South Eastern Sydney
Recovery & Wellbeing College

Course Information Sheet

# Navigating Mental Health & Other Services

**Date:** **Wednesday 25 March 2026**
**Time:** **10:00am – 3:00pm**
**Venue:** **Recovery & Wellbeing College**
**Unit 2, Ground Floor, Kirk Place**
**15 Kensington Street Kogarah, NSW 2217**

In this course, students will develop skills, knowledge and attitudes to make informed choices about using and working with public and private mental health as well as primary health care (GPs) and other community services and the National Disability Insurance Scheme (NDIS).

The course will introduce students to the structure of mental health services in South Eastern Sydney Local Health District, the roles of the different professions, and gain knowledge of consumer and carer rights and responsibilities.

**To enrol please visit our website:**
https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college

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For more information please contact the Recovery & Wellbeing College Team

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