

Royal Flying Doctor Service

RFDS on-the-ground service

- RFDS Longreach Mental Health team will visit Winton every Tuesday.
- Access to this service requires a GP referral and a Mental Health Treatment Plan.

For more information:

RFDS Longreach Mental Health Team

Ph: 07 4652 5800 Email: rfdslng@rfdsqld.com.au

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.

For further information contact:

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

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

Lives Lived Well

NewAccess is a free program developed by beyondblue to help people tackle life pressures.

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 the Western Alliance for Mental Health
- NOT currently engaging in other psychological therapy services
- Over 18 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 or face-to-face or video link.

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



Royal Flying Doctor Service
QUEENSLAND SECTION



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

Intervention and assistance to navigate mental health support services for Winton.

The TRAIC program aims to enhance resilience and reduce the impact of adversity associated with disaster.

For more information contact Sandra Paterson - Regional Adversity Clinician:

Phone: **07 4652 7951**

Email: TRAIC_CWHHS@health.qld.gov.au

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**.

Outback Futures

- A not-for-profit organisation offering mental and allied health and wellbeing services in the form of mobile clinics, plus ongoing regular remote sessions of therapy and support.

Available services:

- Psychologist, Counsellor, Occupational Therapist, Speech & Language pathologist.

For more information or to book:

Louise Email: louise@outbackfutures.org.au

Wendy Mobile: **0417 703 729**