













## COORDINARE funded mental health and suicide prevention programs

PROGRAM	LOCATION	PROVIDER	ENQUIRIES AND/OR REFERRALS
<b>Aboriginal and Torres Strait Islander services</b> Provides culturally safe mental health services and community capacity building for Aboriginal and Torres Strait Islander people	Illawarra  Outreach also available	  <b>Illawarra Aboriginal Medical Service (IAMS)</b> <a href="http://illawarraams.com.au">illawarraams.com.au</a>	GP, self, family or friend referral Wollongong – (02) 4229 9495 Dapto – (02) 4262 8777
	Shoalhaven  Outreach also available	  <b>Waminda South Coast Women's Health and Welfare Aboriginal Corporation</b> <a href="http://waminda.org.au">waminda.org.au</a>	GP, self, family or friend referral (02) 4421 7400
	Narooma, Bega, Batemans Bay  Outreach also available	  <b>Katungul Aboriginal Corporation Regional Health &amp; Community Services</b> <a href="http://katungul.com.au">katungul.com.au</a>	GP, self, family or friend referral Narooma – (02) 4476 2155 Bega – (02) 6492 0532 Batemans Bay – (02) 4488 4050
<b>After hours support service</b> For Aboriginal and Torres Strait Islander people	Shoalhaven	  <b>Waminda South Coast Women's Health and Welfare Aboriginal Corporation</b> <a href="http://waminda.org.au">waminda.org.au</a>	GP, self, family or friend referral (02) 4421 7400
	Shoalhaven	  <b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a>	GP, self, family or friend referral 1800 215 099
<b>Active8 program</b> A person-centred physical health program to identify and work on physical health goals (including smoking) for people aged over 16 with an experience of mental illness	Illawarra Shoalhaven, Batemans Bay, Bega, Cooma, Queanbeyan and Goulburn	  <b>Neami National</b> <a href="http://neaminational.org.au/find-services/neami-wollongong/active8">neaminational.org.au/find-services/neami-wollongong/active8</a>	Referrals accepted from any source providing the person meets the eligibility criteria Wollongong – (02) 4226 3277 <a href="#">Active8 program booklet</a>

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<p><b>Bushfire recovery psychological support service</b></p> <p>Free and confidential mental health counselling</p>	Residents of Tathra and Districts affected by the bushfires	Registered mental health professionals in the Bega Valley region	<p><a href="#">List of registered providers</a></p> <p><a href="#">Tathra bushfire support flyer</a></p> 
<p><b>Clevertar</b></p> <p>A free, low-intensity digital mental health coach for anyone who would like to make changes and improve how they feel</p>	Whole of South Eastern NSW PHN region	 <p>Clevertar Services Pty Ltd</p>	<p>Self-referral for mobile or tablet app via</p> <p><a href="http://coordinare.org.au/digitalmental-healthcoach">coordinare.org.au/digitalmental-healthcoach</a></p> 
<p><b>Complex mental health service</b></p> <p>Provides mental health nursing support for adults with complex mental health needs</p>	Shoalhaven region	 <p><b>Complex Mental Health Service Shoalhaven</b></p> <p><a href="http://sfmc.net.au/imp">sfmc.net.au/imp</a></p>	GP referral 0498 861 473
<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></p> <p><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></p> <p><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
<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 region	 <p><b>Grand Pacific Health</b></p> <p><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
<p><b>Next Steps program</b></p> <p>Provides support to people following a suicidal crisis with clinical and non-clinical supports</p>	Southern NSW, Queanbeyan, Goulburn, Moruya and Bega	 <p><b>Grand Pacific Health</b></p> <p><a href="http://gph.org.au">gph.org.au</a></p>	Referral via Local Health District or Mental Health Service when determined that Next Steps is the most appropriate support option <i>Note: Ministry of Health fund a similar program in the Illawarra and Shoalhaven regions</i>

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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>Free 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>	Register (once only) with your 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>Strong Foundations</b></p> <p>Early help seeking program in primary schools for Aboriginal and Torres Strait Islander people aged 8-12 years old</p>	Nowra	 <p><b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a></p>	GP, self, family or friend referral 1800 215 099
<p><b>Telehealth mental health services</b></p> <p>Provides support for rural children aged 0-15 years and their families</p>	Southern NSW and the Shoalhaven	 <p><b>Royal Far West</b> Children's health, country-wide <b>Royal Far West</b> <a href="http://royalfarwest.org.au/programs/telecare-for-kids">royalfarwest.org.au/programs/telecare-for-kids</a></p>	Referral from GP, school, or self 02 8966 8510 <a href="#">Connect for Kids in Southern NSW flyer</a>