

CRISIS SUPPORT PROGRAM

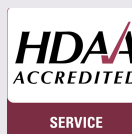
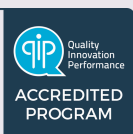


WHAT IS THE CRISIS SUPPORT PROGRAM?

The Crisis Support program is a recognised accredited program that is a local initiative in targeted rural and remote communities run by the Healthy Communities Foundation Australia and funded by a Department of Health and Aged Care and Suicide Prevention Australia grant.

The program will support you to manage everyday life in your community. You will have access to a Crisis Support Nurse, Crisis Support Social Worker, Aboriginal Wellness Worker or a Peer Support Worker who will help support and facilitate this and help you manage your triggers for your crisis.

This program has been designed to meet the National Standards for Mental Health Services (NSMHS) and National Suicide Prevention Australia Standards (NSPS). For more information on the standards use the QR code.



WHAT IS NEXT?

- **This does not replace immediate emergency care. If you or someone you know is in immediate danger please call 000.**
- If you have or are currently actively experiencing an active crisis situation where yours or someone else's life is at risk including a suicide attempt please call 000.
- If you are in a crisis and are referred or self-refer to the program, you will receive a call back from one of our Mental Health Nurses or Social Workers within 24 - 48 hours that will allow us to organise where to next that best suits you.
- The Crisis Support Nurse, Social Worker, Aboriginal Wellness Worker or Peer Worker will work with you and your support team to ensure your safety and wellbeing. That team could consist of your GP, psychologist, psychiatrist and people in your personal support network.
- The Crisis Support Nurse, Social Worker or Peer Worker will assist you and your support team in developing your goals, crisis management planning and safety planning to help you overcome these stressors and prevent further crisis's in the future. They will provide you with tools to support yourself and your wellbeing now and for the future.

HOW TO ACCESS THE SERVICE

- The staff in the Emergency Department may suggest being referred to the program, this includes the treating Doctor, the Registered Nurse, Mental Health clinician or Social Worker.
- As a patient, you can ask your GP, Emergency Department team or support worker to be referred to the program.
- Your GP or psychologist might suggest that you may need some extra support to manage your mental health and any crisis situations that arise.
- **You can refer yourself to the program by calling our 1300 147 761 number and one of our crisis nurses will answer your call.**

WHERE OUR SERVICES OPERATE FACE TO FACE

Western NSW

- Baradine
- Binnaway
- Bogan Gate
- Bundella
- Brewarrina
- Collarenebri
- Condobolin
- Coolah
- Coonabarabran
- Coonamble
- Cumborah
- Dunedoo
- Gilgandra
- Goodooga
- Gulargambone
- Lightning Ridge
- Mendooran
- Narromine
- Nyngan
- Peak Hill
- Rowena
- Tooraweenah
- Tomingley
- Tottenham
- Trangie
- Trundle
- Tullamore
- Walgett
- Warren

Murrumbidgee NSW

- Ardlethan
- Darlington Point
- Lake Cargelligo
- Hillston
- Leeton
- Narrandera
- Urana
- West Wyalong

Western QLD

- Goondiwindi
- Inglewood
- Hebal
- Mungindi
- Saint George

Hunter New England NSW

- Bingara
- Boggabri
- Coroona
- Curlewis
- Glen Innes
- Gunnedah
- Guyra
- Inverell
- Merriwa
- Narrabri
- Premer
- Spring Ridge
- Tenterfield
- Warialda
- Werris Creek

Southcoast NSW

- Bega
- Eden
- Tathra
- Bermagui
- Merimbula

Gippsland VIC

- Mallacoota
- Lakes Entrance
- Orbost
- Cann Valley
- Marlo

Telehealth anywhere in Australia

Helpful Contact Numbers

Lifeline - 13 11 14

Anyone having a personal crisis

13 Yarn - 13 92 76

Aboriginal & Torres Strait Islander crisis support line

Kids Helpline - 1800 55 1800

Counselling for young people aged 5 to 25

Q life - 1800 184 527

Counselling and support for LGBTIQ+ people in Australia

Suicide Call Back Service - 1300 659 467

Anyone thinking about suicide

Mental Health Line - 1800 011 511

24-hour help and advice

PANDA - 1300 726 306 -

Counselling for ALL parents with perinatal mental health concerns and stress

Beyond Blue - 1300 22 4636

Anyone feeling anxious or depressed

MensLine - 1300 78 99 78

Counselling and support service for men

Open Arms - 1800 011 046

Veterans and families counselling

1800RESPECT - 1800 737 732 or txt 0458 737 732

Support for sexual, domestic & family violence