

Mid-north coast mental health services

March 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.

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

Mid-North Coast Mental Health services

Target	Platform	Resources	Link
People affected by natural disasters experiencing mental health issues	Mid North Coast Local Health District Disaster Recovery Team	Counselling, support and navigation of services	Referral through Mental Health Line 1800 011 511
People living in rural communities experiencing mental health issues	RAMHP Coordinator Mid North Coast	Specialist knowledge and support for people experiencing mental health concerns living in rural communities	Orry Berry - RAMHP Coordinator Orry.Berry@health.nsw.gov.au 0409 834 501

Target	Platform	Resources	Link
Children and young people experiencing mental health issues	Headspace	Clinical and non-clinical support for young people with mild to moderate mental health issues	Port Macquarie - https://headspace.org.au/headspace-centres/port-macquarie/ Coffs Harbour - https://headspace.org.au/headspace-centres/coffs-harbour/ Kempsey Headspace Early Intervention Youth Counselling (02) 6539 3450 headspacekempsey@samaritans.org.au
	Mid North Coast Local Health District Child and adolescent mental health services	Specialist mental health services for children and young people	Referral through Mental Health Line 1800 011 511
	Mid North Coast Local Health District Perinatal and infant mental health services	Specialist mental health services for mothers and babies	Referral through Mental Health Line 1800 011 511
Adults and older people experiencing mental illness or suicidal crisis	Mid North Coast Local Health District Community Mental Health teams	Specialist mental health services for adults	Referral through Mental Health Line 1800 011 511
People at risk of suicide - all ages	Mid North Coast Local Health District Suicide Prevention Outreach team – Kempsey and Macleay Valley	Clinical and peer support for people in suicidal crisis or emotional distress, connection and referral to other services.	Referral through Mental Health Line 1800 011 511
	Mid North Coast Local Health District Safe Haven service – Port Macquarie	Peer support for people in suicidal crisis or emotional distress	Open Thursday – Sunday from 2pm – 8pm at Community Mental Health, Port Macquarie Base Hospital 02 5524 2000
Aboriginal people experiencing emotional distress	Mid North Coast Local Health District Aboriginal Specialist Wellbeing Service and Yarning Line	Support from Aboriginal Mental Health Clinicians	Aboriginal Specialist Wellbeing Service and Wellbeing Yarning Line Phone 0408 985 916 Monday to Friday 8.30am –4.30pm

Target	Platform	Resources	Link
People who have attempted suicide or harmed themselves	Aftercare services	Practical, psychosocial and emotional support for people who have self-harmed and connection to other services.	<p>Iam (run by New Horizons) – Coffs Harbour to Nambucca Heads (Youth specific – under 25yrs)</p> <p>www.iam.liveshere.org.au</p> <p>1300 IAM HERE (1300 426 4373)</p> <p>Wesley Lifeforce Aftercare – over 18yrs</p> <p>https://www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/suicide-prevention/wesley-lifeforce-aftercare/</p> <p>Care Connect – Social Futures – Kempsey and Bellingen – over 18yrs</p> <p>https://socialfutures.org.au/service/care-connect/</p>
People experiencing mental health or suicidal crisis	Local Lifeline offices	Phone line support and local initiatives to support the wellbeing of their local communities	<p>Lifeline North Coast (Coffs Harbour and surrounds) –</p> <p>https://lifelinenorthcoast.org.au/</p> <p>Lifeline Mid Coast (Port Macquarie and surrounds) –</p> <p>http://lifelinemidcoast.org.au/</p>

