




## COORDINARE funded mental health and suicide prevention programs

PROGRAM	LOCATION	PROVIDER	ENQUIRIES AND/OR REFERRALS
<p><b>Bushfire Support Counselling</b></p> <p>Provides support to individuals, families and communities impacted by bushfires</p>	Shoalhaven and Southern NSW	 <p><b>CatholicCare</b> <a href="#">View flyer</a></p>	Call 1800 068 698
<p><b>C2bMe – Continuing to be me</b></p> <p>C2bMe provides mental health support for people living in residential aged care facilities and builds the capacity of the people who care for them.</p>	Whole of South Eastern NSW PHN region	 <p><b>Parramatta Mission</b> <a href="http://www.parramattamission.org.au">www.parramattamission.org.au</a></p>	Email <a href="mailto:c2bme.sensw@parramatta-mission.org.au">c2bme.sensw@parramatta-mission.org.au</a> or call 1800 4 222 63 (1800 4 C2bMe)
<p><b>Complex mental health service</b></p> <p>Provides support to people with complex mental health issues via specialist mental health treatment</p>	Shoalhaven and Southern NSW (telehealth)	 <p><b>Rural Outreach Mental Health Service</b> <a href="http://www.romhs.com.au">www.romhs.com.au</a></p>	GP referral Email <a href="mailto:info@romhs.com.au">info@romhs.com.au</a> or call 02 4421 7525
<p><b>headspace</b></p> <p>headspace services are for people aged 12-25 seeking help for mental or physical health, alcohol and other drugs, or work and study support</p>	Bega, Goulburn, Nowra and Wollongong	 <p><b>Grand Pacific Health</b> <a href="http://headspace.org.au/headspace-centres/bega">headspace.org.au/headspace-centres/bega</a> <a href="http://headspace.org.au/headspace-centres/goulburn">headspace.org.au/headspace-centres/goulburn</a> <a href="http://headspace.org.au/headspace-centres/nowra">headspace.org.au/headspace-centres/nowra</a> <a href="http://headspace.org.au/headspace-centres/wollongong">headspace.org.au/headspace-centres/wollongong</a></p>	GP, self, family or friend referral Bega – 1800 959 844 Goulburn – (02) 4824 4944 Nowra – (02) 4446 7300 Wollongong – (02) 4220 7660
	Queanbeyan	<p><b>Marathon Health</b> <a href="http://headspace.org.au/headspace-centres/queanbeyan">headspace.org.au/headspace-centres/queanbeyan</a></p>	GP, self, family or friend referral (02) 6298 0300
	Batemans Bay Interim bushfire service	<p><b>COORDINARE and headspace National initiative</b> <a href="http://headspace.org.au/batemansbay">headspace.org.au/batemansbay</a></p>	GP, self, family or friend referral 1800 718 383
<p><b>Integrated recovery service</b></p> <p>Provides mental health nursing and peer worker support to adults with serious or complex mental health needs</p>	Illawarra and Southern NSW	 <p><b>Grand Pacific Health</b> <a href="http://gph.org.au/our-health-services/mental-health/integrated-recovery-services">gph.org.au/our-health-services/mental-health/integrated-recovery-services</a></p>	GP, self, family or friend referral 1800 228 987

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<p><b>Psychosocial support initiative</b></p> <p>Provides psychosocial supports to adults with severe and complex mental health needs who are not assisted by the NDIS</p>	Whole of South Eastern NSW PHN region	 <p>Where mental wellbeing thrives</p> <p><b>Flourish Australia</b>  <a href="http://flourishaustralia.org.au">flourishaustralia.org.au</a></p>	GP, self, family or friend referral 1300 779 270
<p><b>Psychiatry support line for GPs</b></p> <p>Specialist psychiatry advice exclusively for GPs</p>	Whole of South Eastern NSW PHN region	 <p><b>ProCare Mental Health Services</b>  <a href="http://gpsupport.org.au">gpsupport.org.au</a></p>	GPs register (once only) with their AHPRA Registration Number and practice details 1800 161 718
<p><b>Psychological therapies</b></p> <p>Provides individually tailored, flexible psychological therapies primarily through face-to-face consultations</p>	Whole of South Eastern NSW PHN region	 <p><b>Grand Pacific Health</b>  <a href="http://gph.org.au">gph.org.au</a></p>	GP, self, family or friend referral via secure fax on (02) 4226 6489 1800 228 987
<p><b>Social and emotional wellbeing services for Aboriginal and Torres Strait Islander peoples</b></p> <p>Provides culturally safe mental health services and community capacity building for Aboriginal and Torres Strait Islander peoples</p>	<p>Illawarra</p> <p>Outreach also available</p>	 <p><b>Illawarra Aboriginal Medical Service (IAMS)</b>  <a href="http://illawarraams.com.au">illawarraams.com.au</a></p>	GP, self, family or friend referral Wollongong – (02) 4229 9495 Dapto – (02) 4262 8777
	<p>Shoalhaven</p> <p>Outreach also available</p>	 <p><b>Waminda South Coast Women's Health and Welfare Aboriginal Corporation</b>  <a href="http://waminda.org.au">waminda.org.au</a></p>	GP, self, family or friend referral (02) 4421 7400
	<p>Narooma, Bega, Batemans Bay</p> <p>Outreach also available</p>	 <p><b>Katungul Aboriginal Corporation Regional Health &amp; Community Services</b>  <a href="http://katungul.com.au">katungul.com.au</a></p>	GP, self, family or friend referral Narooma – (02) 4476 2155 Bega – (02) 6492 0532 Batemans Bay – (02) 4488 4050

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<p><b>Strong Foundations</b> Early help seeking program in primary schools for Aboriginal and Torres Strait Islander children in years 3-6</p>	Shoalhaven	 <p><b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a></p>	School-based 1800 215 099
<p><b>Strong Yawa (speak / talk) after hours support</b> After hours support service For Aboriginal and Torres Strait Islander peoples</p>	Shoalhaven	 <p><b>Waminda South Coast Women's Health and Welfare Aboriginal Corporation</b> <a href="http://waminda.org.au">waminda.org.au</a></p>	GP, self, family or friend referral (02) 4421 7400
<p><b>Telehealth mental health services</b> Provides support for rural children aged 0-15 years and their families</p>	Southern NSW and the Shoalhaven	 <p><b>Royal Far West</b></p>	Referral from GP, school, or self 02 8966 8500 <a href="#">Connect for Kids in Southern NSW flyer</a>