




















Disaster Recovery Wellbeing Support


































Mid Coast



If you are in a crisis or experiencing suicidal thoughts contact Triple Zero (000)

| Service | Description | Phone / Open Hours |
|---|--|---|
| Your GP or Local AMS   | Ask 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. | — |
| Head to Health   | Talk to a mental health professional and be connected with the supports that best meet your needs. www.headtohealth.gov.au | 1800 595 212 8.30am-5pm Mon-Fri |
| NSW Mental Health Line   | A mental health professional will answer your call about mental health concerns for you or someone you are <u>concerned</u> about, including children, teens, adults and older people. Call Triple Zero (000) if you are in crisis. www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx | 1800 011 511 24/7 |
| Lifeline   | Lifeline provides 24/7 crisis support and suicide prevention services. Lifeline Chat available 24/7 www.lifeline.org.au/crisis-chat | 13 11 14 24/7 |
| 13 YARN   | 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. www.13yarn.org.au | 13 92 76 24/7 |
| Thirrili   | This service provides emotional and practical support to bereaved Indigenous families and individuals impacted by a suicide or other traumatic loss across Australia. https://thirrili.com.au | 1800 805 801 24/7 |
| Suicide Call Back Service   | National service that provides free phone, video and online professional counselling to people who are affected by suicide. www.suicidecallbackservice.org.au | 1300 659 467 24/7 |
| Beyond Blue   | Free telephone and online counselling service. www.beyondblue.org.au/support-service/chat Information and resources, including flyers and videos, also for the Aboriginal and Torres Strait Islander community. www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people | 1300 224 636 24/7 |
| Kids Helpline   | Free confidential online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, phone or email. www.kidshelpline.com.au | 1800 551 800 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. www.mensline.org.au | 1300 789 978 24/7 |

Mid Coast resource endorsed by the Hunter Central Coast Mid Coast Regional Recovery Committee – Health and Wellbeing Working Group – version 1. Information correct as at 6 October 2022.

| Service | Description | Phone / Open Hours |
|---|---|--|
| Headspace      | Free support for young people (aged 12 – 25yrs) who need help with mental health, physical health, alcohol and other drug issues, and/or work and study support. https://headspace.org.au/online-and-phone-support Youth disaster recovery information. www.headspace.org.au/explore-topics/for-young-people/natural-disasters | Online 24/7 |
| QLife      | A national counselling and referral service for the LGBTIQ community. QLife services are free and include both telephone and webchat support, delivered by trained LGBTIQ community members across the country. www.qlife.org.au | 1800 184 527 3pm to midnight 7 days |
| Rural Health Connect   | An online and phone service providing counselling sessions by qualified psychologists to rural people. They also have GPs available for mental health treatment plans, to reduce the wait time barrier that some may face when booking into see a GP. www.ruralhealthconnect.com.au | 0493 201 005 9am-5pm Mon-Fri |
| Lyn    | Lyn helps you find your best-fit psychologist. Medicare card holders are eligible for up to 10 bulk billed counselling sessions. www.welysn.com | — |
| Mental Health Online  | If you're experiencing mental distress, this service can help you understand and address your needs through self-assessment, self-help, and online professional support. Must be at least 18 years old. www.mentalhealthonline.org.au | Online 24/7 |
| Friends Line   | FriendLine is for anyone who needs to reconnect or just wants a chat. www.friendline.org.au | 1800 424 287 10am-8pm 7 days |
| This Way Up  | A range of self-paced online programs that teach clinically proven strategies to help you improve the way you feel. www.thiswayup.org.au | Online 24/7 |
| my Compass   | Interactive self-help online service for young adults, adults and seniors that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and depression. www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass | Online 24/7 |
| Mind Spot   | A free phone and online service for adults experiencing anxiety, depression, stress and chronic pain. www.mindspot.org.au | Online 24/7 |
| Embrace Project   | Embrace Multicultural Mental Health project provides mental health translated resources for people from culturally and linguistically diverse (CALD) backgrounds. https://embracementalhealth.org.au | — |
| Ahead for Business  | Helps business owners take action for their own mental health and wellbeing. www.aheadforbusiness.org.au | Online 24/7 |
| Red Cross  | Wellbeing Toolkit – a great guide to self-care. www.redcross.org.au/globalassets/corporatecms-migration/first-aid/21070-arc-wellbeing-toolkit--v2-hr.pdf | Online 24/7 |
| Rural Adversity Mental Health Program (RAMHP)    | Specialist knowledge and support for people experiencing mental health concerns living in rural communities. People living in rural communities experiencing mental health issues. www.ramhp.com.au | 0437 989 044 |
| Lifeline    | Support for people experiencing mental health or suicidal crisis. Area specific phone line support and local initiatives to support the wellbeing of their local communities. Lifeline North Coast (Coffs Harbour and surrounds) https://lifelinenorthcoast.org.au Lifeline Mid Coast (Port Macquarie and surrounds) http://lifelinemidcoast.org.au | — |

Mid Coast resource endorsed by the Hunter Central Coast Mid Coast Regional Recovery Committee – Health and Wellbeing Working Group – version 1. Information correct as at 6 October 2022.