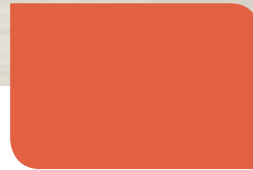




HELP IS HERE... JUST REACH OUT



GRIFFITH MENTAL HEALTH GUIDE

In this Guide:

- 24 Hour Support Services
- Inpatient and Rehabilitation Services
- Early Intervention & Prevention
- Partners
- New Services
- Future Developments in Griffith

**in an emergency
call 000**

It can be hard to know where to get the mental health care that can help. Mental health, just like physical health, is part of our whole health and wellbeing. We need to keep track of how we are feeling and take action when needed to keep well. There are a range of options available for people who are seeking support for all types of mental health concerns.

Most people with mental health, drug or alcohol conditions do not need treatment in hospital.

Wherever possible, care for mental health is given in the community setting. This means that people can keep doing their usual activities like school or work, and keep their family and social connections.

There is a wide range of mental health, drug and alcohol services available to communities in and around Griffith. These include services funded and delivered by the Murrumbidgee Local Health District (MLHD), the Murrumbidgee Primary Health Network and a range of non-government organisations funded by the State and Commonwealth governments.

The Murrumbidgee Mental Health and Drug and Alcohol Alliance (MMHDAA) brings together services for people with mental health, drug or alcohol issues. Their partnership reflects a commitment to work together to improve mental health and drug and alcohol outcomes for people in the Murrumbidgee regions.

The Alliance have created this guide to services available to people living in and around Griffith.

Support Services

24 HOUR SERVICES

MLHD Accessline

The MLHD Accessline is staffed by mental health clinicians who can provide assessment and advice to people experiencing mental health issues or distress. They can also assist people caring for a loved one.

Accessline can make referrals to the most appropriate service to meet the person's needs. This may include referral to the Griffith Community Mental Health Services outlined below.

You can call Accessline anytime, 24 hours a day 7 days a week, to speak with a mental health clinician.

CONTACT

free call1800 800 944

Mental Health Emergency Consultation Service (MHECS)

People who go to Griffith Base Hospital Emergency Department (ED) for mental health concerns will be seen by the Mental Health Emergency Consultation Service (MHECS), after they have been assessed by a Doctor for treatment of any other urgent medical needs.

The MHECS team are trained and experienced mental health clinicians. They will talk to the person via a telehealth service to understand their concerns and why they have come to the Emergency Department.

MHECS then consult with the on-call psychiatrist and provide the ED treating team with a recommended care plan for the person. The recommended care plan may include:

- Short admission to Griffith Base Hospital for people at low risk. This will be supported by a care plan created by the MHECS team, in consultation with the Psychiatrist. The person will also be seen daily by the Griffith Community Mental Health team;
- Discharge with a plan to be contacted by Griffith Community Mental Health team and with a referral to their GP or other service for further support;
- Admission to the Acute Mental Health Unit in Wagga if there are concerns that the person can't be kept safe at home.



QUICK CALL TELEPHONE NUMBERS

IN EMERGENCY CALL.....	000
ACCESSLINE.....	1800 800 944
MYSTEP.....	1800 931 603
DIRECTIONS HEALTH	(02) 6971 7330
HEADSPACE.....	1800 650 890
FLOURISH	(02) 9393 9164
ST VINCENT DE PAUL	(02) 59 423 519
CENTACARE.....	1300 619 379
WELLWAYS	(02) 5925 5911
CALVARY DRUG AND ALCOHOL.....	(02) 6932 6800

COMMUNITY SERVICES

MyStep to Mental Wellbeing

This service is for people with mild to moderate mental health conditions and ongoing mental health issues.

MyStep to Mental Wellbeing is funded by the Murrumbidgee Primary Health Network. It is delivered by Murrumbidgee Local Health District in the western part of the Murrumbidgee.

People accessing MyStep get up to 12 sessions of counselling and psychological therapy from low to high intensity. The service also provides mental health nursing for people with severe and complex needs. This means people can access a range of supports in one service, without the need for many different assessments and referrals.

MyStep also provides in-reach psychological therapy to residential aged care facilities to support residents experiencing mental health concerns.

CONTACT

To access the MyStep service or refer to the service, contact the MPH Central Access and Navigation (CAN) team on

call:1800 931 603
 fax:02 6921 9911
 email:can@mphn.org.au

Specialist Community Mental Health and Drug and Alcohol Services

This service is for people with moderate, to acute or severe, mental health, drug or alcohol conditions.

The Griffith Community Mental Health, Drug and Alcohol team work from a purpose built building in Yambil Street. The service provide a variety of free services to local and surrounding communities.

Referrals are via Accessline 1800 800 944 or MHECS (noted above).

There are no waiting lists for the services.

The service can support children and adolescents, adults and older people in a way that is close to home, personalised, evidence-based and focused on a person's own goals for recovery.

Support is provided both face to face and via telehealth so that people can access services in a way that suits them.

The following specialties are provided in Griffith and surrounding areas:

- Child & Adolescent mental health
- Youth mental health
- Adult mental health
- Older person's mental health
- Drug and Alcohol assistance
- Consumer Peer Support
- Aboriginal mental health services
- Farming community counselling (drought related)

Additional Mental Health Support Workers are available to support the community through the impact of the COVID pandemic on mental wellbeing.

CONTACT

free call1800 800 944

PARTNER PROVIDERS

There are many other local organisations providing mental health and drug and alcohol services to Griffith and surrounding communities.

Centacare

Centacare exists to make a positive difference in people's lives. Through our services and programs we strive to better connect and support people in the community so they feel more empowered in their life.

Family Education and Programs

Centacare's Family Education Service offers a diverse range of parenting and family relationship programs designed to promote positive, respectful parent-child relationships which supports parents to have satisfying emotional relationships with their children and significant others.

We offer 123 Magic, Triple P, How to parent ADHD children and Keeping Kids in Mind just to name a few. If you have been meaning to do a parenting program and finding it hard to do, we deliver flexible options, like online and face to face, as well as evening programs.

These services are available to all families, regardless of their culture, race, religion or gender.

Psychology

Centacare's professional team of psychologists provide assessment and treatment for people with mental health problems. Referral by a general practitioner under a Mental Health Plan is required for Medicare rebate.

Assessment for Autism

As a parent, you may be concerned about your child's development. You, or someone close to you, may have noticed that your child has been showing some autistic features. The next step you can do is to talk to someone about it.

You can speak to your child's teacher, your GP, and other health professionals your child sees, such as paediatrician. Ask them if they think it's a good idea to refer your child for an autism assessment. Centacare has an assessment service and our registered Psychologist can provide the following assessments:



- Cognitive assessment (IQ test): WISC V or WAIS IV
- Academic assessment (Specific Learning Difficulties) : WIAT III
- Autism assessment: ADOS2
- Attention assessment: Conners CPT 3

Counselling

We also provide counselling for individuals, couples, families and children to better manage changing life stages, such as the beginning of a new relationship, marriage, having a family or navigating separation.

Our professional, qualified counsellors are here to support you, and will provide a confidential and safe environment for any families wishing to strengthen and gain skills, knowledge and resources that can assist in addressing a range of different issues in their lives such as:

- Family relationships
- Family breakdown and separation
- Self-esteem and confidence
- Parenting support
- Couples counselling

CONTACT

No referral needed, for all enquiries please contact the Centacare office
call: 1300 619 379
web: www.centacaresnsw.org.au

Wellways

Wellways provides a range of psychosocial and suicide prevention support in the Griffith and Murrumbidgee community. Wellways suicide prevention programs include:

Way Back Support Service

The Way Back Support Service is a service that provides support to individuals and families following a suicide attempt, providing links and supports to increase connection to services that support safety and reduces incidence of reattempts.

After Suicide Support Program

The After Suicide Support Program provides assistance and support to families, friends and workplaces following a suicide death in the community.

This program supports people at a time when they need it the most, and is tailored to support people around care coordination, grief and loss and practical assistance.

The Gatekeeper program

The Gatekeeper program is a suicide prevention education and awareness program that aims to support communities in developing their understanding and capacity to support someone who may be at risk of suicide.

Campaigns that are connected to this program include QPR (Question Persuade Refer), Thought Talk Tackle (awareness campaign for sporting clubs) and Creating Conversations (supporting safe and stigma reducing conversations).

CONTACT

For more information on any of the programs

call:(02) 5925 5911

St Vincent de Paul Society - outreach

St Vincent de Paul Society deliver the Alcohol and Other Drugs Continuing Coordinated Care (AOD CCC) Program as an outreach service to Griffith. This is a free and confidential service tailored to the needs of the individual. The program is strengths based and recovery oriented.

Aims of the program include:

- Build connections with AOD treatment services
- Develop goals and strategies
- Identify strengths and develop motivation
- Customise plans for recovery
- Treatment coordination (advocacy and referral)
- Cognitive behaviour and dialectical behaviour therapies
- Support for community re-engagement
- Support for smoking cessation

CONTACT

call: (02) 59 423 519
mob: 0466 619 058
email: CCCP.Murrumbidgee@vinnies.org.au

Calvary

Calvary Riverina Drug and Alcohol Services (CRDAC) offer a range of treatment options for people seeking treatment for problems they are experiencing with drug and or alcohol abuse. Treatment options include inpatient or residential treatments as well as outpatient treatment.

Withdrawal or detoxification services, including residential and non-residential services include Medicated Inpatient Withdrawal as well as Outpatient Withdrawal for people living in the local community.

Outpatient withdrawal services mean clients are able to live in the community and receive support from their local GP and the outpatient withdrawal support staff.

CRDAC has a 32 bed residential treatment unit for people seeking to make changes in their drug and or alcohol use. CRDAC Outpatient Treatment is a 12 week outpatient group program for clients living within the local community - the outpatient program provides group work that is evidence based treatments to people wishing to make positive changes in their drug and or alcohol use.



Flourish Australia

Flourish Australia is a community mental health service and registered NDIS provider that helps people with a lived experience feel supported and meet their everyday challenges. We want them to live ordinary - even extraordinary lives.

In the Griffith LGA Flourish provide

- NDIS Psychosocial Supports and Coordination of Support
- Supporting Recovery Service
- Housing Accommodation Support Initiative

People are supported through a recovery focused, strengths based approach that recognises recovery as a personal journey driven by the individual.

All programs aim to build connection, reduce isolation and assist people to achieve their individual goals.

CONTACT

call: (02) 9393 9164

Other programs available include:

- Women's Wellness and Recovery Program - supports pregnant women and women with young children who experiencing problems with substance use.
- Youth drug and alcohol counselling - CRDAC has a youth drug and alcohol counsellor working at Headspace Wagga Wagga.
- Stride (Likeminds) - CRDAC has a drug and alcohol counsellor at the Stride office providing counselling to clients in the community.
- MERIT (Magistrates Early Referral into treatment) - CRDAC has a MERIT worker who provides counselling and case management to people enrolled in the MERIT Program in Wagga.

CONTACT

Services are available to people aged 18 years or older. Persons under 18 are referred to youth specialist services. If wanting further information please contact the centre

call: (02) 6932 6800

headspace

headspace Griffith use a variety of evidence-based psychological strategies to support our young people.

We provide a safe and confidential environment for young people aged 12 - 25 and their families to access services such as education, training and employment support, alcohol and drug support, general health, wellbeing and mental health support.

Open 11am - 7pm on Monday and 9am - 5pm Tuesday to Friday
1/26 Ulong Street, Griffith NSW 2680

CONTACT

If you need support outside of our Centre hours, you can speak to someone one-on-one via online chat, email or over the phone, or join an online group chat.

call eHeadspace: 1800 650 890
call Griffith: 02 6962 3277
email: enquiries@headspacegriffith.org.au
web: www.headspace.org.au

PARTNER PROVIDERS (cont)

Directions Health

Directions Health's Pathways Murrumbidgee services aim to support individuals and families to reduce the harms of alcohol and drug use.

Services are provided in a non-judgemental and respectful manner that recognises different stages of recovery, individual goals regarding substance use and impacts of substance use on family and friends. Our therapeutic approach is person centred, holistic and strengths based. We will work with you using evidence based treatment approaches.

Services are provided in Griffith, Leeton, Narrandera, Young, Junee, Cootamundra, Tumut and Wagga.

Specialised programs include:

- Methamphetamine program: counselling and case management for people of all ages wanting to stop, reduce or manage the harms associated with methamphetamine and other drug use. A case manager will work with the person to consider possible treatment pathways and other lifestyle changes, and will work closely with other services when required. For example, advocacy and support to address housing, relationship, education, employment, child protection, legal and financial issues as well as other health concerns.
- Pre and post-rehabilitation support: for people who are waiting to be admitted to or have recently completed a residential rehabilitation program or day program. Ongoing support and relapse prevention strategies are available for people who have ceased their substance use or discharged from residential rehabilitation for other reasons.

- Work It Out: supports young Aboriginal and Torres Strait Islander individuals whose employment or education is impacted by drug and/or alcohol use, in collaboration with employment and education providers.
- Headspace Griffith in-reach: specialist alcohol and other drug services are provided to young people in headspace Griffith and in the community and surrounding townships.
- Family Support: support and counselling are available to help family members and other people impacted by someone else's substance use, and develop strategies to cope with the issues they are experiencing.

Directions Health also offers a range of other programs throughout ACT and NSW, including online groups and residential services.

More information can be found here:
www.directionshealth.com

CONTACT

Individuals and family members can self-refer by contacting Pathways Murrumbidgee directly. Referrals are also accepted from all agencies servicing the Murrumbidgee region.

call: (02) 6971 7330
email: pathways.murrumbidgee@directionshealth.com

Murrumbidgee Local Response Group

The Murrumbidgee Local Response Group (LRG) is comprised of four organisations – Murrumbidgee Primary Health Network (MPHN), Murrumbidgee Local Health District (MLHD), NSW Police and Wellways. The group was formally established in 2019 as a result of the roundtable discussion and the need for a timely and coordinated response to suicide and other critical incidents.

The LRG operate under the Murrumbidgee Suicide/Critical Incident Communications and Response Protocol, with the aim to ensure a coordinated and timely response to suicide events and other critical incidents. As well as to improve community capacity in suicide prevention.

Contact the Murrumbidgee Local Response Group via email:
localresponsegroup@mphn.org.au

NEW SERVICES

Safe Haven

This will be an alternative to presenting to the Emergency Department for people who are experiencing suicidality. It will be based in the Griffith community and will provide a non-clinical, warm, and welcoming space where people will be supported by suicide prevention peer workers and be able to access information and connections in the community. This service will operate outside business hours, at peak times when people experiencing suicidal ideation are likely to present to the Emergency Department.

Suicide Prevention Outreach Team

This service will be aimed at reaching out to those who may be suicidal but are not seeking help from the Health Service.

This will have a virtual service delivery component so it can be accessed from anywhere in MLHD, without having to present to a facility.

This service commenced operation in August 2021.

in an emergency
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INPATIENT & REHABILITATION SERVICES

Acute Mental Health Units offer specialty services including psychiatry, medical, nursing and allied health to deliver an effective therapeutic program.

MLHD have a purpose-built inpatient services facility at Wagga Wagga Base Hospital. This facility provides inpatient services for the MLHD region from acute care through to a recovery program.

Adult Acute Inpatient Unit

The Adult Acute Mental Health unit in Wagga Wagga supports people experiencing very high levels of mental distress. The service assists people who need voluntary or involuntary treatment in hospital when it is not safe for them to be supported in the community.

People are given the treatment and support needed to recover and get well enough to return home. The acute mental health unit offers a welcoming and safe environment, comfortable rooms, and lounge, dining and activity areas.

Older Persons Acute Inpatient Unit

The Older Persons Acute Mental Health unit in Wagga Wagga is for people aged over 65 who need treatment in hospital when it is not safe for them to be supported in the community. This unit is located in a purpose-built space in the new Health Services Hub at Wagga Wagga Base Hospital. The Older Persons Acute Mental Health unit offers a friendly and welcoming environment where the staff work together with people and their family and carers to provide the support and care they need to return home.

T-BASIS Unit

The T-BASIS Unit in the new Health Services hub in Wagga Wagga, is a program for people with severe behavioural disturbance associated with dementia. The program helps develop strategies so that the person can be cared for in their normal home or aged care setting.

This unit also has a community-based service, the Dementia and Behavioural Assessment and Management Service (DBAMS) which works across the Murrumbidgee region. The service supports families and residential aged care services to provide care to people with behavioural disturbance where they live.

The Mental Health Recovery Unit

The Recovery Unit in Wagga Wagga is purpose-built 20 bed facility that has a friendly feel with lots of great spaces to join in workshops and group activities, as well as spend time working individually with the recovery specialists. The facility is modern and comfortable, all rooms are single ensuite, and there is a gym, relaxation room, kitchen, lounge, gardens and basketball court.

The Recovery Unit Program is a unique 8 week live-in program of education, skills-building, care coordination and support to assist people to manage their mental health issues and live productive lives in their communities. The program was developed with feedback from people with lived experience of mental health issues. The person is at the centre of everything in the program, which includes:

- practical living skills,
- healthy eating,
- building self-esteem,
- assertiveness,
- managing your mental health,
- social anxiety,
- women's and men's health groups,
- psychological therapies, employment and
- assistance with drug and alcohol issues where required.

FUTURE DEVELOPMENT IN GRIFFITH

MLHD is progressing a model of care for Mental Health Short Stays for consumers over 16 years in the Griffith Base Hospital redevelopment.

The service will offer short-term care up to three days for consumers who would benefit from a brief admission for the purpose of respite or support during a situational crisis. Specialist health care professionals will collaborate with the consumer, their family and carers, and other services, to define a care pathway for transition from hospital to the community.

This unit will not be safe or appropriate for people who require an acute mental health admission. That service will continue to be available at the Specialist Mental Health Inpatient Unit in Wagga Wagga.



EARLY INTERVENTION & PREVENTION

SchoolLink

SchoolLink works with schools to assist them to identify and manage the early signs of mental health issues in their students. It also aims to build their knowledge of where to refer young people for the help they need.

SchoolLink helps staff to understand what the young person and their family may be experiencing so they can offer support at school and referral to specialist mental health services where needed.



GotIt!

GotIt! Is a school-based early intervention mental health program for children in kindergarten to year two and their parents and carers.

The program helps parents, carers and schools to identify children's social and emotional difficulties and supports them to respond to difficult behaviours.



Rural Adversity Mental Health Program

The Rural Adversity Mental Health Program (RAMHP) works with communities and agencies in rural and remote NSW to identify individuals who are experiencing, or at risk of, mental health issues.

The program connects people and communities to services, resources and mental health training that best meet their needs. RAMHP also takes part in community activities to build resilience and ability to overcome the challenges facing people in rural settings.

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