

Western NSW 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 e-therapy services	https://www.healthdirect.gov.au/etherapy

Western NSW mental health services

Target	Platform	Resources	Link
People affected by natural disasters experiencing mental health issues	Mental Health, Drug & Alcohol Services	Information, support and navigation of services	Referral through Mental Health Line 1800 011 511 or local Community Mental Health, Drug & Alcohol Teams.
People living in rural communities experiencing mental health issues and/or affected by natural disasters	RAMHP Rural response and recovery team Rural Youth MH Service	Specialist knowledge and support for people experiencing mental health concerns living in rural communities	https://wnswlhd.health.nsw.gov.au/Pages/Support-for-rural-communities.aspx
Children and young people experiencing mental health issues	Infant, Child, Youth & Family mental health services	Specialist mental health services for children and young people	Referral through Mental Health Line 1800 011 511 or local Infant Child Youth and Family Teams in Dubbo, Orange, Dubbo and Mudgee https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol
	Perinatal and infant mental health services	Specialist mental health services for mothers and babies	Referral through Mental Health Line 1800 011 511 or Maternity services or local CMHT in Orange and Dubbo

Target	Platform	Resources	Link
			https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol
	RYMH (Rural Youth Mental Health Service)	Clinical and non-clinical support for young people with mild to moderate mental health issues	Rural Youth Mental Health The Benevolent Society Multiple sites across WNSW LHD
	Headspace	Clinical and non-clinical support for young people with mild to moderate mental health issues	Bathurst https://headspace.org.au/headspace-centres/bathurst/ (02) 6338 1100 Cowra (02) 6341 5800 https://headspace.org.au/headspace-centres/cowra/ Orange (02) 6369 9300 https://headspace.org.au/headspace-centres/orange/ Dubbo (02) 5852 1900 https://headspace.org.au/headspace-centres/dubbo/
Older people experiencing mental illness or suicidal crisis	Older peoples mental health services	Specialist mental health services for older people	Referral through Mental Health Line 1800 011 511, Directly to the local OPMH service or via a GP. https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol
Adults experiencing mental illness or suicidal crisis	Mental Health, Drug & Alcohol Services	Specialist mental health services for adults	Referral through Mental Health Line 1800 011 511 https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol
People at risk of suicide – all ages	Suicide Prevention Outreach Teams – Dubbo and Orange	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 or presentation to nearest Emergency Department. https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol/suicide-prevention
	Safe Haven Service – Dubbo and Parkes	Peer support for people in suicidal crisis or emotional distress	No Referral needed. Walk ins accepted. https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol/suicide-prevention
People experiencing mental health or suicidal crisis	Mental Health Line	Phone support and referral to appropriate services	Referral through Mental Health Line 1800 011 511 https://wnswlhd.health.nsw.gov.au/our-services/mental-health-drug-and-alcohol/suicide-prevention
	Lifeline Central West	Phone support and local initiatives to support the	131114 https://www.lifeline.org.au/

Target	Platform	Resources	Link
		wellbeing of their local communities	
	Kids Help Line	24/7 confidential support and counselling service for kids 5-25 years.	1800 55 1800 State-wide service
	Suicide Callback Service	24/7 counselling, information and referral to carers and people at risk of suicide and those bereaved by suicide.	1300 659 467 State-wide service
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	02 6334 2033 Referral through Mental Health Line 1800 011 511 https://wnswlhd.health.nsw.gov.au/Pages/Supporting-Families-and-Carers.aspx