

Murrumbidgee 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.

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 therapy services	https://www.healthdirect.gov.au/etherapy

Murrumbidgee Mental Health services

Target	Platform	Resources	Link
24/7 Support and referrals	Murrumbidgee AccessLine	Mental health clinicians provide assessment and advice for people experiencing mental health issues, or caring for a loved one. AccessLine can make referrals to local services.	Murrumbidgee AccessLine 24/7 1800 800 944
	Map My Recovery	A directory of MHDA services available in the Murrumbidgee region	www.mapmyrecovery.org.au

Target	Platform	Resources	Link
People living in rural communities experiencing mental health issues related to rural adversity	Rural Adversity Mental Health Program (RAMHP)	Specialist knowledge and support for people experiencing mental health concerns living in rural communities	Referral through Murrumbidgee AccessLine 1800 800 944
	Farming Community Counsellors	Support and counselling for farmers, their families and the wider farming community at a time and place that is convenient – in your own home, in a paddock or at a café.	Referral through Murrumbidgee AccessLine 1800 800 944
Children and young people experiencing mental health issues	Headspace	Clinical and non-clinical support for young people with mild to moderate mental health issues	Wagga Wagga - 2/185 Morgan Street 1800 856 572 https://headspace.org.au/headspace-centres/wagga-wagga/ Griffith - 1/26 Ulong Street 02 6962 3277 https://headspace.org.au/headspace-centres/griffith/
	Murrumbidgee Local Health District Child and Adolescent Mental Health Services (CAMHS)	Specialist mental health services for children and young people	Referral through Murrumbidgee AccessLine 1800 800 944
	Safeguards - Child and Adolescent Mental Health Response Team (not yet operational)	Community based support for children and adolescents in acute mental health distress.	Referral through Murrumbidgee AccessLine 1800 800 944
	School Link and GotIt!	Working with schools to identify and manage the early signs of mental health issues in students	MLHD-GotIt-Admin@health.nsw.gov.au
Adults and older people experiencing mental illness	Murrumbidgee Local Health District Community Mental Health Service	Specialist mental health services for adults	Referral through Murrumbidgee AccessLine 1800 800 944
	MyStep to Mental Wellbeing	A service for people with mild to moderate mental health conditions and ongoing mental health issues.	Murrumbidgee Primary Health Network Central Access and Navigation (CAN) team Phone 1800 931 603 Email can@mphn.org.au
People at risk of suicide And people experiencing mental health or suicidal crisis	Suicide Prevention Outreach Team (SPOT)	Clinical and peer support for people in suicidal crisis or emotional distress, connection and referral to other services.	Referral through Murrumbidgee AccessLine 1800 800 944
	Safe Havens	Peer support for people in suicidal crisis or emotional distress	Wagga Wagga – 7 Yathong St Griffith – 81 Kooyoo St Friday, Saturday and Sunday 2.00pm – 9.00pm

	Mental Health Emergency Consultation Service (MHECS)	Assessment and care plan for people who attend an emergency department for mental health concerns	Attend your nearest Hospital emergency department or call 000
People who have attempted suicide or harmed themselves	Way Back Support Service	Practical, psychosocial and emotional support for people who have self-harmed and connection to other services.	02 5925 5911 www.wellways.org
Support after a suicide death	After Suicide Support Program	Providing assistance and support to families, friends and workplaces following a suicide death.	02 5925 5911 www.wellways.org
Mental Health support for Aboriginal people	Murrumbidgee Local Health District Community Mental Health Service	Support from Aboriginal Mental Health Clinicians	Referral through Murrumbidgee AccessLine 1800 800 944
Mental Health Support for people with an intellectual disability	Murrumbidgee Local Health District Community Mental Health Service	Support from a Mental Health clinician who works people with intellectual disabilities	Referral through Murrumbidgee AccessLine 1800 800 944
Psychosocial support and support coordination for NDIS participants with a mental illness	Flourish Australia	Helping people with lived experience of mental illness feel supported and meet their everyday challenges.	Wagga Wagga and Griffith 02 9393 9164
	Centacare South West NSW	Support coordination, therapeutic support and a range of life skills and community participation supports for people experiencing mental ill health.	1300 619 379 www.centacareswsw.org.au
	Wellways	Psychosocial supports for people with complex and enduring mental illness	02 5925 5911 www.wellways.org
Older persons mental health	Murrumbidgee Specialist Community Mental Health Service	The service supports older persons in a way that is close to home, personalised and focused on a person's own goals for recovery	Referral through Murrumbidgee AccessLine 1800 800 944
	MyStep to Mental Wellbeing	Providing in-reach psychology services to residential aged care to support residents experiencing mental health concerns	Murrumbidgee Primary Health Network Central Access and Navigation (CAN) team Phone 1800 931 603 Email can@mphn.org.au
LGBTQI+ community mental health support	Murrumbidgee Local Health District Community Mental Health Service	Culturally safe and inclusive mental health services for members of the LGBTQI+ community	Referral through Murrumbidgee AccessLine 1800 800 944
Support for carers of people with mental illness	One Door Mental Health Carer Support	Support Service for carers of people with mental illness.	www.onedoor.org.au
Disaster Recovery Support	Murrumbidgee Local Health District Disaster Recovery Team	Supporting communities in their ongoing recovery from disasters.	Referral through Murrumbidgee AccessLine 1800 800 944
New parents, bereaved parents and Postnatal Depression	Murrumbidgee Local Health District Perinatal and Infant mental health services	Specialist mental health services for mothers and babies	Referral through Murrumbidgee AccessLine 1800 800 944
	Tresillian Foundation Family Care Centres	Parenting support services for families with infants and children aged 0-3 years. Grief and loss counselling following the loss of a	Wagga Wagga and Griffith 02 5943 2713

		child or other family member.	
	Gidget Foundation	Supporting the emotional wellbeing of expectant and new parents.	1300 851 758 www.gidgetfoundation.org.au
Inpatient and Rehabilitation Services	Adult Acute Mental Health Inpatient Unit	The Adult Acute Mental Health unit in Wagga Wagga supports people who need voluntary or involuntary treatment in hospital when it is not safe for them to be supported in the community	Call Murrumbidgee AccessLine 1800 800 944 or present to the nearest Emergency Department
	Older Persons Acute Inpatient Unit and T-BASIS Unit	The Older Persons Acute Mental Health unit offers a friendly and welcoming environment where the staff work together with people and their family and carers to provide the support and care they need to return home. The T-BASIS Unit is a program for people with severe behavioural disturbance associated with dementia.	Call Murrumbidgee AccessLine 1800 800 944 or present to the nearest Emergency Department
	Mental Health Recovery Unit	The Recovery Unit Program is a unique 8 week live-in program of education, skills-building, care coordination and support to assist people to manage their mental health issues and live productive lives in their communities.	www.mlhd.health.nsw.gov.au/our-services/mental-health-services/recovery-unit



