










COORDINARE funded mental health and suicide prevention programs

PROGRAM	LOCATION	PROVIDER	ENQUIRIES AND/OR REFERRALS
<p>After hours support service For Aboriginal and Torres Strait Islander people</p>	Shoalhaven	 <p>Waminda South Coast Women's Health and Welfare Aboriginal Corporation waminda.org.au</p>	GP, self, family or friend referral (02) 4421 7400
<p>Active8 program A person-centred physical health program to identify and work on physical health goals (including smoking cessation) for people aged over 16 with an experience of mental illness</p>	Illawarra Shoalhaven, Batemans Bay, Bega, Cooma, Queanbeyan and Goulburn	 <p>Neami National neaminational.org.au/find-services/neami-wollongong/active8</p>	Referrals accepted from any source providing the person meets the eligibility criteria Wollongong – (02) 4226 3277 Active8 program booklet
<p>Back on Track Free and confidential counselling service for people with worries, low mood or stresses and pressures</p>	Whole of South Eastern NSW PHN region	 <p>Grand Pacific Health https://www.gph.org.au/our-health-services/mental-health/back-on-track</p>	GP, self, family or friend referral via secure fax on (02) 4226 6489 1800 228 987
<p>Complex mental health service Provides mental health nursing support for adults with complex mental health needs</p>	Shoalhaven	 <p>Complex Mental Health Service Shoalhaven sfmc.net.au</p>	GP referral 0498 861 473

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headspace headspace services are for people aged 12-25 seeking help for mental or physical health, alcohol and other drugs, or work and study support	Bega, Goulburn, Nowra and Wollongong	 headspace National Youth Mental Health Foundation Grand Pacific Health headspace.org.au/headspace-centres/bega headspace.org.au/headspace-centres/goulburn headspace.org.au/headspace-centres/nowra headspace.org.au/headspace-centres/wollongong	GP, self, family or friend referral Bega – 1800 959 844 Goulburn – (02) 4824 4944 Nowra – (02) 4446 7300 Wollongong – (02) 4220 7660
	Queanbeyan	Marathon Health headspace.org.au/headspace-centres/queanbeyan	GP, self, family or friend referral (02) 6298 0300
Integrated recovery service Provides mental health nursing and peer worker support to adults with serious or complex mental health needs	Illawarra and Southern NSW	 Grand Pacific Health gph.org.au/our-health-services/mental-health/integrated-recovery-services	GP, self, family or friend referral 1800 228 987
Psychosocial support initiative Provides psychosocial supports to adults with severe and complex mental health needs who are not assisted by the NDIS	Whole of South Eastern NSW PHN region	 Where mental wellbeing thrives Flourish Australia flourishaustralia.org.au	GP, self, family or friend referral 1300 779 270
Psychiatry support line for GPs Specialist psychiatry advice exclusively for GPs	Whole of South Eastern NSW PHN region	 ProCare Mental Health Services gpsupport.org.au	GPs register (once only) with their AHPRA Registration Number and practice details 1800 161 718
Psychological therapies Provides individually tailored, flexible psychological therapies primarily through face-to-face consultations	Whole of South Eastern NSW PHN region	 Grand Pacific Health gph.org.au	GP, self, family or friend referral via secure fax on (02) 4226 6489 1800 228 987

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Social and emotional wellbeing services for Aboriginal and Torres Strait Islander people Provides culturally safe mental health services and community capacity building for Aboriginal and Torres Strait Islander people	Illawarra Outreach also available	 Illawarra Aboriginal Medical Service (IAMS) illawarraams.com.au	GP, self, family or friend referral Wollongong – (02) 4229 9495 Dapto – (02) 4262 8777
	Shoalhaven Outreach also available	 Waminda South Coast Women's Health and Welfare Aboriginal Corporation waminda.org.au	GP, self, family or friend referral (02) 4421 7400
	Narooma, Bega, Batemans Bay Outreach also available	 Katungul Aboriginal Corporation Regional Health & Community Services katungul.com.au	GP, self, family or friend referral Narooma – (02) 4476 2155 Bega – (02) 6492 0532 Batemans Bay – (02) 4488 4050
Strong Foundations Early help seeking program in primary schools for Aboriginal and Torres Strait Islander children in years 3-6	Shoalhaven	 South Coast Medical Service Aboriginal Corporation southcoastams.org.au	School-based 1800 215 099
Telehealth mental health services Provides support for rural children aged 0-15 years and their families	Southern NSW and the Shoalhaven	 Royal Far West <small>Children's health, country-wide</small> Royal Far West royalfarwest.org.au/programs/telecare-for-kids	Referral from GP, school, or self 02 8966 8500 Connect for Kids in Southern NSW flyer