

# Northern NSW 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	<a href="https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx">https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx</a>
Head to Health	Navigation platform for links to Australian online and phone supports	<a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a>
Health Direct	Direct links to etherapy services	<a href="https://www.healthdirect.gov.au/etherapy">https://www.healthdirect.gov.au/etherapy</a>

## Northern NSW Mental Health services

Target	Platform	Resources	Link
People affected by natural disasters experiencing mental health issues	Northern NSW Local Health District Disaster Recovery Team	Information, support and navigation of services	Referral through Mental Health Line 1800 011 511
People living in rural communities experiencing mental health issues	RAMHP Coordinator Northern NSW	Specialist knowledge and support for people experiencing mental health concerns living in rural communities	Samantha Osborne - RAMHP Coordinator <a href="mailto:Samantha.Osborne@health.nsw.gov.au">Samantha.Osborne@health.nsw.gov.au</a> 0402 892 642

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	<p>Lismore 2A Carrington Street, Lismore 02 6625 0200 <a href="mailto:enquiries@headspace-lismore.org.au">enquiries@headspace-lismore.org.au</a></p> <p>Tweed Heads 145 Wharf Street, Tweed Heads 07 5589 8700 <a href="mailto:enquiries@headspace-tweed.org.au">enquiries@headspace-tweed.org.au</a></p> <p>Grafton 59 Duke Street, Grafton 02 6642 1520 <a href="mailto:hq@genhealth.org.au">hq@genhealth.org.au</a></p>
	Northern NSW 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
Adults and older people experiencing mental illness or suicidal crisis	Northern NSW Local Health District Community Mental Health services	Specialist mental health services for adults	Referral through Mental Health Line 1800 011 511
Aboriginal people experiencing emotional distress and/or physical health concerns	Rekindling the Spirit	Provides medical, nursing and allied health specialist services	<p>25 Uralba street, Lismore 02 6622 5534</p> <p><a href="http://www.rekindlingthespirit.org.au">www.rekindlingthespirit.org.au</a></p>
People experiencing mental health or suicidal crisis	Lifeline	Phone line support and local initiatives to support the wellbeing of their local communities	Lifeline North Coast – <a href="https://lifelinenorthcoast.org.au/">https://lifelinenorthcoast.org.au/</a>
	Connect to Wellbeing	Free face-to-face or telephone counselling with qualified mental health professionals and connection with services	<p>Connection to wellbeing</p> <p>Connect to Wellbeing Helpline - Healthy North Coast (<a href="http://hnc.org.au">hnc.org.au</a>)</p> <p>Disaster information page Community Members - Healthy North Coast (<a href="http://hnc.org.au">hnc.org.au</a>)</p>
	Free 24 hour GP telehealth service	<p>Healthy North Coast GP Telehealth* can provide:</p> <ul style="list-style-type: none"> <li>• GP appointments and advice</li> <li>• Information, diagnosis and treatment</li> <li>• Prescriptions sent to your local pharmacy</li> <li>• Medical certificates</li> <li>• Specialist referral (where eligible)</li> <li>• Care summaries provided to patients, regular GP and My Health Record</li> </ul>	<p><a href="http://www.hnc.org.au/telehealth-floods">www.hnc.org.au/telehealth-floods</a></p> <p>1800 931 158</p>