

Useful Sources of Mental Health Information

Your GP is always a good place to start. They can do physical assessments to make sure there is not something else going on, and work on a mental health care plan if needed. They can also refer on to other local services.

Community Health may have a psychologist, social worker or counsellor who you can talk to, or the service will have information about other local services available.

The local hospital is open 24 hours and can be used in cases of an emergency.

Tips for staying mentally healthy

- ◆ Stay connected with family and friends.
- ◆ Eat well, get plenty of sleep and exercise.
- ◆ Be careful of excessive alcohol intake and avoid other drugs.
- ◆ Manage your stress. Make sure you take a break and make time for fun.

RAMHP Coordinators

(business hours, non-crisis):

Dubbo: 0419 266 493 or

Camilla.Kenny@health.nsw.gov.au

Canowindra: 0427 460 430 or

Dianne.Gill@health.nsw.gov.au



Phone Helplines

Mental Health Line: 1800 011 511

Drug & Alcohol Helpline: 1300 887 000

MensLine: 1300 78 99 78

Kid's Helpline: 1800 55 1800

Lifeline: 13 11 14

Alcohol & Drug Info Service (ADIS): 1800 422 599

Suicide Callback Service: 1300 659 467

Useful Websites

Black Dog Institute:

www.blackdoginstitute.org.au

Beyond Blue: www.beyondblue.org.au

Living is for Everyone (LIFE) Suicide Prevention in Australia: www.livingisforeveryone.com.au

Kids Helpline: www.kidshelp.com.au

Carers NSW: www.carersnsw.org.au

Head Space: www.headspace.org.au

SANE Australia: www.sane.org

RAMHP: www.ramhp.org.au