following a psychosocial framework. Opportunities are offered in the areas of vocational assessment and training, psycho-education- both for consumers and carers, life skills training, healthy lifestyles programs and social and leisure activities. A limited case management service also exists.

There is an emphasis on active participation and partnership with consumers and their carers within the service. Each consumer is encouraged to set goals for their recovery in collaboration with staff. The focus is on building on existing strengths and capabilities.

We also have strong links with other services within Northern Sydney Area Health Service, our local TAFE Outreach Service, local employment services for mental health consumers, and the Hornsby Ku-ring-gai Association (HKA), the local carers support group.

Related links:

- [Printable version](#)
- [Adult mental health](#)
- [Acute care team](#)
- [EPIS](#)
- [Lindsay Madew Unit](#)
- [Residential support services](#)
- [Mental health fact sheets](#)

✓ How you can access our service

Family members or consumers can self-refer over the phone. GP and private therapists may also refer by phone or request a referral form, which can be faxed.

✓ Where you can find us

Wahroonga Rehabilitation Service Phone: 9487 1699 Fax: 9487 4972	"House in the Park" Cnr Stuart St and Illoura Ave Wahroonga NSW 2076
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✓ What are our hours?

8.30am - 5pm, Monday to Friday
(Interviews by appointment only)

✓ How you can contact us

Phone: 9487 1699
Fax: 9487 4972

For emergencies after hours, please call the acute care team on: 9477 9520

✓ When you arrive

Please ask to speak to a member of staff. It is preferable to have an appointment as staff are not always at the centre.

✓ More information

Wahroonga Rehabilitation Service celebrated its [30th birthday](#) on 24 June 2004.

We have fact sheets on a number of mental health topics: ['Someone in my family has psychosis': Information for young people \(primary school age\)](#), ['Someone in my family has psychosis: information for young people \(high school age\)](#),

'What is psychosis?', The Mental Health Act, 'How can family and friends help with someone who is experiencing a psychotic episode and using street drugs?'. More fact sheets and booklets will be added in the coming months.

We have more information on **adult mental health** and our individual services: **Acute Care Team**, **Aged Care Psychiatry Service**, **Early Psychosis Intervention Service (EPIS)**, **Lindsay Madew Unit**, and **Hornsby Residential Support Services**.

Printable version 



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