

# 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	Program	Designed for	Region	Provider	Aboriginal Focused
●			<b>Strong Minds Western NSW</b> - 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 <a href="http://www.marathonhealth.com.au/strong-minds">www.marathonhealth.com.au/strong-minds</a>	
●	●		<b>Mental Health Nursing Services</b>	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	NSW Outback Division of General Practice (02) 6872 4777 <a href="http://www.outbackdivision.org.au">www.outbackdivision.org.au</a>	●
		Broken Hill, Dubbo			Royal Flying Doctor Service (02) 9941 8859 <a href="http://www.flyingdoctor.org.au">www.flyingdoctor.org.au</a>	●	
		Orange			Dr Graham Blom (02) 6361 6714		
		Bathurst			Andrew Frukacz (02) 6331 9163		
		Cowra			Kendal Street Medical (02) 6341 1400		
●			<b>Headspace</b> - 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 <a href="http://www.headspace.org.au/headspace-centres/bathurst/">www.headspace.org.au/headspace-centres/bathurst/</a>	
		Broken Hill			(02) 9393 9699 <a href="http://www.headspace.org.au/headspace-centres/broken-hill">www.headspace.org.au/headspace-centres/broken-hill</a>		
		Dubbo			(02) 5852 1900 <a href="http://www.headspace.org.au/headspace-centres/dubbo/">www.headspace.org.au/headspace-centres/dubbo/</a>		
		Orange			(02) 6369 9300 <a href="http://www.headspace.org.au/headspace-centres/orange/">www.headspace.org.au/headspace-centres/orange/</a>		

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●			<b>Break it Down Community Conversations</b> - creative workshops to engage Aboriginal Younger People and raise awareness of mental health in communities.	Young Aboriginal and Torres Strait Islander People.	Bathurst, Cowra, Condobolin, Orange, Walgett, Wellington	Desert Pea Media <a href="http://www.desertpeamedia.com/">http://www.desertpeamedia.com/</a>	●
●			<b>OZ Help</b> - physical and mental health screening online and in the workplace. Support services and referrals offered as needed.	Workplaces which employ high numbers of men.	Whole of region	OZ Help 1300 694 357 <a href="http://www.ozhelp.org.au">www.ozhelp.org.au</a>	
●			<b>Black Dog Step Care</b> – mental health screening tool, administered on tablets in general practice waiting rooms.	People visiting general practice.	Whole of region	Black Dog Institute (02) 9382 4530 <a href="http://www.blackdoginstitute.org.au/">www.blackdoginstitute.org.au/</a>	
●			<b>Rural Youth Mental Health Service (RYMHS)</b> - 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 <a href="http://www.benevolent.org.au">www.benevolent.org.au</a>	
●	●	●	<b>GP Psychiatry Support Line</b> – 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 <a href="http://www.gpsupport.org.au">www.gpsupport.org.au</a>	
	●		<b>Suicide Prevention</b> - 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 <a href="http://www.outbackdivision.org.au">www.outbackdivision.org.au</a> Bourke: Aboriginal Health Service (02) 6872 3088 Walgett and Brewarrina: Aboriginal Medical Service, (02) 6820 3777	
		Broken Hill, Dubbo, Orange/Bathurst			Neami Limited (02) 5317 1921 <a href="http://www.neaminational.org.au/">www.neaminational.org.au/</a>		
		Lachlan and Weddin			Western Plains Regional Development Inc. (02) 6895 3301 <a href="http://www.wprd.org.au/">http://www.wprd.org.au/</a>		
	●		<b>Indigenous Community Suicide Prevention Network</b> - 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  <a href="http://www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/suicide-prevention/wesley-lifeforce/">www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/suicide-prevention/wesley-lifeforce/</a>	●



		●	<b>Mainstream Drug &amp; Alcohol Services</b> - 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 & Lyndon Community (02) 9941 8859 <a href="http://www.flyingdoctor.org.au">www.flyingdoctor.org.au</a>	
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		●	<b>Indigenous Drug &amp; Alcohol Services</b> - 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 & Weigelli (02) 6874 4983 <a href="http://www.oranahaven.com.au">www.oranahaven.com.au</a>	●
		●	<b>Hello Sunday Morning Daybreak</b> - online program to change people's relationship with alcohol including self-assessment and coaching.	People who drink high risk amounts of alcohol.	Whole of region	Hello Sunday Morning 1300 403 196 <a href="https://www.hellosundaymorning.org/daybreak/">https://www.hellosundaymorning.org/daybreak/</a>	
		●	<b>Roadmaps Mobile Drug and Alcohol Day Program</b> – 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	Lyndon Dubbo Outreach Team, Lives Lived Well. 0429 927 714 <a href="mailto:enquiries@liveslivedwell.org.au">enquiries@liveslivedwell.org.au</a>	●
		●	<b>Pain Management Clinic</b> - supportive community-based program offering non-opioid pain management alternatives for chronic pain delivered by a multidisciplinary team	Patients with persistent non-cancer pain	Broken Hill	Broken Hill GP Super Clinic <a href="http://bhgpssc.com.au/">http://bhgpssc.com.au/</a>	

