

Far West Local Health District Mental Health Services

November 2022



Many people may be feeling anxious, worried or afraid within flood-affected communities.

Looking after the mental health of ourselves, friends and family is an important part of staying well.

If you need support, there are a number of services you can access for free.

The below websites have a mixture of self-guided mental health resources and programs as well as one-on-one connection to professionals through webchat, online counselling and phone services.

Far West Mental Health Services

Target	Platform	Resources	Link
Children and young people experiencing Mental Health issues	Child and Adolescent Mental Health Services, Far West LHD	Specialist Mental Health and Drug and Alcohol support to children and young people aged up to 18 years	Broken Hill CAMHS: (08) 8080 1100 Dareton CAMHS: (03) 5021 7200 Afterhours: 1800 011 511
	Headspace	Clinical and non-clinical support for young people with mild to moderate mental health issues	231 Blende Street, Broken Hill (02) 9393 96998 Headspace.brokenhill@flourishaustralia.org.au
Adults and older people experiencing mental illness or suicidal crisis or drug and alcohol issues	Community Mental Health Drug and Alcohol services, Far West LHD	Specialist Mental Health and Drug and Alcohol clinicians and peer workers	Broken Hill: (08) 8080 1554 or present to the Broken Hill Health Service, Thomas Street Broken Hill. Dareton (03) 5021 7200 or present to 42/44 Tapio Street, Dareton. Afterhours: 1800 011 511
	RAMHP Coordinator Far West LHD	Specialist knowledge and support for people experiencing mental health concerns living in rural communities	Referrals can be made through the Community Mental Health Drug and Alcohol service: 8080 1554
	Royal Flying Doctors Service, MHAOD Team	Provides clinical Mental Health support to people living in remote communities	Wellbeing place – Mental Health and other drugs team 343 Blende Street 0439 515 247

Target	Platform	Resources	Link
Aboriginal people experiencing emotional distress and/or physical health concerns	Maari Ma Health Service	Provides medical, nursing and allied health specialist services to Aboriginal people	428 Argent Street, Broken Hill Ph: (08) 8082 9777
People experiencing mental health or suicidal crisis	Safe Haven, Mission Australia and Far West LHD	After hours non-clinical compassionate care to people in suicidal crisis. The Safe Haven provides an alternative to presenting to the Emergency Department	Self-presentation to the Safe Haven Tues – Fri 4:30 – 10pm and Saturdays 11am – 4pm, War Vets Drive, Broken Hill Health Service Ph: 0418 442 767
	SPOT (Suicide Prevention Outreach Team), Far West LHD	An assertive, mobile team providing afterhours support to people experiencing a situational crisis or suicidal distress in their homes or the community.	Referral through the Emergency Mental Health Line: 1800 011 511 Alternatively your mental health team can refer to SPOT during business hours: FWLHD-BH-SPOTreferrals@health.nsw.gov.au
	Lifeline	Phone line support and local initiatives to support the wellbeing of their local communities	Lifeline Australia: 13 11 14 Lifeline Counselling Service Broken Hill: 08 8087 7525
Family and Carers	Family and Carer Mental Health Program	Support options, education, advocacy and social supports to people caring for someone with a mental illness	CatholicCare Wilcannia-Forbes ccwf.org.au Ph: 02 68501777

Gateways to Mental Health online services

Find out more about online and telephone services available across NSW

NSW Mental Health Services	Categorised List of NSW Mental Health Services	https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx
Head to Health	Navigation platform for links to Australian online and phone supports	https://headtohealth.gov.au/
Health Direct	Direct links to etherapy services	https://www.healthdirect.gov.au/etherapy