



Your Guide to Accessing Mental Health Drug and Alcohol Services

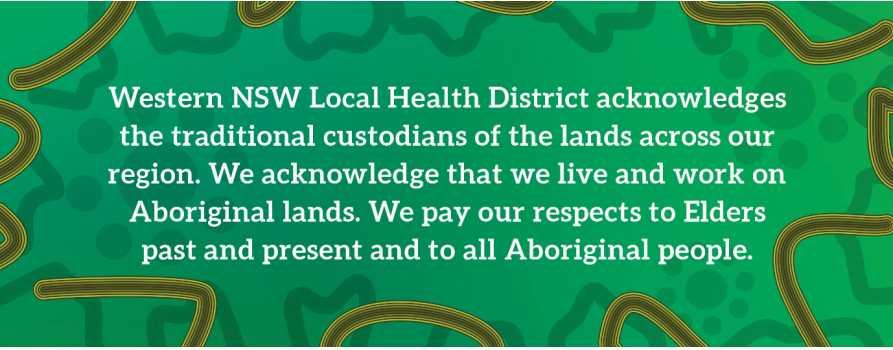
This document was developed in
partnership with consumers and carers.



Health
Western NSW
Local Health District

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of this guide
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code with
your device.*





Western NSW Local Health District acknowledges the traditional custodians of the lands across our region. We acknowledge that we live and work on Aboriginal lands. We pay our respects to Elders past and present and to all Aboriginal people.

Welcome

Western NSW Local Health District works to improve the health and wellbeing of rural people. We respect the diverse and developing health needs of our communities. This booklet is to help you find services if you or someone you know needs assistance or support

We hope this information is useful to you in finding the treatment and care you need. We will work with you, your family and support people towards the best outcome for you.

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How to Access or Refer to Mental Health Drug and Alcohol Treatment and Care

Western NSW Mental Health Drug and Alcohol Service delivers specialist mental health and drug and alcohol treatment and care in both community and hospital based settings across Western NSW.

The GP is a good place to start when you are looking for Mental Health Care. The GP can help you work out what level of support is needed and the best place to get the support you need.

If the situation is important but not urgent:

Call Community Mental Health

Teams are located in or outreach to most towns, you can access this support by appointment. Please see page 5 for details.

Call Community Drug and Alcohol

Teams are located in major towns and some smaller towns in Western NSW. Please call the Drug and Alcohol Helpline on 1300 887 000 for an appointment.



If the situation is urgent:

Call the NSW Mental Health

Line 1800 011 511 is a 24-hour seven days a week call line that can support you with mental health needs or questions

Go to your local Hospital

You will either be seen by a Mental Health Clinician in person, or over a video link and have the option of having a support person with you.

After you have talked with the Mental Health Clinician, a plan will be put in place which may include these options:

- *Follow up with your GP for a mental health care plan.*
- *Follow up with the local Mental Health Clinician.*
- *An admission for hospital based care. This will be discussed with you and your family or carer.*
- *Referral to other local Mental Health Drug and Alcohol supports.*

How can your GP support you?

Many GPs are used to talking about depression, anxiety, mental health issues and drug or alcohol use.

Your GP may conduct an initial general check-up to identify whether there are any physical causes to your symptoms.

Your GP may complete a Mental Health Care Plan or refer you a Mental Health or Drug and Alcohol professional, such as a psychiatrist, psychologist or a community mental health or drug and alcohol clinician. You will need to book a longer appointment with your GP to have time to complete the Mental Health Care Plan.

If you do have a mental illness or drug or alcohol issue, your GP may:

- Recommend some psychological intervention, such as cognitive behavior therapy or interpersonal therapy
- Prescribe medication

Private psychology or other counselling services

There may be options for private counselling sessions in your local area or through telehealth. These sessions are an opportunity to develop skills or strategies to support your mental health and/ or drug or alcohol recovery.

The WNSW Primary Health Network (PHN) has a list of some of the Mental Health services available.

<https://www.wnswphn.org.au/services/mental-health>

Mental Health Drug and Alcohol Service Phone Numbers

Community Mental Health Drug and Alcohol Services

Bathurst.....	6330 5850
Bourke.....	6870 2600
Coonabarabran.....	6849 1600
Cowra.....	5338 5700
Dubbo.....	6881 4000
Forbes.....	6850 7300
Lightning Ridge.....	6820 5700
Mudgee.....	6371 9700
Orange Child & Adolescent Mental Health.....	6369 7320
Orange Curran Centre.....	6369 2030
Orange Drug & Alcohol Service, Kite Street.....	6393 4800
Orange Likemind.....	6311 1700
Parkes.....	6861 2570
Wellington.....	6845 5500

If at any time you are unable to reach your local Community Mental Health Team and you require urgent assistance, please call the NSW Mental Health Line on 1800 011511

My notes and key contacts

NSW Health Helplines

NSW Mental Health Line | 1800 011 511

The Mental Health Line operates 24 hours a day, 7 days a week. If you or someone you know needs help, the Mental Health Line offers:

- Professional help, information and advice
- 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, needs ongoing mental health care and how urgently it is needed. They can put you in contact with the most relevant mental health service for children, teens, adults and older people.

Drug & Alcohol Helpline | 1300 887 000

8.30am - 4.30pm Monday - Friday

The Drug & Alcohol Helpline is a phone line for referral to drug and alcohol services. The helpline clinician will undertake a brief assessment over the telephone to determine how to best help you or the person you are supporting.

"I had no idea that there were people out there wanting to help me. I had no idea others were battling this mental illness too, it was a huge eye opener. For the first time in a long time I started to feel ok again."

Abby

Carer Supports

A carer is a person who provides care and support to a family member or friend with a mental illness, drug or alcohol dependency. Getting the right support for yourself can be worthwhile to help you and your family adjust to change, manage your own stress and support your own wellbeing.

Family and Carer Mental Health Program 02 6334 2033

The Family and Carer Mental Health Program provides support options to people caring for someone with a mental illness including education, advocacy and social supports.

Family Drug Support | 1300 368 186

Provides 24 hours 7 days a week support, resources and information for families and friends of drug or alcohol users including: drug fact sheets and videos and links to support groups

www.fds.org.au

The Carer Gateway | 1800 422 737

The carer gateway supports carers who provide personal care, support and assistance to a family member or friend who has a disability, medical condition or mental illness or who is frail aged. These supports includes counselling and connecting with other carers through online forums.

www.carergateway.gov.au

Information Guide for Families & Carers

For more information on how to access Carer Supports please scan the QR code to download a copy of the guide.



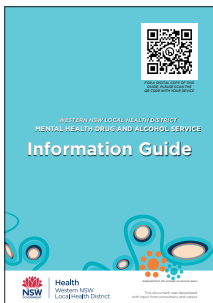
Acknowledgments

WNSWLHD Mental Health Drug and Alcohol Services are committed to partnering with consumers and carers to provide information about service delivery and resources.

Thank you to everyone who helped inform the contents of this guide, especially the people who shared their experiences and knowledge.

Disclaimer

Thankyou for taking the time to read this guide, we hope you find it a useful resource. This guide does not intend to be exhaustive nor is it an endorsement of services included, but rather a list of available options. The information included is not a replacement for seeking professional care and advice.

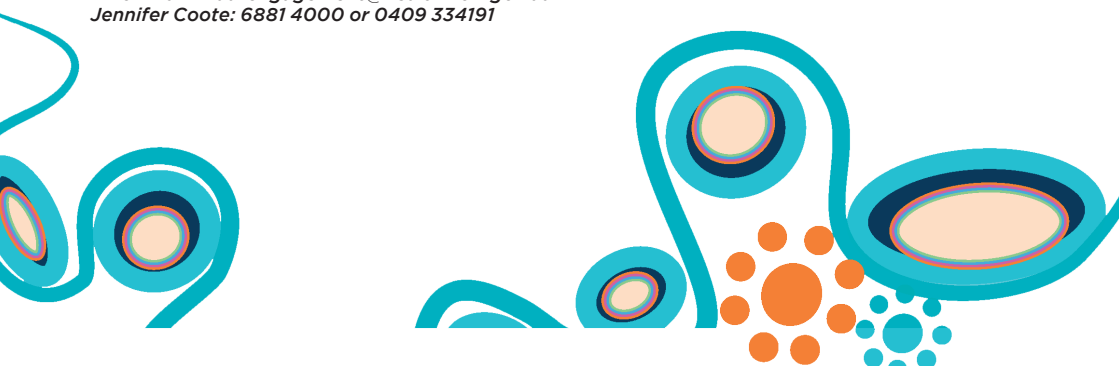


For more information on Mental Health Drug and Alcohol Service scan the QR code with your device



For further information about the availability of services and resources for consumers and carers or to provide feedback please contact:

www.wnswlhd.health.nsw.gov.au
Wnswlhd-mhda-engagement@health.nsw.gov.au
Jennifer Coote: 6881 4000 or 0409 334191



Adapted from the artwork of Jasmine Sarin