



MENTAL HEALTH TOOL KIT

PHILIP DONATO MP

STATE MEMBER FOR ORANGE



As an advocate for mental health awareness and improved mental health services in regional areas, I believe that now more than ever we need to move past the stigma surrounding mental health in order to take care of ourselves and others.

Given the amount of change we have faced recently in our regional area – droughts, floods, storms and the Coronavirus – it is more important than ever that we as a community keep an eye on our friends and family, and seek support for ourselves or our loved ones when we need it.

That's why my office has collated some key mental health resources that can be used by people in our electorate. It is by no means an exhaustive list, rather an ever-evolving resource. My hope is that it will provide you and your family with a useful starting point for any mental health-related concerns.

Please note that if in doubt, the best place to start is by ringing the NSW Mental Health Line on 1800 011 511 as they provide an extensive referral service, or call your nearest hospital. Lifeline is available 24/7 on 13 11 14 for anyone experiencing a personal crisis. Of course, in the case of emergency when you or someone you know is at risk of harm, please always ring 000.

If your non-profit mental health organisation is not included on this list, please email me at orange@parliament.nsw.gov.au or phone my office on 6362 5199.

All the best to you and your family.

A handwritten signature in white ink that reads "Phil Donato". The signature is stylized with a large, looping "D" and a horizontal line underneath.

PHIL DONATO MP
MEMBER FOR ORANGE



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Lifeline

☎ 131 114 (24/7)

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention. Go to: lifeline.org.au

Mental Health Crisis Number

☎ 1800 011 511 (24/7)

Offers professional help and advice as well as referrals to local mental health services. It is staffed by mental health professionals who will ask questions to determine if you, or the person you are concerned about, need ongoing mental health care, and how urgently it is needed. The staff can put you in contact with the most relevant mental health service for children, teens, adults and older people.

Suicide Call Back Service

☎ 1300 659 467 (24/7)

This is a free, nationwide professional telephone and online counselling service for anyone affected by suicide. Go to: suicidecallbackservice.org.au

If someone is at immediate risk of attempting to harm themselves or someone else, ring 000.

NATIONAL AND STATEWIDE SERVICES

Alcohol and Drug Information Service (24/7)

☎ 1800 250 015

Education, information referral, crisis counselling and support about illegal and legal drugs. Go to: yourroom.health.nsw.gov.au

Australian Centre for Grief and Bereavement Support (ACGB)

☎ 1800 22 22 00

ACGB offers a range of grief and trauma support for aged care residents, home care recipients, their families, friends, community workers and residential aged care staff and external organisations associated with aged care. Go to: aged.grief.org.au

Beyond Blue

☎ 1300 224 636 (24/7)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Available 24/7. You can also chat online at online.beyondblue.org.au

Blue Knot Helpline

☎ 1300 657 380

If you have experienced childhood trauma, you can speak with a Blue Knot Helpline trauma counsellor. Phone Monday – Sunday between 9am - 5pm, or via email helpline@blueknot.org.au. Go to: blueknot.org.au

Carer Gateway Counselling Service

☎ 1800 422 737

The Carer Gateway Counselling Service is a free service for carers. Each weekday, from 8am to 6pm, professional counsellors are waiting to talk through the concerns you have and how you feel about your carer role. Go to: counselling.carergateway.gov.au

Centre for Rural & Remote Mental Health (CRRMH)

☎ 6363 8444

The Centre is committed to improving the mental health, wellbeing and resilience of rural and remote residents. It conducts research and delivery of evidence based programs and services that improve mental health and wellbeing. Areas of focus include promotion of good mental health and prevention of mental illness, improving the mental health system to meet the needs of rural and remote areas, and understanding and response to rural suicide. Go to: crrmh.com.au

Kids Helpline

☎ 1800 55 1800 (24/7)

Kids Helpline provides free, confidential 24/7 online and phone counselling services for young people aged 5 to 25. Go to: kidshelpline.com.au

eheadspace

☎ 1800 650 890

eheadspace provides free online and telephone support and counselling to young people 12 to 25, and their families and friends. Go to: headspace.org.au to chat online.

Mensline Australia

☎ 1300 78 99 78 (24/7)

A telephone counselling service for men with relationship or family concerns. You can also chat online at mensline.org.au

Mental Health Carers NSW

☎ 1300 554 660

Mental Health Carers NSW (MHCN) provides support and education for carers in various ways, including their Carer Connections telephone service which is a local mental health service referral hotline (leave a voicemail with name, number and a short message for a call back). Go to: mentalhealthcarersnsw.org

Mindspot

☎ 1800 61 44 34

Mindspot is a free telephone and online service for Australians with anxiety and depression problems. It provides mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well. Go to: mindspot.org.au

National Dementia Helpline

☎ 1800 100 500

Dementia Australia offers a free, confidential, professional counselling service for individuals, couples and professional carers at all stages of a dementia journey. Go to: dementia.org.au/helpline

NSW Domestic Violence Line (24/7)

☎ 1800 65 64 63

Counselling, advice, emergency accommodation, legal support services, medical services. Go to: facs.nsw.gov.au/domestic-violence/helpline

NSW Health Perinatal Infant Mental Health Services (PIMHS)

☎ 1800 011 511

NSW Perinatal and Infant Mental Health Services (PIMHS) is a free, statewide mental health service that helps women and parents who: have a severe, acute or complex mental illness, or are at risk of recurrence; are pregnant or have a child under the age of two. Depending on where you live and your situation, this service is offered at clinics, hospitals, community health centres, at your home or via telehealth.

NSW Refugee Health Service

 **9794 0770**

This service provides early health assessments by refugee health nurses for newly arrived refugees; educates health service providers on refugee health and related issues; acts as a link between agencies working with refugees and health services; provides targeted health promotion programs for refugees; provides medical assessments and referrals through GP clinics, particularly for recent arrivals; facilitates and conducts research in refugee health; and advocates for health policies and appropriate services for refugees.

Open Arms

 **1800 011 046**

Mental health and wellbeing support for current and ex-serving Australian Defence Force personnel and their families. Go to: openarms.gov.au

PANDA

 **1300 726 306**

PANDA supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. They also provide support relating to postnatal psychosis. Phone 9am to 7:30pm, Monday to Friday. Go to: panda.org.au

Parent Line NSW

 **1300 1300 52**

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. Go to: parentline.org.au

QLife

 **1800 184 527**

National counselling and referral service for the LGBTIQI community. Alternatively go to qlife.org.au for webchat.

Rape and Domestic Violence Services Australia

Rape & Domestic Violence Services Australia offer expert, confidential telephone, online and face to face counselling to people of all genders who have experienced sexual, domestic or family violence, and specialist help for their supporters and those experiencing vicarious trauma. Go to: rape-dvservices.org.au

NSW Rape Crisis:

1800 424 017

Sexual Assault Counselling Australia: 1800 211 028

Domestic Violence Impact Line:

1800 943 539

LGBTIQ+ Violence Service:

1800 497 212

Rural Adversity Mental Health Program (RAMHP)

 **6363 8444**

RAMHP help people experiencing mental health concerns by providing advice on appropriate services and resources in your local area. They educate workplaces and community members on how to recognise someone experiencing a mental health concern and how to provide support. RAMHP work with communities and individuals to inform and raise awareness about staying mentally healthy and how to find help when you need it. Go to: ramhp.com.au

Rural Aid

 **1300 327 624**

This charity provides a wide range of services included counselling to registered farmers. Go to: ruralaid.org.au

SANE Helpline

 **1800 187 263**

A free counselling service to support people affected by complex mental health issues. They also talk to friends, family members and health professionals about their concerns. Go to: sane.org

NATIONAL AND STATEWIDE SERVICES

The National Indigenous Postvention Service (NIPS)

☎ 1800 805 801 (24/7)

NIPS supports individuals, families and communities affected by suicide or other significant trauma.

Transcultural Mental Health Centre

☎ 1800 011 511

The Transcultural Mental Health Centre (TMHC) works with health professionals and communities across New South Wales to support positive mental health for people from culturally and linguistically diverse communities.

WayAhead Mental Health Association NSW

☎ 1300 794 991

The WayAhead mental health information line can connect you with services, provide support and share information. Available from 9am to 5pm, Monday to Friday. Outside those hours, the WayAheadDirectory is available online at directory.wayahead.org.au

Wellways Helpline

☎ 1300 111 500

Wellways Helpline is for people experiencing issues with their mental health and wellbeing. It provides support to individuals, families, friends and carers as well as professionals and the community. All our Helpline volunteers are 'peers', people who have a lived experience of mental health issues. Go to: wellways.org

1800RESPECT

☎ 1800 737 732 (24/7)

Trained counsellors provide help and support to people impacted by sexual, domestic or family violence. Go to: 1800respect.org.au

CENTRAL WEST SERVICES

Catholic Care Wilcannia-Forbes, Family and Carers Mental Health

☎ 6863 5426

This service improves the health and wellbeing of people who are caring for others suffering from mental illness. It provides activities to raise awareness to improve a carer's knowledge, as well as an understanding of their own self-care and general health. This program is offered in areas including Parkes, Forbes, and Orange. Go to: ccwf.org.au

Catholic Care Wilcannia-Forbes, Family Mental Health Support Service

☎ 6863 5426

This service helps young people aged between 0-18 who are at risk of or showing early signs of mental illness. Individual services include support to young people and their families and mental health well-being programs. The program also participates widely in community events to raise awareness of early intervention and to help the community have a better understanding of, and response to, mental health issues affecting young people. This program is offered in areas including Parkes, Forbes, Trundle, Orange and Molong. Go to: ccwf.org.au

Lifeline Central West

☎ 1300 798 258

☎ 13 11 14 Crisis Line

A counselling and support service that addresses rural suicide, mental health issues, domestic and family violence and other issues within the community. Services include telephone crisis support 24/7, face to face counselling for people experiencing financial difficulty, and corporate training for accredited and non-accredited courses. Go to: lifelinecentralwest.org.au.

Online chat: lifeline.org.au/crisis-chat

Strong Minds Western NSW

☎ 6826 5271

Strong Minds provides access to free and effective psychological services for people aged 12+ living in regional, rural and remote NSW. This service can be accessed through a referral from your GP.

Cabonne Council Region

Cumnock/Yeoval Community Health Centre

☎ 6846 4323

Provides a wide range of health services throughout the Yeoval and Cumnock areas, including mental health referrals.

Forbes Shire Council Region

Benevolent Society – Rural Youth Mental Health

☎ 1800 236 762

Rural Youth Mental Health Service (RYMH) offers early intervention services for young people (12-25) with, or at risk of, mental illness. Go to: benevolent.org.au

Flourish Australia

☎ 1300 779 270

The service provides accommodation, support and rehabilitation to people with complex needs and mental health issues. Support levels are based on the needs of the person. Go to: flourishaustralia.org.au

Forbes Community Health Centre

☎ 6850 7300

Provides referrals to mental health services for residents in Forbes, with outreach to areas including Eugowra, Trundle, Tullamore and Peak Hill.

Orange City Council Region

Benevolent Society

☎ 1800 236 762

Offering counselling services to clients and referrals to specialist services for individuals, families and children. Go to: benevolent.org.au

Centacare

☎ 6331 8944

Centacare offers professional counselling and psychological services provided by psychologists, social workers, accredited mental health practitioners and counsellors. Go to: centacarebathurst.com.au

Child & Adolescent Mental Health Services (CAMHS)- Orange Base Hospital

☎ 6369 7320

A specialised mental health service for young people aged 10-18 years, with a range of services from assessment to treatment options. Inpatient services are also available.

Community Mental Health Team Curran Centre Orange

 **6369 2030**

The acute team for treatment and referral of people suffering from depression and/or major mental illness. There is a mental health crisis intervention for all age groups in life crisis situations.

Flourish Australia Orange

 **1300 779 270**

The service provides accommodation, support and rehabilitation to people with complex needs and mental health issues. Support levels are based on the needs of the person. Go to: flourishaustralia.org.au

GROW Group Orange

 **1800 558 268 (Option 2)**

A community organisation that runs support groups for people with mental illness, focusing on recovery, support and personal development. Groups are run by people with lived experience who share their skills in managing mental health needs. Meetings include discussion, sharing experiences and information and resources. Go to: grow.org.au

Headspace

 **6369 9300**

Headspace offers early intervention services for 12 to 25 year olds who are having a tough time, or would just like to improve their health and well-being. Go to: headspace.org.au

Interrelate Orange

 **6363 3650**

Services available include counselling, mediation, disability family service, Indigenous service and children's contact service. Several programs available for parenting, grandparents, communication, divorce and separation. Go to: interrelate.org.au

LikeMind

 **6311 1700**

LikeMind is a primary mental health program, funded by the NSW Ministry of Health. LikeMind provides free and confidential integrated services for adults between the age of 18 and 65 years experiencing mental health concerns, as well as their families and carers. Go to: likemind.org.au

Mission Australia: Enhanced Adult Community Living Support - Western NSW

 **6360 4018**

Enhanced Adult Community Living Support (EACLS) provides psychosocial supports, in partnership with clinical supports delivered by the Local Health District, to people aged 16+ with severe mental health illness. Referrals come from either NSW Health, Justice Health or Corrections NSW. Daily living skills training includes self-care, personal hygiene, cleaning, shopping, cooking and transport. Clients are also supported to comply with medication and access clinical assistance such as medical appointments, facilitate access to education, vocational training and employment as well as participation in social, leisure and recreational activities. Support can also include transition from hospital or the correctional system to community living. Go to: missionaustralia.com.au

Mission Australia: National Psychosocial Support Transition (NPST) – Orange

 **6360 4018**

Mission Australia's psychosocial support services in Orange support people with mental illness as they transition to the NDIS, as well as to those who are not eligible for NDIS or for whom NDIS is not the most appropriate support. Working within a recovery framework, the service supports people to achieve their recovery goals by providing non-clinical services so that people are able to maintain their housing, manage their finances and daily living activities, engage in work or training, and maintain their physical and social wellbeing. Go to: missionaustralia.com.au

Mission Australia: Youth On Track - Central West NSW

☎ 6360 4018

Youth on Track is an early intervention program for 10-17 year olds who are at-risk of long-term involvement in the justice system. Youth on Track supports young people (and their families) through case management and evidence-informed interventions to reduce their criminogenic risks and address their needs. Go to: missionaustralia.com.au

Specialist Infant Child Youth and Family Services

☎ 6369 7320

The core business of the Child and Adolescent Team is to provide a comprehensive mental health service to children and young people up to the age of 17/18 years with moderate to severe mental health problems and their families/carers.

Orange Aboriginal Medical Service

☎ 6393 9000

Orange Aboriginal Service provides a wide range of health services, including mental health. You do not have to be of Aboriginal descent to access services. Go to: oams.net.au

Orange - Infant Child Youth and Family Mental Health Services

☎ 6369 7320

Provides specialist assessment, intervention and treatment for children and young people up to 18 years with severe mental health problems

Satellite Housing Integrated Programme Support (SHIPS)

☎ 6362 9182

This is a recovery-focused rehabilitation program which includes in-house living skills assessment, formulation of care plan, regular psychiatric clinics and referrals to non-government organisations.

Parkes Shire Council Region

Benevolent Society

☎ 1800 236 762

Offering counselling services to clients and referrals to specialist services for individuals, families and children. Go to: benevolent.org.au

Benevolent Society – Rural Youth Mental Health

☎ 1800 236 762

Rural Youth Mental Health Service (RYMH) offers early intervention services for young people (12-25) with, or at risk of, mental illness. Go to: benevolent.org.au

Flourish Australia Parkes

☎ 1300 779 270

The service provides accommodation, support and rehabilitation to people with complex needs and mental health issues. Support levels are based on the need of the person. Go to: flourishaustralia.org.au

Parkes Community Mental Health, Drug and Alcohol Team

☎ 6861 2570

This service provides mental health services to Parkes and Forbes, with outreach services to areas including Peak Hill and Alectown.

Bite Back

 www.biteback.org.au

BITE BACK is Black Dog Institute's free, self-guided online wellbeing and resilience program for young people aged 13 - 16 years old. Evidence shows that using Bite Back can decrease symptoms of depression and anxiety and increase wellbeing.

Black Dog Institute

 www.blackdoginstitute.org.au

The Black Dog Institute provides information about mental health concerns, including downloadable fact sheets.

Children of Parents with a Mental Illness (COPMI)

 www.copmi.net.au

Promoting better outcomes for children and families where a parent experiences mental illness.

eCentreClinic

 ecentreclinic.org

This website is an internet based research clinic developed by the Centre for Emotional Health at Macquarie University that develops and tests state-of-the-art free online treatment courses for people with symptoms of worry, anxiety (including OCD and PTSD), stress, depression, low mood and other health conditions, including chronic pain.

E-couch

 ecouch.com.au

This website provides information about emotional problems (including depression and anxiety disorders), what causes them, how to prevent them and how to treat them. It also provides computerised therapy designed to equip the user with strategies to improve anxiety and depression, along with a workbook to track progress and record experiences.

Gidget Foundation Australia

 gidgetfoundation.org.au

Gidget Foundation Australia is made up of a dedicated group of health professionals, parents, friends, family members, and supporters – all of whom share a passion for raising awareness of perinatal depression and anxiety.

GROW

 grow.org.au/egrow/

GROW is a community-based organisation that has helped thousands of Australians with their recovery from mental ill-health through a unique program of mutual support and personal development. The Grow Program is based on a 12-step program of personal growth of mutual help and support. The program is all-inclusive and draws on many principles for mental, social and spiritual health.

Head to Health

 headtohealth.gov.au

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. It brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

iBobbly

 blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over. Available to download on iTunes or Google Play.

Mental Health Online

 mentalhealthonline.org.au

Mental Health Online provides comprehensive and effective online services and programs free of charge. If you're experiencing mental distress, their services can help you understand and address your needs through self-assessment, self-help and, if you choose, online professional support.

Mood Gym

 moodgym.com.au

Moodgym is an interactive self-help book which helps you learn and practice skills which can help to prevent and manage symptoms of depression and anxiety

Mum Mood Booster

 mummoodbooster.com

Evidence based online treatment designed to help women to recover from postnatal depression.

myCompass

 mycompass.org.au

This is an internet and mobile phone self-help program provided by the Black Dog Institute. It is designed for people with mild-to-moderate anxiety and depression. It allows the user to self-monitor feelings and behaviours that may be troubling them and provides self-help modules to learn the skills to manage these better.

Neami National

 neaminational.org.au

A community-based organisation providing services to improve mental health and wellbeing in local communities.

ParentWorks

 parentworks.org.au

Free online evidence-based program for parents and caregivers.

ReachOut

 reachout.com

Information, forums and online tools for young people aged 14 to 25 years. They also provide information for parents to make it easier to help their teenagers.

Reimagine

 reimagine.today

Supporting people living with mental health conditions with the NDIS.

Smiling Mind

 smilingmind.com.au

A pre-emptive mental health space with youth-based mindfulness programs.

The Brave Program

 brave4you.psy.uq.edu.au

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

THIS WAY UP

 thiswayup.org.au

THIS WAY UP is run by the Clinical Research Unit for Anxiety and Depression in Sydney. It offers free information on anxiety disorders and depression, online therapy and brief courses designed to help a person learn to manage these disorders. These courses can be taken either as self-help or used under the guidance of a GP or mental health professional.

Boys to the Bush

 02 6025 2510

Providing an environment free from the distractions for disengaged boys, allowing boys the opportunity to be surrounded by positive influences and giving them opportunities to succeed. Encouraging mateship, resilience and a sense of belonging. Go to: boystothebush.org.au

Central West Mums

A positive and supportive group all about connection, inspiration, conversation and collaboration. Find their group on Facebook by searching Central West Mums NSW. Go to: centralwestmums.com.au

Cabonne Shire Council Region

Mens Shed

 1300 550 009

A place for men to go and socialise while meeting new people and working on new skills or improving old ones. The focus is on the overall wellbeing of men, physically, emotionally, and mentally by involvement in the community and working on activities, hobbies and projects. For phone numbers for Mens Sheds throughout Cabonne, go to: mensshed.org

CWA

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. They reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities. For phone numbers for CWA groups throughout Cabonne, go to: cwaofnsw.org.au

Forbes Shire Council Region

CWA Forbes

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. They reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities. For phone numbers for CWA groups in Forbes, go to: cwaofnsw.org.au

Mens Shed

 1300 550 009

A place for men to go and socialise while meeting new people and working on new skills or improving old ones. The focus is on the overall wellbeing of men, physically, emotionally, and mentally by involvement in the community and working on activities, hobbies and projects. For phone numbers for Mens Sheds in Forbes, go to: mensshed.org

Orange City Council Region

CWA Orange

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. They reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities. For phone numbers for CWA groups in Orange, go to: cwaofnsw.org.au

Mr Perfect

Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection. They also provide online support, information and resources for the good of men's health. Go to: mrperfect.org.au

Orange Growth Room (Supported by Lifeline Central West)

 **1300 798 258**

Growth Rooms are community supported free, peer to peer sessions which provide an opportunity for men to come together, connect and support each other in their community. A Growth Room consists of around 10 men who meet once a month for two hours to share their experiences and learn practical tools to improve health and wellness i.e. diet, sleep, exercise, mindfulness and basic Cognitive Behavioural Therapies (CBT), all designed by mental health professionals. Growth Rooms are designed to be safe spaces for men, allowing them to be open and honest, with an on-call psychologist available if required. Email: growthrooms@lifelinecentralwest.org.au

Orange Mens Shed

A place for men to go and socialise while meeting new people and working on new skills or improving old ones. The focus is on the overall wellbeing of men, physically, emotionally, and mentally by involvement in the community and working on activities, hobbies and projects. For phone numbers for Mens Sheds in Orange, go to: mensshed.org

Orange Region Suicide Prevention Network

The Orange and Region Suicide Prevention Network was established with the support of Wesley Lifeforce to bring together community members and service providers, with a common goal of reducing the impact of suicide in the local community. For more information visit their Facebook page; facebook.com/ORSPN

Orange Womens Shed

 **6365 6500**

Offering a safe environment for all women who have little to no support and want to learn new skills to enhance their independence. Find them on Facebook: facebook.com/orangewomensshed

Tradies in Sight

 **0423 432 341**

Tradies in Sight is a mental health and wellbeing organisation dedicated to supporting tradies in Regional NSW. Go to: tradiesinsight.support

Parkes Shire Council Region

CWA

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. They reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities. For phone numbers for CWA groups in Parkes, go to: cwaofnsw.org.au

Mens Shed

A place for men to go and socialise while meeting new people and working on new skills or improving old ones. The focus is on the overall wellbeing of men, physically, emotionally, and mentally by involvement in the community and working on activities, hobbies and projects. For phone numbers for Mens Sheds in Parkes, go to: mensshed.org

Neighbourhood Central – Boys Group

 **6862 1872**

Peak Hill Boys Group is a Neighbourhood Central initiative designed to provide a safe space for Peak Hill boys aged 8 to 16 years to experience constructive fun along with educational and cultural experiences. Participants are exposed to positive role models and experiences in a relaxed and engaging environment. Go to: ncentral.org.au

Bloomfield Hospital Orange

☎ 6369 8000

Bloomfield Hospital is a public mental health hospital that provides inpatient mental health services. It includes mental health intensive care, acute, sub-acute, forensic, rehabilitation and psychogeriatric units. Services at Bloomfield Hospital also include: 24/7 telephone consultation; Youth Day Care Program; Involuntary Drug & Alcohol unit; Child & Adolescent Mental Health Services.

Canowindra Soldiers Memorial Hospital

☎ 6364 4300

Eugowra Memorial Multipurpose Service

☎ 6850 4000

Lachlan Health Service - Forbes

☎ 6850 7100

Lachlan Health Service - Parkes

☎ 6861 2400

Molong Health Service

☎ 6369 4100

Orange Health Service

☎ 6369 3000

Peak Hill Multipurpose Service

☎ 6869 5200

Trundle Multipurpose Service

☎ 6892 1900

Tullamore Multipurpose Service

☎ 6892 6400

YOUR DOCTOR

Your doctor can also refer you to services by psychologists, social workers and occupational therapists. Medicare rebates are available for up to 10 individual and 10 group therapy sessions for people who have been diagnosed with a mental disorder and have a mental health care plan.

A 'GP Mental Health Care Plan' is a written document established by you and your doctor depending on your diagnosis and personal requirements. It will enable you to claim money from Medicare for professional services from

psychologists and mental health workers. The form will take time to complete so it is best to book a double appointment with your doctor.

Ask your doctor about online programs and resources that help you to take care of yourself.



PHILIP DONATO MP

STATE MEMBER FOR ORANGE



“Together we can improve mental health outcomes in the country”



Get in touch:

Orange Electorate Office

123 Byng Street Orange NSW 2800

P: 6362 5199 E: orange@parliament.nsw.gov.au