

Mental Health Services & Programs

Local information and details for the Lismore area

CHILD AND YOUTH MENTAL HEALTH SUPPORTS

Child and Adolescent Trauma Counselling

A counselling and education service for children, adolescents and families that addresses traumatic reactions young people may experience as a result of such things as sexual assault or family violence. The counselling program uses a variety of creative and expressive therapies to address the symptoms of trauma including sand tray and symbol work, drawing therapy, play therapy, relaxation and mindfulness. For young people under 16yrs old referrals for this service need to come through either Family & Community Services or JIRT.

Community Gateway 76 Carrington Street, Lismore
counsellor@lnci.org.au 02 6621 9861

Northern Rivers Kids Counselling

A specialist complex trauma private practice providing: counselling services, practical parenting training and clinical support services to children and families currently under child protection orders or within the care system. Specialising in assisting with complex family restoration cases within the Northern Rivers. Services include counselling, art and play therapy, family therapy, kids anxiety, on-line teen counselling, parent/carer support.

Unit 15-16/ 8 Slade St Goonellabah
olivia@nrkids.com 1300 211 198

Headspace - Mental Health Assistance

providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. The service assists young people who are going through a tough time. GPs, youth workers and counsellors are all available for appointments, or you can drop in any time and they'll do their best to help you.

2A Carrington Street Lismore
enquiries@headspace-lismore.org.au 02 6625 0200

MindShift Anxiety App

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

www.anxietybc.com/mobile-app

Goonellabah Child & Family Health Service

Provides counselling and assessment of children who are in primary school or younger and their families/carers. Assistance is provided in areas including behavioural difficulties, stress, anxiety and mood related problems. Where possible the Child and Family counselling service works collaboratively with schools and preschools.

37 Oliver Ave, Goonellabah 02 6625 0111

Brave Self - Youth Anxiety Program

The BRAVE Program is an interactive, online program to help young people aged 8 to 17yrs with their worries and anxiety. The programs provide ways for children and teenagers to better cope with difficult emotions and stresses. There are also programs for parents. You can go online to view a short video on how the program can assist you. The programs are split into two different age brackets. The first is for children (aged 8-12 years) and their parents. Any child who worries about things will find the program useful.

www.brave4you.psy.uq.edu.au
brave4you@psy.uq.edu.au

GENERAL MENTAL HEALTH SUPPORTS

Community Mental Health Services

Call the Mental Health Access Line on 1800 011 511. While not a counselling service the mental health professionals who answer calls will advise whether or not a person is in need of mental health services or would be better accessing another service. If the referral is appropriate clients are provided a range of mental health supports.

60 Hunter Street Lismore 1800 011 511

Grow - Mental Health Peer Support

a free peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges. Grow also has a mental health resource library that is open to the public. It has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development.

18 Union Street South Lismore
nsw@grow.org.au

1800 558 268

Healthy Minds - Free Psychological Counselling

Provides free short-term psychological counselling services to people who would not otherwise be able to access treatment from a private practitioner (children, Aboriginal people, people at moderate risk of suicide, people at risk of homelessness). Mental Health practitioners include psychologists, mental health social workers, mental health nurses, mental health occupational therapists and ATSI workers.

enquiries@ncphn.org.au **1300 137 237**

Tarmons House Mental Health Service

Provides low-income-earners with high quality cognitive behavioural therapy sessions, and short-term psychological intervention as a support to General Practice. Services include face-to-face psychological therapy, Aboriginal and Torres Strait Islander mental health services, suicide prevention services, telephone cognitive behaviour therapy, and mental health treatment plan referrals.

20 Dalley St (St Vincents campus) Lismore
02 6621 7319 **vwilliams@ncphn.org.au**

NewAccess - Mental Health Coaching

A program developed by beyondblue that provides free and confidential support to help you tackle any mental health concerns, mild to moderate depression, and anxiety. A NewAccess coach, specially trained and experienced, will support you in setting practical goals that will get you back on track. NewAccess offers 6 sessions, with the first one preferably meeting you face-to-face, however all sessions can be conducted over the phone if that's what suits you.

1300 137 934 **1300 224 636**

New Horizons Mental Health Services

Supports people with physical and mental health issues to achieve their goals and enhance their wellbeing. The organisation offers a diverse range of services and supports in your own home or in one of its specialist properties including support to secure and maintain accommodation, as well as advice and planning for every stage of your support through planning, assessing and purchasing, including support coordination.

6 Industry Dr East Lismore **02 6626 0000**

On Track Community Mental Health

Offers quality mental health services that support the needs of the community. Programs range from 24 hour supported accommodation for those with high needs, to skills-based and creative day programs at a Connections Centre. Through all of the programs staff support and encourage individuals to develop their life skills, improve mental health literacy and strengthen their connections with peers and the community.

48 Uralba St & 115 Dawson St Lismore
info@otcp.com.au **02 6622 0309**

Blue Knot Foundation Trauma Support

Works to improve the lives of the five million (1 in 4) Australian adults who are survivors of childhood trauma, including abuse. The Foundation supports survivors, their families and communities through professional counselling, information and resources, advocacy and educational workshops.

helpline@blueknot.org.au **1300 657 380**

Personal Helpers and Mentors

For people aged 16 and over who are experiencing difficulties in their lives due to the symptoms and psychosocial effects of mental illness. An assessment of the individual's needs will take place to guide the development of a recovery plan with them. This plan will outline other services which may be able to provide additional support, and activities and goals for the individual to work towards with the support of their case worker. The worker and the participant then meet weekly to work on their goals.

5 Market St Lismore **02 6623 2750**

ACON HIV Counselling

Provides free and confidential short term counselling (up to 12 sessions) for people with HIV; at risk of HIV; affected by HIV (e.g. partners, family and friends); and testing for HIV. To access this service, you will need to undergo a brief assessment in person or over the phone

27 Uralba St Lismore
northernrivers@acon.org.au **02 6622 1555**

Schizophrenia Fellowship NSW

Supports people with schizophrenia and their families and friends. The organisation delivers a range of Recovery Services that offer direct support for people with this mental illness. It also offers a Telephone Referral Information Support Service and an Outreach service providing regular individual contact with people living with mental illness.

admin@sfnsw.org.au **1800 985 944**

Standby Response Service

Supports families, friends and associates in their bereavement through suicide. It is a free and confidential service available regardless of where or when your loss occurred. The StandBy Coordinator can talk with you over the phone; sit with you, your family or friends in person; help you decide what sort of help you would like for yourself, family or group; explain how you can help your family or friends; and much more.

Social Futures 16 Keen Street Lismore
standby@socialfutures.org.au 0417 119 298

Vietnam and Veterans Family Counselling Service

Provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety and depression. VVCS also provides relationship and family counselling to address issues that can arise due to the unique nature of military service. Services include the Getting Started Program, Counselling, After hours Crisis Support, Group Programs Complex Needs Client Support, and Crisis Assistance.

Corner Conway Street and, Molesworth St
1800 0110 46

PARENTS, CARERS & PARTNERS MENTAL HEALTH SUPPORTS

Family/Carer Mental Health Program

Provides a comprehensive range of free supports and services for families and carers of people with a mental illness. The program aims to ensure families and carers of people living with a mental illness receive appropriate support, information, education and skill development to fulfill their caring role, while maintaining their own wellbeing.

supporter@missionaustralia.com.au
02 6658 7831

Partners in Recovery

Works with adults who have long term, severe problems with mental health to help them get the support they need. PIR work with individuals aged 25yrs and above, and help to source the resources for the individual through a comprehensive and coordinated range of sectors in the community.

PIRintake@missionaustralia.com.au
180002206

MENTAL HEALTH HELPLINES

Beyond Blue

Call the helpline any time of the day or night – select from the voice menu or simply hold on the line to talk with a trained mental health professional. A counsellor will be there to listen, provide information and advice, and point you in the right direction. The Beyond Blue website also has information on mental health, and a Web Chat service 7 days a week from 4pm to 10pm.

www.beyondblue.org.au 1300 224 636

SANE Mental Health Helpline

Provides the information, guidance, and referral you need to manage mental health concerns, illness, treatments and support. Use Helpline Online for more specific information and referral to support agencies (it is not a counselling service). Information and advice is also available by calling the SANE Helpline/ The SANE website offers a range of forums and downloadable resources, and produces various publications and videos.

www.sane.org 1800187263

MindSpot Clinic Hotline

A free service for people over 18yrs with stress, worry, anxiety, low mood or depression. The Clinic offers free telephone and online services for all Australian adults troubled by symptoms of anxiety or depression, including free Online Screening Assessments to help you learn about your symptoms, free eight week Treatment Courses to help you to recover, and assistance to find the right local services that can help.

contact@mindspot.org.au 1800 614 434

Suicide Call Back

A 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over who fit one of the following categories: People who are suicidal / People caring for someone who is suicidal / People bereaved by suicide.

1300 659 467

Prenatal Anxiety and Depression

A perinatal mental health Helpline for fathers - the time leading up to and after having a baby. The PANDA website also provides dads with access to information and resources. .

info@panda.org.au 1300 726 306