

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.

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.

A Senior Mental Health Clinician from our Drought Wellbeing Service will be visiting Julia Creek regularly.

To access this service contact:

Dr Tim Driscoll, Clinical Lead, Drought Wellbeing Service
Mobile: 0438 324 226 Email: tdriscoll@rfdsqld.com.au

Sharyn Bunn, Senior Mental Health Clinician
Mobile: 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 Mental Health First Aid and Skills for Psychological Recovery. Sessions can be tailored to your group's specific requirements.
- Training sessions can take place in person, or via Skype or Zoom.

For further information regarding training options, contact:

Gail Jamieson, Manager, Outback Mental Health
Mobile: 0427 288 432 Email: outback@rfdsqld.com.au

NQ Connect – Phone: 1300 059 625

- Free 24/7 telephone and online counselling service.
- Providing help and support for people who are worried, stressed, and affected by floods.

North West Remote Health (NWRH)

North West Remote Health can provide:

- Social and emotional support;
- Mental Health First Aid; and
- Ongoing medium to long term support.

Services available in Julia Creek fortnightly:

- A provisional psychologist

To access NWRH services in Julia Creek:

Free call: **1800 799 244**

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):

Ph: **0472 821 255**

Email: **Denise.Price@health.qld.gov.au**

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

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**

For clinic dates, go to www.health.qld.gov.au/mt_isa/outreach-calendars

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**
- 13HEALTH – 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**.