

Western Alliance for Mental Health MCKINLAY SHIRE

Factsheet

Royal Flying Doctor Service

RFDS Drought Wellbeing Service

Our Drought Wellbeing Service provides free of charge counselling and support to people living and working in remote rural areas impacted by drought and flood. Services are available both in person and over the phone or online.

Our Mental Health Clinicians are specifically trained to assist people with a range of mental health effects arising from dealing with difficult times. They offer a confidential environment to express concerns and problem solve. Strategies are designed to help prevent and resolve a wide range of conditions such as depression, anxiety, sleep problems and post-traumatic stress reactions.

To access this service contact:

Sharyn Bunn, Senior Mental Health Clinician
Phone: **0436 381 261**
Email: sbunn@rfdsqld.com.au

OR Email: infodws@rfdsqld.com.au

RFDS Training and Support

- Experienced RFDS Mental Health Clinicians can provide a range of mental health education and training sessions, including Blended Mental Health First Aid and Isolation Fatigue. Sessions can be tailored to your group's specific requirements.
- Training sessions can be delivered in person or via Zoom depending on your group's needs.

For further information regarding training options, contact:

Gail Jamieson, Manager Outback Mental Health
Phone: **0427 288 432**
Email: gjamieson@rfdsqld.com.au

For further information regarding Outback Mental Health Services in your area, call **1300 010 174** or email outback@rfdsqld.com.au.

North West Remote Health (NWRH)

North West Remote Health can provide:

- Psychological Services via phone anytime; or
- Face to face every three weeks.

To access NWRH services in McKinlay Shire/ Julia Creek:

Free Call: **1800 799 244**

Referrals can be sent via secure fax: **07 4422 0079**, or secure email: 61744220079@efaxsend.com

Queensland Health TRAIC Program (Tackling Regional Adversity through Integrated Care)

Intervention and assistance to navigate mental health support services for Julia Creek.

For more information contact:

Denise Price, Regional Adversity Integrated Care Clinician (RAICC)
Phone: **0472 821 255**
Email: Denise.Price@health.qld.gov.au

North West Hospital & Health Service (NWHHS)

Crisis, counselling, psychiatric consultation and referral.

- Mental Health Services: **07 4744 7103**
- Alcohol Tobacco & Other Drug Service (ATODS): **07 4744 9100**

GP Service

Julia Creek Medical Centre: **07 4746 7159**

24 Hour Helplines

- Lifeline: **13 11 14**
- Beyond Blue: **1300 22 4636**
- Suicide Call back: **1300 659 467**
- Mensline: **1300 78 99 78**
- headspace (12-25yrs): **1800 650 890**
- 13 HEALTH – Health advice line, including assessment and referral: **13 43 25 84**
- 1300 MHCALL – Mental health triage for local mental health services: **1300 642 255**
- Community Recovery Hotline – Essential Household Contents Grants; Structural Assistance Grants and Essential Services Reconnection assistance is available: **1800 173 349**

Western Queensland Primary Health Network

For all WQPHN funded wellbeing services in your area, please go to wqphn.com.au/csp. Services vary between Shires.

ADIS

24/7 Support for people in Queensland with alcohol and other drug concerns.

Go to <https://adis.health.qld.gov.au/>

Phone **1800 177 833**

Lives Lived Well

NewAccess

NewAccess is a free program developed by Beyond Blue to help people tackle life pressures. NewAccess is a telehealth service that can be accessed from home, a NewAccess Coach will be able to assist best options to suit the client. No referral is needed.

NewAccess coaches can help with:

- Anxiety or uncertainty.
- Low mood.
- Health concerns.
- Work stress.
- Relationship or family issues.
- Long-term isolation or loneliness.
- Financial worries.

Who is suitable for NewAccess?

- Residents of McKinlay Shire.
- NOT currently engaging in other psychological therapy services.
- Over 12 years of age.
- NOT experiencing complex/ severe mental illness.

How does it work?

NewAccess coaches are trained and experienced to help people set practical goals to get their lives back on track. The program includes six free sessions, with a 1, 3 and 6 month follow up. The sessions can be via phone.

For more information or to refer someone:

Phone: **1300 971 309**

Email: newaccess@liveslivedwell.org.au

Or complete an online referral at

www.liveslivedwell.org.au/newaccess

Alcohol and Other Drug Counselling and Support

- No referral needed.
- No cost.
- Service is delivered either in-person or via telehealth - *whichever works best for client's case.*

Phone: **1300 727 957.**

Outback Futures

Outback Futures is a not-for-profit organisation offering mental and allied health and wellbeing support both face to face and by phone or video-connect. Outback Futures work with all ages and does not require a referral.

Available services

- Psychology, Counselling, Occupational Therapy, Speech & Language Pathology and Learning & Literacy.

Who is suitable for Outback Futures?

- All ages and sectors of the community.
- Low to medium intensity mental health, allied health and wellbeing focus.

For more information or to book, email

info@outbackfutures.org.au or phone **0417 703 729**