

GETTING YOUR HEAD AROUND MENTAL HEALTH IN DENILQUIN

Making pathways simple - Finding out who does what, what is new and how to refer.



CHILD AND YOUTH SERVICES	ADULT MENTAL HEALTH & SUPPORT SERVICES				
	HIGH - MEDIUM INTENSITY	LOW INTENSITY	HIGH INTENSITY	DRUG AND ALCOHOL	CARER ASSIST
* CAMHS High Intensity service Contact Accessline 1800 011 511	▲ Minding Minds -Lourene Liebenberg (private counselling) 0428 281 060	* New Access Intereach (Early intervention coaching program. Aged 16+) Central Intake 02 6923 3195	* Denilquin Mental Health (MHDA) Contact Accessline 1800 011 511	* Denilquin Mental Health Drug Alcohol (MHDA) Contact Accessline 1800 011 511	* Family and Carer Support (MHDA) Contact Accessline 1800 011 511
** Connect Psychological Video Service Central Intake 02 6923 3195	** Connect Psychological Phone/Video Service Central Intake 02 6923 3195	** Strong Minds (counselling Service) Central Intake 02 6923 3195		* Alcoholics Anonymous Meeting (located at Anglicare Denilquin) Contact AA Vic (03) 9529 5948	* One Door Mental Health Carer Support (outreaching to Denilquin) Contact 02 6021 5882
** Strong Minds (counselling Service) Central Intake 02 6923 3195 www.mphn.org.au/pro grams/mental-health	* Wellways - Way Back Service (Support for people at risk of suicide. New, starting late Oct) 0418 585 916 zevans@wellways.org	▲ Minding Minds -Lourene Liebenberg (private counselling) 0428 281 060	OTHER CHILD , YOUTH & FAMILY SERVICES * Vinnies Youth Services 03 5881 7411 * Intereach 1300 488 226 - Family Support - Parenting program - Early Childhood Intervention service - Ability Links * Centacare PHAMS 02 6051 0222 * Community Health – OT & Speech Therapist 035 882 2900 ♦ Messy Minds Education 0429 825 915 * Family Relationships and Mediation (Shepp): 1300 364 277		
* Wellways - Way Back Service (Support for people at risk of suicide. New, starting late Oct) 0418 585 916 zevans@wellways.org	* Partners In Recover (PIR) (Support for people living with mental illness) Central Intake - 03 5441 7004	* Mindspot (Online & phone assessment, treatment or referral) www.mindspot.org.au	REGIONAL MENTAL HEALTH SERVICES HEADSPACE (Ages 12+. Travel req) Albury/Wodonga 02 6055 9555 Wagga 02 69233170 Griffith 02 69623277 Bendigo 03 54345345 Shepp 03 58238800		
* School Counselling Service Contact your child's school with your concerns for referral.	* Centacare PHAMS (personalised support for people experiencing mental health issues) 1300 619 379	* Centacare PHAMS (personalised support for people experiencing mental health issues) 1300 619 379	OTHER SERVICES * Financial Counselling (outreaching to Deni) 0418 606 952 * Legal Advice Service (outreaching to Deni) 1800 918 377 * Homelessness and DV: Vinnies 03 5881 7411 * Men's Behavioural Change Group : Vinnies 03 5881 7411 * Stronger Together Social Group: Vinnies 03 5881 7411 Mental Health Recovery Unit Wagga (16+) 02 5943 1800		
▲ DOTS - Sue Martin 0427 876 841 meg87@ozsky.net * Private OT service	* Anglicare formerly St Lukes (Individual and group support for people with mental illness) 03 5881 7086	* Ability Links, Intereach (support to achieve goals and connect with community. Ages 9-64) 1300 488 226	HELPLINES & E-COUNSELLING SERVICES Lifeline 13 11 14 eHeadspace (e-counselling) www.eheadspace.org.au Headspace Helpline 1800 650 890 Kids Helpline 1800 55 1800 Kids Helpline (e-counselling ages 13- 15) www.kidshelpline.com.au Suicide Call Back Service 1300 659 467 Suicide CB Service (online chat) www.suicidecallbackservice.org.au Beyond Blue Helpline 1300 224 636 Parentline 1300 301 300 * ONLINE SELF-HELP PROGRAMS (Skills development only) The Brave Program www.brave4you.psy.uq.edu.au Moodgym www.moodgym.com.au		
▲ Minding Minds -Lourene Liebenberg (private counselling) 0428 281 060	** Strong Minds (counselling Service) Central Intake 02 6923 3195				
* ROAR Program (Early intervention Ages 18 and under) 1300 488 226	PRIVATE ECHUCA PSYCHOLOGY & COUNSELLING SERVICES ▲ The Anna Centre 03 5442 5066 ▲ Physical Mind Co. 03 5482 3143 ▲ Modern Minds 0407 865 685 ▲ Sandscapes 03 5482 3800 ▲ Countrywide Psychology & Counselling Service 03 5480 0622 ▲ Treehouse Therapy 0409 408 748 ▲ Hidden Treasure Therapy 0438 511 241				
* New Access, Intereach (Early intervention Aged 16+) Central Intake 02 6923 3195					

KEY * Free Service **Free with a Mental Health Care Plan from a GP ♦ Private Service, fees apply
▲ Private Service, fees apply. Contact service to enquire about fee reduction with a Mental Health Care Plan