

Mental Health, Alcohol & Other Drugs Suicide Prevention

SUMMARY OF SERVICES

The Western NSW Primary Health Network (WNSW PHN) works to improve the quality and access to primary health care in our community. We commission a range of services to meet identified gaps and improve outcomes for patients and health care providers. Commissioning is a strategic approach to how services are designed and funded in a way that best meets the needs of the local community. These activities are funded by the Australian Government under the PHN Program.

People seeking immediate crisis support should contact the relevant crisis lines: Lifeline 13 11 14, Suicide Call Back Service 1300 659 467, Kids Helpline 1800 55 1800, MensLine Australia 1300 78 99 78, beyondblue 1300 22 4636.

| Mental Health | Suicide Prevention | Alcohol & Other Drugs | Social and emotional wellbeing | Program | Designed for | Region | Provider | Aboriginal Focused |
|---------------|--------------------|-----------------------|--------------------------------|---|---|--|--|--------------------|
| ● | | | | Strong Minds Western NSW - free, referral-based psychological services provided face-to-face or telehealth. | People with mild to moderate mental illness. Underserved and hard to reach groups. | Whole of region | Marathon Health 1300 402 585 https://www.marathonhealth.com.au/strong-minds-western | |
| ● | ● | | | Mental Health Nursing Services This program funds mental health nurses to work with GPs and psychiatrists to provide specialist mental health care. | People who have severe or complex mental health issues who are managed in the community by their GP. Aboriginal and Torres Strait Islander focused and youth focused services available. | Bourke, Cobar, Walgett, Nyngan, Lightning Ridge Broken Hill, Dubbo Cowra | NSW Outback Division of General Practice (02) 6872 4777 www.outbackdivision.org.au Royal Flying Doctor Service (02) 9941 8859 www.flyingdoctor.org.au Kendal Street Medical (02) 6341 1400 | |

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| ● | | | | HeadSpace - youth mental health services. | People aged 12-25 years seeking support for mental health, physical health, drug & alcohol, work and study problems. | Bathurst | (02) 6338 1100 www.headspace.org.au/headspace-centres/bathurst/ | |
| | | | | | | Broken Hill | (02) 9393 9699 www.headspace.org.au/headspace-centres/broken-hill/ | |
| | | | | | | Dubbo | (02) 5852 1900 www.headspace.org.au/headspace-centres/dubbo/ | |
| | | | | | | Orange | (02) 6369 9300 www.headspace.org.au/headspace-centres/orange/ | |
| ● | | | | Rural Youth Mental Health Service (RYMHS) - free therapeutic services, group work and case management services within community centres, schools, homes, TAFE and other outreach settings | Young people between the ages of 12 and 25 in rural areas. | Cobar, Condobolin, Coonabarabran, Coonamble, Cowra, Forbes, Gilgandra, Narromine, Nyngan, Parkes, Walgett | The Benevolent Society www.benevolent.org.au | |
| ● | | | | NewAccess – mental health coaching service that delivers 6 sessions of low intensity cognitive behavioural therapy. Available over the phone or face-to-face. | People over the age of 16 with mild – moderate anxiety or depression. | Whole of region | Marathon Health 02 6333 2838 https://www.marathonhealth.com.au/newaccess | |
| ● | ● | ● | | GP Psychiatry Support Line – Free service available Monday to Friday, 9am to 5pm to help GPs manage mental health consumers. | General Practitioners in the WNSW PHN region | Whole of region | ProCare Mental Health Services 1800 161 718 www.gpsupport.org.au | |

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| | ● | | | Indigenous Community Suicide Prevention Network - establish and facilitate Aboriginal suicide prevention networks in communities. | Aboriginal and Torres Strait Islander People interested in raising awareness and developing local responses to need. | Various locations | Wesley Mission (02) 9263 5555 www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/suicide-prevention/wesley-lifeforce/ | ● |
| | ● | | | Suicide Prevention - planning and delivery of local support services, workforce training and community awareness raising. | Service providers and community members interested in designing and evaluating local activities to prevent suicide. These are not crisis support services, but staff can provide general information including contact details for crisis and other support. | Bourke, Brewarrina Cobar, Walgett, | Cobar: NSW Outback Division of General Practice (02) 6872 4777 www.outbackdivision.org.au Walgett and Brewarrina: Aboriginal Medical Service, (02) 6820 3777 | |
| | | | | | | Broken Hill, Dubbo, Orange/ Bathurst | Neami Limited (02) 5317 1921 www.neaminational.org.au/ | |
| | | | | | | Lachlan and Weddin | Western Plains Regional Development Inc. (02) 6895 3301 http://www.wprd.org.au/ | |

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| | | ● | | Mainstream Drug & Alcohol Services - referral-based drug and alcohol services, including screening, counselling, brief intervention and education for families and carers. Capacity building for General Practice and social services to engage with people with substance abuse issues. | People with alcohol and other drug issues, their families and carers, a focus on methamphetamines. | Broken Hill, Cobar, Dubbo | Royal Flying Doctor Service (02) 9941 8859 www.flyingdoctor.org.au | |
| | | ● | | Indigenous Drug & Alcohol Services - referral-based drug and alcohol services for Aboriginal People including screening, counselling and brief intervention and education for families and carers. Capacity building for primary health organisations and social services. | Aboriginal and Torres Strait Islander People with alcohol and other drug issues, their families and carers, a focus on methamphetamines. | Bourke Parkes Walgett | Orana Haven (02) 6874 4983 www.oranahaven.com.au | ● |
| | | ● | | Roadmaps Mobile Drug and Alcohol Day Program – a 6-week intensive, non-residential rehabilitation program that rotates around rural and remote communities in Western NSW. | Aboriginal and non-Aboriginal people with alcohol and other drug issues. | Dubbo Gilgandra Nyngan Warren Wellington | Lives Lived Well. 0429 927 714 enquiries@liveslivedwell.org.au | ● |
| | | | ● | Social and Emotional Wellbeing – In partnership with Aboriginal Community Controlled Health Organisations this program provides culturally responsive social and emotional wellbeing services including activities and workforce | Aboriginal people with a focus on promotion, prevention and increasing early intervention through access to culturally appropriate resources | Whole of region | | ● |