

Disaster Recovery Wellbeing Support

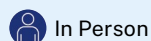
Cessnock LGA – Abermain, Weston and Kurri Kurri Bushfires (December 2023)



Information correct as at 3 April 2024

If you are in a crisis or experiencing suicidal thoughts CONTACT TRIPLE ZERO (000)

SERVICE	DESCRIPTION	PHONE	OPEN HOURS
General Practitioners / Doctors			
Your General Practitioner (GP) or Local AMS 	Ask your GP about accessing a private psychologist or counsellor via the Better Access to Mental Health Program to access up to ten sessions per year with a qualified mental health specialist subsidised via Medicare.	--	--
healthdirect 	Australian government funded service (Commonwealth State & Territory), Australia's most comprehensive directory of healthcare professionals and support services. Help people navigate the broader health system and direct people to appropriate healthcare for their situation, including access to GPs or emergency care services. healthdirect.gov.au/australian-health-services	1800 022 222	24/7
Cessnock Medicare Urgent Care Clinic (UCCs) (AllWays Healthcare) 	Medicare UCCs are bulk billed, open extended hours, and you don't need an appointment or referral. Urgent care is when you need medical attention for an illness or injury that can be managed without a trip to the emergency department, but cannot wait for a regular appointment with a general practitioner (GP). Walk-in and online appointments available. Suite 1, 275 Vincent Street, Cessnock. alwayshealthcare.org.au/urgent-care	4013 5757	8am-6pm Everyday
Awabakal Medical Service 	Awabakal Medical Service bulk bills as long as you have a valid Medicare card. Awabakal Medical Service use an appointment system. There are no out of pocket expenses for health services received at Awabakal, however should any fees occur, this will be discussed with you by their friendly staff. awabakal.org/services/gp-and-medical	1300 174 908	9am-5pm Mon-Fri
Mental Health Support			
NSW Mental Health Line 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people. Call Triple Zero (000) if you are in crisis. health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx	1800 011 511	24/7



In Person



Phone Support



Online Chat



Video Call



Information



Resources



Aboriginal Torres Strait Communities



LGBTQI+ Communities

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SERVICE	DESCRIPTION	PHONE	OPEN HOURS
Mental Health Support (Continued)			
Head to Health 	<p>A free in person service that provides a safe place for people to access mental health information, services and support from a multidisciplinary care team. No appointment or referral necessary.”</p> <p>4/36 Vincent Street, Cessnock. headtohealth.gov.au/service/central-coast-head-to-health-cessnock-16685</p>	1800 595 212	8.30am-5pm Mon-Fri
MindHealth 	<p>MindHealth is a free professional counselling service for people 15 years and older living or working in the Hunter. mindhealth.org.au</p>	1300 029 131	7am-9pm Mon-Sat
MindHealth Service Connect 	<p>Service Connect Line is a free and easy-to-use telephone service that can help you find the most appropriate psychosocial support services (mental and physical health as well as social supports). Service Connect Line will help you find the right service at the right time for people living or working in the Hunter.</p>	1300 029 131	9am-5pm Mon-Fri
headspace Cessnock 	<p>Provide free and confidential support where young people aged between 12 and 25 years can access qualified youth mental health professionals. headspace Cessnock is linked to headspace Maitland which is a service tailored for the local community (headspace Maitland opening times Mon – Fri / 9am – 5pm, contact 4931 1000). headspace.org.au/headspace-centres/cessnock/</p> <p>How to cope with the stress of natural disasters – 12yrs – 25yrs. headspace.org.au/explore-topics/for-young-people/natural-disasters/</p>	4993 3450	9am-5pm Tues-Thurs
Lifeline Direct 	<p>FREE counselling sessions in the Cessnock Local Government Area. Up to 6 sessions, no GP referral required, for people 16 years and above. Both face to face and telehealth appointments are available. Bookings required.</p>	1300 152 854	9am-5pm Mon-Fri
Mind Spot 	<p>Free Teletherapy or online courses (with teletherapy) for Australian adults. Free assessment at MindSpot, different treatment options available to help recover from depression or anxiety and stress. Up to four sessions with the same therapist. All of services are free. mindspot.org.au</p>	1800 61 44 34	8am-8pm Mon-Fri 8am-6pm Sat
In Person Phone Support Online Chat Video Call Information Resources Aboriginal Torres Strait Communities LGBTQ+ Communities			

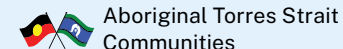
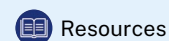
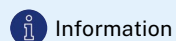
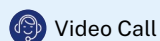
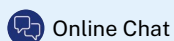
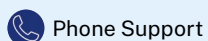
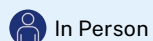
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SERVICE	DESCRIPTION	PHONE	OPEN HOURS
Online – Self Paced Help			
This Way Up 	A range of free self-paced online programs that teach clinically-proven strategies to help you improve the way you feel. thiswayup.org.au	--	Online 24/7
myCompass 	myCompass is a free interactive self-help service for young adults, adults and seniors that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and depression. mycompass.org.au	--	Online 24/7
Mental Health Online 	Free self-assessment, self-help, and online professional support if you're experiencing mental distress, this service can help you understand and address your needs. Must be at least 18 years old. mentalhealthonline.org.au	--	Online 24/7
Crisis Support			
Lifeline 	Free 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. Lifeline Chat 24/7. lifeline.org.au/crisis-chat	13 11 14	24/7
13YARN 	Crisis support line for mob who are feeling overwhelmed or having difficulty coping. Confidential 1:1 yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide support. 13yarn.org.au	13 92 76	24/7
MensLine Australia 	Free professional 24/7 telephone and online counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. mensline.org.au	1300 789 978	24/7



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Crisis Support (Continued)			
QLife 	A free national counselling and referral service for the LGBTI community. qlife.org.au	1800 184 527	3pm-midnight Everyday
Beyond Blue 	Free telephone and online counselling service. beyondblue.org.au/support-service/chat Information and resources, including flyers and videos, also for the Aboriginal and Torres Strait Islander community. beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people	1300 224 636	24/7
Kids Helpline 	A free telephone counselling support line for children and young people ages 5 to 25. kidshelpline.com.au Free WebChat Counselling – if you can't get to a phone or prefer to chat online, you can connect one-on-one with a Kids Helpline counsellor through WebChat (typing with a counsellor). kidshelpline.com.au/get-help/webchat-counselling	1800 55 1800	24/7
Local Services – Online Service Directory			
Askizzy 	Free Service Finder – use this online search tool to access local services and resources relating to food, housing, finance, Centrelink, support, legal, drugs and alcohol, life skills, education, work, technology, and advocacy. Search over 370,000 support services. askizzy.org.au	--	--

Cessnock LGA – Abermain, Weston and Kurri Kurri Bushfires (December 2023) – created Health and Wellbeing Subcommittee and endorsed by the Cessnock Fires Local Recovery Committee. Information correct as at 3 April 2024.