













## COORDINARE funded mental health and suicide prevention programs

PROGRAM	LOCATION	PROVIDER	ENQUIRIES AND/OR REFERRALS
<p><b>After hours support service</b> For Aboriginal and Torres Strait Islander people</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>Active8 program</b> 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><b>Neami National</b> <a href="http://neaminational.org.au/find-services/neami-wollongong/active8">neaminational.org.au/find-services/neami-wollongong/active8</a></p>	Referrals accepted from any source providing the person meets the eligibility criteria Wollongong – (02) 4226 3277 <a href="#">Active8 program booklet</a>
<p><b>Back on Track</b> Free and confidential counselling service for people with worries, low mood or stresses and pressures</p>	Whole of South Eastern NSW PHN region	 <p><b>Grand Pacific Health</b> <a href="https://www.gph.org.au/our-health-services/mental-health/back-on-track">https://www.gph.org.au/our-health-services/mental-health/back-on-track</a></p>	GP, self, family or friend referral via secure fax on (02) 4226 6489 1800 228 987
<p><b>Complex mental health service</b> Provides mental health nursing support for adults with complex mental health needs</p>	Shoalhaven	 <p><b>Complex Mental Health Service Shoalhaven</b> <a href="http://sfmc.net.au">sfmc.net.au</a></p>	GP referral 0498 861 473

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<b>headspace</b> 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	 <b>headspace</b> National Youth Mental Health Foundation <b>Grand Pacific Health</b> <a href="https://headspace.org.au/headspace-centres/bega">headspace.org.au/headspace-centres/bega</a> <a href="https://headspace.org.au/headspace-centres/goulburn">headspace.org.au/headspace-centres/goulburn</a> <a href="https://headspace.org.au/headspace-centres/nowra">headspace.org.au/headspace-centres/nowra</a> <a href="https://headspace.org.au/headspace-centres/wollongong">headspace.org.au/headspace-centres/wollongong</a>	GP, self, family or friend referral Bega – 1800 959 844 Goulburn – (02) 4824 4944 Nowra – (02) 4446 7300 Wollongong – (02) 4220 7660
	Queanbeyan	<b>Marathon Health</b> <a href="https://headspace.org.au/headspace-centres/queanbeyan">headspace.org.au/headspace-centres/queanbeyan</a>	GP, self, family or friend referral (02) 6298 0300
<b>Integrated recovery service</b> Provides mental health nursing and peer worker support to adults with serious or complex mental health needs	Illawarra and Southern NSW	 <b>Grand Pacific Health</b> <a href="https://gph.org.au/our-health-services/mental-health/integrated-recovery-services">gph.org.au/our-health-services/mental-health/integrated-recovery-services</a>	GP, self, family or friend referral 1800 228 987
<b>Psychosocial support initiative</b> 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 <b>Flourish Australia</b> <a href="https://flourishaustralia.org.au">flourishaustralia.org.au</a>	GP, self, family or friend referral 1300 779 270
<b>Psychiatry support line for GPs</b> Specialist psychiatry advice exclusively for GPs	Whole of South Eastern NSW PHN region	 <b>ProCare Mental Health Services</b> <a href="https://gpsupport.org.au">gpsupport.org.au</a>	GPs register (once only) with their AHPRA Registration Number and practice details 1800 161 718
<b>Psychological therapies</b> Provides individually tailored, flexible psychological therapies primarily through face-to-face consultations	Whole of South Eastern NSW PHN region	 <b>Grand Pacific Health</b> <a href="https://gph.org.au">gph.org.au</a>	GP, self, family or friend referral via secure fax on (02) 4226 6489 1800 228 987

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<b>Social and emotional wellbeing services for Aboriginal and Torres Strait Islander people</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>Strong Foundations</b> Early help seeking program in primary schools for Aboriginal and Torres Strait Islander children in years 3-6	Shoalhaven	 <b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a>	School-based 1800 215 099
<b>Telehealth mental health services</b> Provides support for rural children aged 0-15 years and their families	Southern NSW and the Shoalhaven	 <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>	Referral from GP, school, or self 02 8966 8500 <a href="#">Connect for Kids in Southern NSW flyer</a>